



SLIM & SASSY®

WEIGHT LOSS PROGRAM GUIDE



doTERRA®

The Obesity Epidemic



Take a look around you. Studies show that obesity rates in all developed countries are rising (September 2010 Organization for Economic Cooperation and Development). In fact, one out of every two adults in the United States is overweight or obese. Rates of childhood obesity are

also on the rise (2008 National Health and Nutrition Examination Survey), and over 25% of children in the US are obese. Clearly there is cause for concern, given the proven links between obesity and diseases such as diabetes (type II), cardiovascular disease, and even cancer. As our society gets fatter, we get sicker.

Fortunately, the same advances in modern science that are making our lives more comfortable and sedentary are also providing us new insight into how we can keep our bodies slim and healthy. The dōTERRA® Slim & Sassy® weight loss program maximizes the potential of natural ingredients to help us keep off unwanted pounds and stay looking and feeling GREAT!

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The Skinny on **FAT**

Before you can get started losing fat, you need to understand what body fat is and where it comes from. Your body's preferred sources of energy are dietary carbohydrates, fats, and proteins. However, when you consume more than you use, those calories are stored in fat cells for later use.

Fat cells are formed by converting tissue stem cells into adipocytes that swell up like balloons with dietary lipids. When our caloric needs exceed available free calories from the food we eat, calories stored as lipids in our fat cells are released into our blood stream for energy.

Managing a healthy body fat percentage includes slowing down the production of new fat cells and increasing the burn rate of calories stored in body fat.

The solution to storing less calories as fat can be summarized with the equation:

EAT LESS + EXERCISE MORE = LEAN BODY MASS



GETTING STARTED:

The Slim & Sassy® Weight Loss Program

The Slim & Sassy weight loss program incorporates three aspects that encourages health, energy, and long-term success. **First**, use dōTERRA supplements, essential oils, and the TrimShake™ meal replacement to help reduce caloric intake and maximize weight loss efforts. **Second**, eat right by moderating portion size and choosing lower calorie, more nutrient-dense foods. **Third**, become more active to stay fit and burn more calories.

The chart at the right shows the simplest way to incorporate Slim & Sassy the essential oil blend and the Slim & Sassy TrimShake into your daily regimen. Other dōTERRA supplements will complement this basic regimen, including the Lifelong Vitality supplements, highlighted later in this booklet.

SLIM & SASSY® STORY

I DIDN'T DO A STRICT DIET, a strict regime, or have a big plan. That doesn't work with what I have going on with my family, but I did what I could, and anyone else can do it too. If you are able to just take the drops with the water; if you are just able to rub it on your troubled areas, do what you can, every little bit helps.

—RUTH RHODES
SLIM & SASSY 2011
GRAND PRIZE WINNER



TO DATE
Ruth has gone from a size 18 to a size 10, and lost 10 inches from each thigh.



SLIM & SASSY WEIGHT-LOSS PROGRAM

Before Breakfast	Slim & Sassy Metabolic Blend
Morning Meal	Slim & Sassy TrimShake
Between Meals	Slim & Sassy Metabolic Blend
Noon Meal	Healthy meal or Slim & Sassy TrimShake
Between Meals	Slim & Sassy Metabolic Blend
Evening Meal	Healthy meal
Between Meals	Slim & Sassy Metabolic Blend



CPTG Certified Pure Therapeutic Grade®

Slim & Sassy® METABOLIC BLEND

dōTERRA's Slim & Sassy Metabolic Blend is a proprietary formula of 100% pure CPTG Certified Pure Therapeutic Grade essential oils designed to help manage appetite between meals. Slim & Sassy includes a blend of grapefruit, lemon, peppermint, ginger, and cinnamon essential oils. It has zero calories and is an excellent replacement for high-calorie beverages or drinks that contain artificial sweeteners and colors.



DIRECTIONS FOR USE

Add 3 to 5 drops of Slim & Sassy Metabolic Blend to 8 oz of water, 3 to 5 times a day. Sip your flavored water before, between, and after each of your healthy meals throughout the day. Slim & Sassy also makes an excellent addition to water bottles (use glass or stainless steel containers) or hydration packs during exercise and outdoor activity. Target problem areas or just help to smooth skin by applying Slim & Sassy topically. It may also be used aromatically to lift and calm mood.



PRIMARY BENEFITS

- Supports efforts to eat less and exercise more for permanent, healthy weight loss by helping the body adjust to reduced caloric intake during dieting*
- Helps manage appetite and hunger pangs between meals*
- Supports a healthy metabolism of fat and energy production*
- Helps calm stomach and gastrointestinal distress sometimes associated with dieting*
- Reduces oxidation and supports cellular resilience*
- Lifts and elevates mood which has been associated with successful weight-loss efforts*
- Encourages healthy hydration during dieting, exercise, and throughout the day*

WHAT MAKES THIS PRODUCT UNIQUE?

- Proprietary blend of 100% CPTG Certified Pure Therapeutic Blend® essential oils
- No caffeine or other stimulants
- No sugars, zero calories
- No artificial colors, flavors, or ingredients
- Easy and safe to use with no harmful side effects

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.



16g protein | 250mg Essentra® Trim
1-2x day

TrimShake™ WITH ESSENTRA®TRIM

Slim & Sassy® TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal with only 210 calories per serving when combined with one cup non-fat milk. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise.

TrimShake includes 250 mg of Essentra®Trim, a patented ingredient that has been clinically demonstrated to help control stress-induced appetite, overeating, and carbohydrate cravings. It also helps support blood sugar levels already in the normal range and enhances energy levels while helping to alleviate fatigue during dieting and exercise.

TrimShake provides 16 grams of a proprietary protein blend of whey isolate, pea protein concentrate, and rice protein concentrate that provide important amino acids to help prevent loss of muscle mass and improve muscle tone during dieting and exercise.*

Available in Chocolate and Vanilla flavors.



A serving of TrimShake includes 250 mg of Essentra®Trim, a patented ingredient that has been clinically demonstrated to help control stress-induced appetite, overeating, and carbohydrate cravings. It also helps support blood sugar levels already in the normal range and enhances energy levels while helping to alleviate fatigue during dieting and exercise.

Nutrition Facts

Serving size: 1 scoop (33 grams)
 Servings per container: 20

Amount Per Serving	Mix alone	with Nonfat Milk	Amount Per Serving	Mix alone	with Nonfat Milk
Calories	125	210	Thiamin	33%	38%
Calories from Fat	31	35	Riboflavin	33%	58%
	% Daily value*		Niacinamide	33%	33%
Total Fat 3.5 g	5%	5%	Vitamin B6	33%	38%
Saturated Fat 0 g	0%	0%	Folate	33%	38%
<i>Trans</i> fat 0 g			Vitamin B12	33%	48%
Polyunsaturated Fat 0.1 g			Biotin	33%	33%
Monounsaturated Fat 2 g			Pantothenic Acid	33%	43%
Cholesterol 0 g	0%	2%	Phosphorus	33%	58%
Sodium 37 mg	2%	7%	Iodine	33%	33%
Total Carbohydrates 7 g	4%	8%	Magnesium	33%	38%
Dietary Fiber 5 g	20%	20%	Zinc	33%	38%
Soluble Fiber 4 g			Copper	33%	35%
Insoluble Fiber 1 g					
Sugars 0.3 g					
Other Carbohydrates 1.7 g					
Protein 16 grams	32%	49%			
Vitamin A	33%	43%			
Vitamin C	33%	37%			
Calcium	33%	58%			
Iron	33%	34%			
Vitamin D	33%	58%			
Vitamin E	33%	33%			

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4



CHOCOLATE

INGREDIENTS: Protein Blend (Whey Protein Isolate, Pea Protein Concentrate, Rice Protein Concentrate), Fiber Blend (Fibersol-2, Guar Gum), Sunflower, Cocoa Powder, Natural Flavors, Essentra Trim™ Ashwagandha (*Withania somnifera*) Root and Leaf Extract (250 mg per serving), Stevia.

VITAMIN/MINERAL INGREDIENTS: Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Biotin 1%, Niacinamide, Potassium Iodide 1%, Zinc Oxide, Vitamin A Acetate, Copper Gluconate, D-Calcium Pantothenate, Vitamin D3, Pyridoxine Hcl, Riboflavin, Thiamin Mononitrate, Vitamin B12 1%, Folic Acid 90%.



VANILLA

INGREDIENTS: Protein Blend (Whey Protein Isolate, Pea Protein Concentrate, Rice Protein Concentrate), Fiber Blend (Fibersol-2, Guar Gum), Sunflower, Natural Flavors, Essentra Trim™ Ashwagandha (*Withania somnifera*) Root and Leaf Extract (250 mg per serving), Stevia.

VITAMIN/MINERAL INGREDIENTS: Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Biotin 1%, Niacinamide, Potassium Iodide 1%, Zinc Oxide, Vitamin A Acetate, Copper Gluconate, D-Calcium Pantothenate, Vitamin D3, Pyridoxine Hcl, Riboflavin, Thiamin Mononitrate, Vitamin B12 1%, Folic Acid 90%.

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dōTERRA®'s LIFELONG VITALITY SUPPLEMENTS

Alpha CRS+® Cellular Vitality Complex

dōTERRA Alpha CRS+ Cellular Vitality Complex is a proprietary formula combining potent levels of natural botanical extracts that support healthy cell proliferation and lifespan with important metabolic factors of cellular energy to help you live younger, longer.* Alpha CRS+ is formulated to be used daily with xEO Mega and Microplex VMz as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.*

xEO Mega® Essential Oil Omega Complex

dōTERRA's xEO Mega Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Therapeutic Grade® essential oils and a proprietary blend of marine and land-sourced omega fatty acids. Omega fatty acids help support healthy joint, cardiovascular, and brain health. They also support healthy immune function, and have been shown to help mediate healthy inflammatory response in cells.* A single daily dose of xEO Mega provides 1000 milligrams of marine lipids with 340 mg of EPA, 240 mg of DHA, and a blend of plant-sourced essential fatty acids. xEO Mega also includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of pure astaxanthin, a powerful antioxidant carotenoid harvested from microalgae. The bioavailability of the xEO Mega formula is enhanced through a nanosomal lipid assimilation system and is encapsulated in SLS-free vegetable liquicapsules.

Microplex VMz® Food Nutrient Complex

dōTERRA's Microplex VMz Food Nutrient Complex is an all-natural, whole-food formula of bioavailable vitamins and minerals that may be deficient during periods of calorie restriction. The formula includes a balanced blend of essential vitamins and minerals presented in a patented glycoprotein matrix. Microplex VMz is encapsulated using sodium lauryl sulfate-free vegetable capsules, does not contain wheat or dairy products, and does not include any animal products or synthetic ingredients.

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DIGESTIVE HEALTH



TerraZyme® Digestive Enzyme Complex

dōTERRA's TerraZyme Digestive Enzyme Complex is a proprietary blend of active wholefood enzymes and supporting mineral cofactors that are often deficient during periods of caloric restriction. TerraZyme's powerful combination of digestive enzymes support the body's constant production of enzymes critical for healthy biochemical functions throughout the body including healthy digestion of food nutrients and cellular metabolism of nutrients to energy. TerraZyme includes a variety of wholefood enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars and fiber.



PB Assist+® Probiotic Defense Formula

dōTERRA's PB Assist+ is a proprietary formula of pre-biotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule, delivering 5 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructooligosaccharides) that encourages culture adhesion and growth. The time-release double-capsule delivery system protects sensitive probiotic cultures from stomach acid. PB Assist+ supports healthy digestive functions and immunities and is safe for use by all members of your family.



GX Assist® GI Cleansing Formula

GX Assist is a combination of Certified Pure Therapeutic Grade essential oils of oregano, melaleuca, lemon, lemongrass, peppermint, and thyme with caprylic acid. This formula helps to support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens that can disrupt digestive immunities and cause digestive upset. GX Assist is formulated to be used for 10 days as a preparatory cleansing step before using PB Assist Probiotic Defense Formula during the cleanse stage of the Slim & Sassy weight loss program.

SLIM & SASSY® STORY

When Natalie became a stay at home mom, she noticed a huge drop in energy levels. Each pregnancy brought more weight that stubbornly stayed. "I knew I wasn't enjoying my family and life as much as I could," Natalie said. When dōTERRA launched the Slim & Sassy line of products, Natalie knew this was something she needed to try. Within six weeks, she saw dramatic results. She felt her energy levels increase daily. Motivated by her weight loss, Natalie began incorporating healthier meals into her family's lifestyle. "So here I am, mother of three, and feeling healthier than ever,"



AFTER

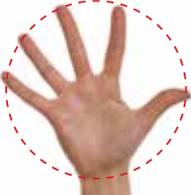


BEFORE

—NATALIE ALBAUGH

EAT RIGHT!

Eating right is an important part of any weight loss regimen. Monitoring portion size as well as choosing healthful, nutrient dense foods can make the difference between whether you feel great during your program or lack energy. A helpful way to remember portion size* is shown below, as well as useful tips which can help you get the most out of your weight loss diet.

Serving Sizes	Target Food Groups
 <p data-bbox="118 521 405 570">Circumference and thickness of hand spread (or more!)</p>	 <p data-bbox="473 544 1016 570">High-water content, whole, fresh fruits and vegetables</p>
 <p data-bbox="143 841 377 867">Volume of clenched fist</p>	 <p data-bbox="473 841 1053 867">Complex carbs & whole grains • Legumes & vegetable proteins</p>
 <p data-bbox="164 1117 356 1166">Circumference and thickness of palm</p>	 <p data-bbox="473 1141 984 1167">Low-fat animal proteins • Protein-rich nuts & seeds</p>
 <p data-bbox="143 1414 377 1463">Diameter and thickness of thumb (or less!)</p>	 <p data-bbox="473 1438 946 1464">Simple sugars • Dressings & spreads • Desserts</p>

*Portion sizes for 3 meal per day diet program.

Fat-loss Accelerators

REDUCE WHITE



White sugar, dairy fats, white flour, white rice, potatoes, coconuts, bananas, etc.

REDUCE HIGH CALORIE BEVERAGES



Fruit juice, sodas & colas, sports drinks, alcohol, etc.

GRAZING VS. FEASTING



3 healthy meals a day GOOD
6 mini meals a day BETTER

HYDRATION



5 servings (25 drops) of Slim & Sassy water throughout the day



• Starchy fruits & vegetables



Exercise will help you burn more calories

According to the American Medical Association, becoming even a little more active can help you lower your risk of diseases such as heart disease, stroke, cancer, diabetes, high blood pressure, and osteoporosis.

What's more, increasing your activity can help you battle depression, strengthen your muscles and bones, and sleep better. Here are a few simple guidelines to help you get started on an exercise regimen.

Step 1: Determine Your Level of Activity

Before setting a fitness goal, it's helpful to understand where you are and what you want. Take a minute to evaluate your fitness level. Assess your current activity level, your satisfaction with your current activity, and any goals you have with regard to increasing length, intensity, and/or frequency of activity.

Step 2: Determine the Activities You Like

There is more than one way to become active and reach your fitness goals. You don't have to become a runner or a cyclist; you simply need to choose activities that work for you.

When choosing an activity, think about the following:

- Choose something you enjoy. A goal is more likely to be accomplished if you enjoy the journey.
- Make it accessible. You'll want to spend more time participating in the activity than getting to it. Have several options in case of inclement weather or lack of time.
- Choose an intensity level. Activities should push but not overwhelm you. If you've never been active; you're not going to begin with a marathon but with easy walking.
- Working out with a partner. Your goal should motivate you, but a partner can always encourage you to reach your goals.

- Choosing a gym or at-home workout. Either option can provide results, so you have a choice. You can't beat the convenience of working out at home, but a gym can provide focus and motivation if needed.
- Providing yourself with a schedule. When scheduling a fitness routine, consider your week and ask yourself when you have the most energy during the day, and then plan accordingly.



Turn your exercise into a habit.

Research has shown that people are more likely to maintain a good physical activity routine if they share their fitness/weight loss goals with trusted friends or family. Additionally, be sure to track your progress.

Step 3: Set Your Fitness Goals

To help you achieve your fitness goals, use the activities you've chosen to create your daily/weekly regimen. Be sure to set attainable goals that you know you can achieve. For active people, your goals might be:

- 45 minutes of moderate-intensity aerobic activity 3 days a week (activities like walking, swimming, cycling, etc.)
- Adults should include strength training in their fitness routine, 3 days a week for 45 minutes/day (weight lifting, push-ups, sit-ups, lunges)
- Adults should include flexibility training. Try to fit in 10 or 15 minutes of stretching every day.

Now you have a plan of action—which is more than half the battle. Start slowly, stay positive, and stick with it!



SLIM & SASSY® STORY

I WENT FROM BEING at the heaviest point and in the worst shape of my life, to being in the best shape of my life. I'm now doing the same things and in the same great shape I was in college, and it only took me four months.

—TAD HANSEN
SLIM & SASSY 2011
GRAND PRIZE WINNER

TO DATE
Tad has lost over 65 lbs



Slim & Sassy® Trim Kit

Kick off your weight loss goals with the Slim & Sassy® Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with dōTERRA's new Trim Shakes. Kit includes 4 Slim & Sassy 15 ml blends and two canisters of TrimShake (40 servings)

- Item 3529** \$200.00 retail 2 Vanilla Shake
Item 3528 \$200.00 retail 2 Chocolate Shake
Item 4077 \$200.00 retail 1 Chocolate, 1 Vanilla Shake

Slim & Sassy® Enrollment Trim Kit

- Item 4078** \$175 wholesale 1 Chocolate, 1 Vanilla Shake
 125 PV (includes Trim Kit and \$35 enrollment fee)



SLIM & SASSY STORY

I am a big fan of Slim & Sassy. I love this oil in my drinking water!

Slim & Sassy gives me energy during my workouts, decreases my cravings for sweets, and revs up my metabolism all day long. I have fallen in love with this little bottle of oil and so has everyone else I share it with! I am just now starting to rub it on my "trouble areas" after my morning shower. As I prepared for Mrs. Utah America, this was the ticket to take off those last few stubborn pounds. I looked and felt my best.

I even won the swimsuit competition! Slim & Sassy is my new best friend.

CAROL ANN GUEST, MRS. UTAH AMERICA 2011

