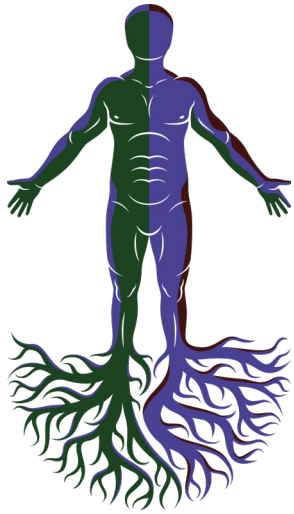


GET TO THE ROOT OF YOUR PAIN

WholeBODY



YOUR BODY IS TELLING YOU SOMETHING... ARE YOU LISTENING?

Are you experiencing stress, a sore neck, backache, knee pain, headaches, acid reflux, ringing in the ears, heartburn, joint stress, stomach problems, foot pain, or other similar symptoms?

Most often people come to the WholeBody™ Collection of essential oils for pain relief, although it is, in fact, much more than that.*

The blends in the WholeBody™ Collection address different areas and tissues in the body where we may experience pain such as muscles, tendons, nerve tissue, and bones as well as the emotional aspect.*

Where we experience pain in the body and the location from which it originates are not always the same.*

The WholeBody™ Collection blends communicate bio-electrically with our body's cells, just as nature intended. Through this communication they allow balance to return to the body as well as providing energy to depleted areas.*

This may be compared to defragmenting a hard drive of corrupted information, thereby allowing the computer to function properly. When areas of our body are fragmented and hold corrupted information they are unable to successfully run the life program for which they were created.*

We will experience this as pain and general feelings of dis-ease.*

While drugs are focused on the suppression of pain and hiding our awareness of the "feeling" of pain, our body is still "in" pain, and at the cellular level our cells are still experiencing life as being fragmented, corrupted, unbalanced, and in disharmony.*

Sooner or later those cells and the tissues they are a part of will crash, and we experience what we know as disease.*

Over time, this masking of pain and the avoidance of symptoms leads to much larger problems.*

Pain in the body is a message, an early warning that some part of us is in need of attention.*

Killing the messenger with painkillers does not change the message nor does it focus in any way on the body's need for the imbalance, the source of the pain experience, to be addressed and brought back into harmony with the rest of the body.*

HOW IT WORKS

As a person works through the WholeBody™ Collection application procedure, they may notice a significant change in how they feel after the application of one blend versus not much change with another. This is because the body will respond to what it needs at the moment. These responses help identify the source of the imbalance and where the body may be holding corrupted cellular information.*

The blends to which you respond may change from day to day or week to week as new needs emerge and present themselves with the changing demands on your body, mind, and emotions from everyday living.*

The WholeBody™ Collection is bio-electrically alive with high-frequency energy to bring balance and harmony to your body and your life.*



Get To The Root Of Your Pain

WHY APPLY OILS TO YOUR FEET?

The skin on the soles of the feet is less sensitive than skin throughout the rest of the body, allowing us to use even the “hotter” oils (Oregano, Thyme, Cinnamon, etc.) there with minimum dilution.

Some of the largest pores on our body are on the soles of the feet. This allows essential oils to be absorbed very quickly. When WholeBody™ Collection Blends are applied to the soles of the feet, they begin to absorb within just 20 seconds. That's fast!

STEP 1: ASSESSMENT

Before opening the WholeBody™ Collection blends, assess the level of pain or discomfort while standing still, and while completing the four assessments on the back of this sheet.



While standing still, notice any degree of pain or discomfort you feel. Then sit down, stand back up, and walk around for 30 seconds. Note any pain or discomfort felt while sitting, standing, or walking. Under Assessment 1, circle the pain or discomfort level with “0” being none and “10” being extreme.



Next, stand straight with your arms down at your sides. Slowly raise one arm at a time, stopping when you feel stiffness, pulling, or discomfort. Then slowly lift one leg at a time out to the side, stopping when you feel stiffness, pulling, or discomfort. Note how far you were able to lift each arm and leg. Under Assessment 2, circle the pain or discomfort level felt, with “0” being none and “10” being extreme.



While standing straight with your chin level, turn your head to the left and then to the right, stopping when you feel stiffness, pulling, or discomfort. Note how far you were able to turn your head in each direction. Under Assessment 3, circle the pain or discomfort level, with “0” being none and “10” being extreme.



Finally, while standing straight, lower your chin, observing any restrictions or discomfort. Then raise your chin, again paying attention to the range of motion and any discomfort. Note how far you were able to raise and lower your chin. Under Assessment 4, circle the pain or discomfort level felt, with “0” being none and “10” being extreme.

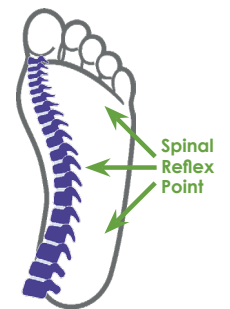
STEP 2: APPLICATION

For each of the WholeBody™ Collection Blends, take a moment and inhale the oil before beginning application.

Starting with Align, apply one drop along the spinal reflex point (bottom and neck of the big toe) of the foot, rubbing it down the arch of the foot. After applying Align, repeat each of the four assessments, paying close attention to any increase or decrease in range of motion, discomfort, and pain level.

In the Notes area, write down any changes you observe; including the level of discomfort or pain felt while performing the four assessments. Next to Align in the table on the next page, circle the change in pain or discomfort level felt while performing the four assessments, with “0” being none and “10” being extreme.

Repeat the same process with each of the WholeBody™ System Blends, noting any changes in range of motion, discomfort, and pain level.



HEALTH TIPS

After applying each oil and performing the four assessments, drink a glass of water to help flush any released toxins that could result in a minor cleansing crisis such as mild headache or upset stomach.

Also check the soles of the feet after each oil application to ensure the oil is absorbing well. If the feet look really shiny or the oil is pooling on the surface of the skin, rest until it is absorbed and drink plenty of water as this can be a sign of dehydration.

WHOLEBODY™ COLLECTION ASSESSMENT

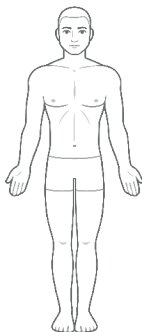
STEP 1: ASSESSMENT

Pain & Discomfort Level	None										Extreme
Assessment 1: Starting Point	0	1	2	3	4	5	6	7	8	9	10
Assessment 2: Raising Arms & Legs	0	1	2	3	4	5	6	7	8	9	10
Assessment 3: Head Rotation	0	1	2	3	4	5	6	7	8	9	10
Assessment 4: Raising & Lowering Chin	0	1	2	3	4	5	6	7	8	9	10

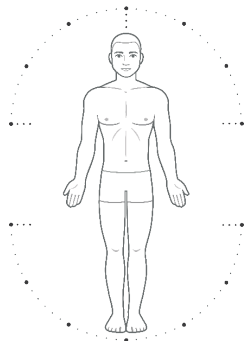
STEP 2: APPLICATION

Degree of Change	None										Extreme
Align: Alignment	0	1	2	3	4	5	6	7	8	9	10
Osteo: Skeletal System	0	1	2	3	4	5	6	7	8	9	10
Sensory: Nervous System	0	1	2	3	4	5	6	7	8	9	10
FlexAble: Muscular System	0	1	2	3	4	5	6	7	8	9	10
Connect: Connective System	0	1	2	3	4	5	6	7	8	9	10
Circulate: Circulatory System	0	1	2	3	4	5	6	7	8	9	10
Clear: Emotional System	0	1	2	3	4	5	6	7	8	9	10

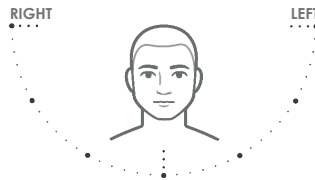
ASSESSMENT 1
Starting Point



ASSESSMENT 2
Raising Arms & Legs



ASSESSMENT 3
Head Rotation



ASSESSMENT 4
Raising & Lowering Chin



NOTES:

STEP 3: HOME ACTION PLAN

After applying the WholeBody™ Collection Blends one by one and performing all four assessments for each, you can rank the oils in order of your health needs and your body's response to each blend. Rank the oils by noting the blend to which you had the greatest degree of change in pain or discomfort on line #1, continuing to the lowest degree of change on line #7. Some individuals may need to use all seven WholeBody™ Collection Blends daily, while others may only need one or two. It is recommended that you reassess yourself once per month, noting any changes in your range of motion, pain, and discomfort levels, and re-ranking the WholeBody™ Collection Blends based on your body's individual responses.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

DISCLAIMER: The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

WHOLEBODY™ COLLECTION OILS



ALIGN: 1ST TOUCH

This blend is structural alignment in a bottle. It's great as a foundation oil to be used before applying other essential oils due to its ability to relax and prepare the body to assimilate the other oils more effectively.

Ingredients: *Abies balsamea* (Balsam, fir), *Picea mariana* (Spruce, black), *Boswellia carteri* (Frankincense), *Aniba rosaeodora* (Rosewood), *Tanacetum annuum* (Tanacetum Annuum), *Cocos nucifera* (Fractionated Coconut Oil)



OSTEO: 2ND TOUCH

Relieves pain in a non-toxic manner. Instead of masking the pain, it has the potential to resolve the root cause of the pain. A favorite among users with painful conditions such as rheumatism and gout.

Ingredients: *Eugenia caryophyllata* (Clove Bud), *Helichrysum italicum* (Helichrysum), *Rosemarinus officinalis* ct. cineole (Rosemary ct. 1,8 cineole), *Origanum majorana* (Sweet Marjoram), *Gaetheria fragrantissima* (Wintergreen), *Cocos nucifera* (Fractionated Coconut Oil)



SENSORY: 3RD TOUCH

The nervous system is essential to any healthy body, and its importance cannot be overstated. This is our most powerful blend to increase healing throughout the body and the nervous system.

Ingredients: *Eucalyptus radiata* (*Eucalyptus Radiata*), *Helichrysum italicum* (*Helichrysum*), *Citrum Limon* (Lemon), *Cinnamomum camphora* ct. 1,8 cineole (*Ravintsara*), *Melaleuca alternifolia* (*Tea Tree*), *Cymbopogon martinii* (*Palmarosa*), *Cocos nucifera* (*Fractionated Coconut Oil*)



FLEXIBLE: 4TH TOUCH

The perfect blend for sore and strained muscles, rheumatic pain, and anti-spasmodic benefits. This is a true therapeutic blend for all forms of bodywork, injuries, and healing.

Ingredients: *Abies balsamea* (Balsam, fir), *Picea mariana* (Spruce, black), *Cedrus atlantica* (Cedarwood Atlas), *Cupressus sempervirens* (Cypress), *Simmondsia chinensis* (Jojoba), *Origanum majorana* (Sweet Marjoram), *Pinus pinaster* (Ocean Pine), *Pinus sylvestris* (Scotch Pine), *Abies sibirica* (Siberian Fir), *Cocos nucifera* (Fractionated Coconut Oil)



CONNECT: 5TH TOUCH

The ability to ease muscular spasms, sprains, and strains make it a great massage choice. It is also a great pick-me-up due to its fresh and distinctive aroma.

Ingredients: *Cymbopogon citratus* (Lemongrass), *Cinnamomum zeylanicum* (Cinnamon Bark), *Cupressus sempervirens* (Cypress), *Zingiber officinale* (Ginger Root), *Mentha piperita* (Peppermint), *Rosemarinus officinalis* ct. cineole (Rosemary ct. 1,8 cineole), *Melaleuca alternifolia* (Tea Tree), *Cymbopogon martinii* (Palmarosa), *Cocos nucifera* (Fractionated Coconut Oil)



CIRCULATE: 6TH TOUCH

A circulatory system that functions less than optimally may cause a selection of problems, and with that in mind we developed this powerful blend to assist with circulation.

Ingredients: *Cupressus sempervirens* (Cypress), *Gardenia taitensis* (Monoi), *Pelargonium graveolens* (Rose Geranium), *Santalum album* (Sandalwood), *Cananga odorata* (Ylang Ylang Complete), *Simmondsia chinensis* (Jojoba), *Cocos nucifera* (Fractionated Coconut Oil)

CLEAR: 7TH TOUCH

Clear's positive, uplifting nature can also be gently energizing. The Rockrose will warm and invigorate you, Elemi will revitalize and refresh you and Black Spruce will anchor and strengthen you.



Ingredients: *Abies balsamea* (Balsam, fir), *Picea mariana* (Spruce, black), *Salvia sclarea* (Clary Sage), *Canarium luzonicum* (Elemi), *Pelargonium graveolens* (Rose Geranium), *Inula helenium* (Inula), *Cistus ladanifer* (Rockrose), *Pogostemon cablin* (Patchouli), *Lavandula angustifolia* (Lavender Vera), *Cananga odorata* (Ylang Ylang Complete), *Origanum majorana* (Sweet Marjoram), *Citrus paradisi* (Pink Grapefruit), *Salvia officinalis* (Sage), *Nardostachys jatamansi* (Spikenard), *Rosa damascena* (Rose), *Simmondsia chinensis* (Jojoba), *Santalum album* (Sandalwood), *Citrus reticulata* (Tangerine), *Copaifera langsdorffii* (Balsam Copaiba), *Tanacetum annuum* (Tanacetum Annuum), *Cocos nucifera* (Fractionated Coconut)

For More Information:

Name

Phone

Consultant ID #

Web Address

Heart & Body Naturals products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes, particularly if pregnant or nursing.



754 Cincinnati-Batavia Pike
Cincinnati, OH 45245
HBNaturals.com
©2011 Green Organics International, LLC

WholeBody™ Collection Disclaimer & Release

I understand that I am not receiving a diagnosis or a prescription. I am participating in a conversation about essential oils that may be helpful for me.

By signing this disclaimer and waiver I agree to release liability and hold harmless the WholeBody™ Consultant, Heart & Body Naturals, Green Organics International, and/or this facility from all causes of action, suits, penalties, liens, judgments, liabilities, obligations, losses, or actual consequential damages and actual or implied claims which may arise at any time by reason relating to or arising directly or indirectly out of any matter related to the WholeBody™ Assessment and/or application.

_____ I have read and fully understand the above-referenced disclaimer.
initials

_____ I authorize and accept the proposed terms of the WholeBody™ Assessment and/or application.
initials

_____ If I have a physical condition that requires care, I will consult a natural health practitioner or my family practitioner who is qualified for diagnosis and prescription.
initials

Printed Name Best Phone Best Email

Signature Date

Suggested Usage

Bath & Foot Soak

- Thoroughly mix 10 drops of your chosen WholeBody™ Collection blend to ½ to 1 cup of Pink Himalayan Salt or Dead Sea Salt, and then add to warm bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.*
- For a foot soak, add 8 to 12 drops of your chosen WholeBody™ Collection blend to ½ cup of Pink Himalayan or Dead Sea Salt, and soak feet 10 to 20 minutes for best results.*

Compression

- For relief from tension and inflammation, massage 5 drops of your chosen WholeBody™ Collection blend neat (undiluted) onto spine. Apply a warm compress for 10 to 30 minutes.*

Inhalation

- Rub 2 drops of your chosen WholeBody™ Collection blend in palms of both hands; cup hands over face and nose and inhale deeply.*
- Diffuse 10 drops of your chosen WholeBody™ Collection blend in 15-minute increments throughout the day.*

Massage & Topical

- Massage 3 drops of your chosen WholeBody™ Collection blend into spinal reflex points of the feet and/or hands.*
- WholeBody™ Collection blends may be added to carrier oils at the ratio of 60 drops per ounce for healthy individuals over the age of 10 years.*

Responsible Cautions

Align

- Due to its blue color, WholeBody™ Collection blend Align may stain clothing or bedding.*

FlexAble

- WholeBody™ Collection blend FlexAble is not recommended for use during pregnancy.*

Osteo

- Wintergreen, one of the primary oils in the WholeBody™ Collection blend Osteo, contains methyl salicylate, the active ingredient in aspirin. Use responsibly and don't overdo, even in topical applications. As with all Heart & Body Naturals essential oils, less is better.*
- When applied topically, methyl salicylate may increase the anticoagulant action of blood thinners (Warfarin, Coumadin, etc.).*
- Due to its Wintergreen content, WholeBody™ Collection blend Osteo is contraindicated for those facing major surgery, hemophilia, or other bleeding disorders.*
- Due to its Wintergreen content, WholeBody™ Collection blend Osteo is not recommended during pregnancy, while breastfeeding, for young children, or for those with methyl salicylate (aspirin) sensitivity.*

General

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions found at HBNaturals.com/essential-oil-cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.