

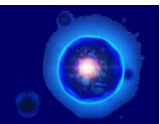


*Symphony*  
of the cells

Boyd Kuhn Truman

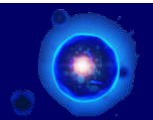
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## ***Development (by Boyd Truman)***

In my early twenties I was actively engaged in the wellness industry. I took note of what was working, particularly with essential oils.

I decided to study massage therapy in order to grow my understanding of human anatomy and its interaction with mother nature. In the massage therapy field I was trained in many modalities, both with and without oils.

When implementing oils into the massage process, I began to see that every person I was working with faced different health challenges and ailments. Experience and study taught me to switch oil applications and regimens. I took a focused approach and working through each individual health history, I noted a variety of factors including habits and diets.

Depending on what their ailments were, I determined the specific oils for the specific body system or condition that needed support.

Soon my studies and passion led me into teaching and educating others in essential oil practices. I initially introduced the inflammatory application found in this book. I would discuss the benefits that could come from using that combination of essential oils. This brought about questions on oils for other conditions.

Most people do not have the background and experience of using essential oils and the workings of the human body, so my wife, Sandy suggested I simplify it all and put it on paper. This idea transformed into a booklet, where at that time I was referring to these applications as the Spinal Technique.

I woke up one morning with Symphony of the Cells™ in my head. I realised it was meant to be a lecture series where the spinal technique could be taught along with other modalities. This would allow all of us to create our own symphony, bringing harmony and balance into our lives.

It is my hope that through experience and understanding of essential oils, their benefits and their various applications, you can take the guesswork out, responsibly support your health and body systems and deliver incredible benefits to you and those around you.

### ***Introduction***

Symphony of the Cells is a collection of 18 essential oil applications created by Boyd Truman, based on 28 years of practical knowledge and use of pure, therapeutic grade essential oils.

Whether you are looking to help support a loved one with an ongoing ailment or illness, or are integrating the use of essential oils into your massage or wellness prac-

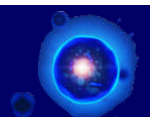


tice, *Symphony of the Cells* is simple and effective, it is meant to bring harmony physically, emotionally and spiritually within the body. Each of the 18 applications address a specific system and/or area of the body, allowing for a focussed approach to the symptoms and underlying causes of many ailments and illnesses.

### *Why Symphony of the Cells?*

There are three major reasons *Symphony of the Cells* was created:

1. To keep things simple for anyone at any level. The most important thing to do is to simply apply the essential oils onto the body, and the oils will create the benefit needed. For maximum benefit the oils should be layered across the entire back, on the bottom of the feet, sometimes on the hands and inhaled.
2. To empower you. We have been cautioned on the dangers and effects of essential oils, rather than educated on their benefits. This book is provided to give you knowledge to confidently apply essential oils.
3. To provide education. You will know which oils are most appropriate for certain body systems and ailments. It will increase your experience and knowledge, so you will better understand which oils will bring balance and harmony to the body.





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• Digestive App.				• Lymphatic App.									

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• Forgiveness App.				• Inflamm App.									

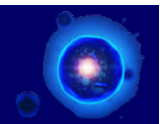
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• Solar App.				• Hormone B. App.				• Cellular App.					

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• C2 App.				• ID App.				• Emobic App.					

Proactive health care, stress reduction, rest, proper nutrition and exercise are all key in maintaining a healthy lifestyle. Reducing toxic load plays a major role in your overall health.

When we improve our health from the inside out, we bring about positive change. We are what we drink, eat and put in our bodies. Even the lotions, perfumes and skin care we apply can contribute to a heavy toxic load. Our 4 weeks to wellness will manage this unwanted waste. By pairing 10 key Symphony of the Cells applications with quality supplements, essential oils and a healthy diet we can enhance the body. You can practice this on a quarterly basis.

Please be aware that some individuals may experience minor sensitivities, such as skin irritation or diarrhea during the general detoxification process. Understanding that these side effects are temporary, and that the body is simply trying to cleanse the toxic substances and toxic load that it may have been harbouring for years. For the elderly, ill or persons experiencing these symptoms, one approach is to limit the amount of drops.



## Symphony of the Cells™ Symbol Guide



Apply Carrier  
Oil To Back/Spine



Allow Individual  
To Smell Oil



Apply Oil Over  
Heart Area



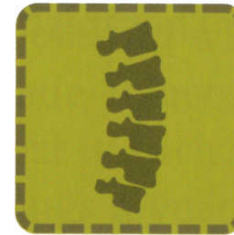
Apply Oil Over  
Liver Area



Apply Oil To Neck  
& Shoulder Area



Apply Excess  
Oil To Feet



Apply Oil  
To Entire Back



Apply Oil  
To Hand

### Applications List and Symbols



Cardiovascular & Circulatory System



Digestive System



Emotional & Limbic System



Endocrine System



Immune System



Integumentary System



Nervous System



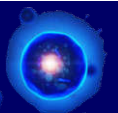
Respiratory System



Skeletal, Muscular & Connective System



Urinary System



## Symphony of the Cells Instructions

Performing the applications is meant to be simple! Become familiar with the step-by-step symbols, these are there to help you learn where the oils are applied. Pay attention to these symbols as some of the oils are in roller bottles and are applied differently to oil drops from the bottles.

### Essential Oil Basics

#### ***Always:***

- Apply a carrier to the skin before using oils with “sensitive” or “dilute” warnings
- Let the oil drip out, do not press the dropper on the skin
- Keep bottles away from sunlight and direct heat
- Use oils internally, only where bottle has “supplemental facts” on label

#### ***Never***

- Never put oils directly in eyes or ears
- Never add water to oil unless you want to intensify effect. Use carrier oil to soothe or lessen the intensity
- Never apply an oil that is housed in a roller bottle over an area where another oil has been applied. Apply to your hand first and then to the skin

### Detoxing

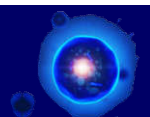
To assist the body with processing and discharging toxins, it is best for the individual to hydrate with water containing 1-2 drops of Lemon or Wild Orange essential oil after receiving any Symphony of the Cells application.

It is common for individuals to have a different experience with each application. Some experience nausea, fatigue, mood enhancement, increased energy, emotional responses and some detoxification.

### How Often and How Much?

In general if someone is relatively healthy, a proactive approach is to perform an application 2-3 times per month. For someone with a present condition, an application can be performed 2-3 times per week for 1-2 weeks or as needed. Then return to proactive approach of 2-3 times per month.

Per application it is recommended to use 4-6 drops of each essential oil listed in the application. If an individual is new to Symphony of the Cells start with fewer drops. If the individual is a young child, is experiencing an ongoing condition or illness, is over the age of 50, begin with 1-2 drops of oil.





# Symphony of the Cells Process



## How to Start

Have the oils and carrier for the application close to hand. Begin with the individual laying face down with their back and bottoms of feet exposed. Allow the individual come to a relaxed, calm state.



## Carrier Oil Application

Apply a layer of Fractionated Coconut Oil or other carrier (olive, sesame seed, almond etc) onto their entire back and the bottoms of the feet. This layer acts as a protectant against the stronger oils that may irritate sensitive skin.



## Aromatic Application

Simply allow the individual, who is receiving the application, to smell the oils that are on your hand. Let them know your hand is there, so that they can inhale deeply.



## Heart/Chest Application

Have the person who is receiving the application to apply the oil themselves over the heart area. If a roller bottle they can apply directly, or apply oil to hand first then massage into chest area.



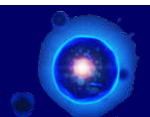
## Liver Area Application

Allow the person receiving the application to apply the oil directly to the liver area (right side of lower ribcage) or apply to hand first.



## Neck and Shoulders Application

Apply oil to neck and shoulder area. Begin with oil in step1 of specific application you are performing.





## Feet Application

Apply the oil remaining on your hand to the bottoms of their feet. There is no need to apply additional oil, although the residual left on your hand seems small it is enough for this.



## Entire Back Application

Drop the oil on their back, starting at lower spine and working your way up to their neck and towards the base of their skull. Using your hands, move in that same direction while rubbing in a circular, clockwise motion along the entire back.



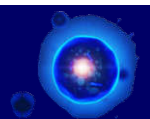
## Hand Application

This step is for ease of use. Since some of the oils required for certain applications come in a roller bottle, it is easier sometimes to apply the oil first to your hand and then apply it to the skin.



## Intensify (optional)

You can intensify the effect by adding water. This helps to drive the oils, create heat and therefore generate more movement in the body. There are several ways to do this: hop into the shower, take a bath, use a hot compress or sit in a sauna. The oils will not wash off, but will be intensified. We suggest you add more carrier to lessen the intensity of the heat and moisture.



# Symphony of the Cells Applications

## Basic

**Step 1:** Frankincense



**Step 2:** Tea Tree



**Step 3:** Massage Blend  
(Aromatouch)



**Step 4:** Peppermint



## Possible Conditions:

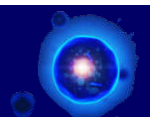
- Anxiety
- Asthma
- Body Aches
- Cold
- Congestion
- Croup
- Diarrhoea
- Ear Aches
- Fever
- Flu
- Headache
- Immune Support
- Pink Eye
- RSV
- Sore Throat
- Stomach Aches
- Stress
- Vomiting

## Body Systems (in order of relevance)

1. Digestive
2. Immune
3. Respiratory

## Why this application?

This application is simple to apply for children, without needing them to lay down and using carrier oil. However, you can if you would like. Apply appropriate drops of oil (page 8), layering separately over the entire back and rub it in for a few seconds. This acts as an immune booster and a stress reducer.



## Cardio

**Step 1:** Frankincense



**Step 2:** Carrier Oil



**Step 3:** Thyme



**Step 4:** Massage Blend (Aromatouch)



**Step 5:** Tumeric/Lemongrass



**Step 6:** Protective Blend (On Guard)



**Step 7:** Marjoram



**Step 8:** Basil



**Step 9:** Lavender



**Step 10:** Peppermint



### Possible Conditions:

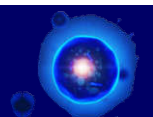
- Aneurysm
- Angina
- Arrhythmia
- Arteriosclerosis
- Blood Pressure
- Cardiomyopathy
- Cardiovascular
- Cholesterol
- Coronary Arterial Disorder
- Diabetes
- Heart Disorder
- Heart Failure
- Heart Valve Disorder
- Phlebitis
- Reynaud's Disorder
- Varicose Veins
- Vascular Disorder

### Body Systems (in order of relevance)

4. Circulation and Cardiovascular
5. Immune
6. Urinary

### Why this application?

This application was created to simply support circulatory and cardiovascular health. There are many feelings and emotions tied to the heart, therefore, this application can be supportive both physically and emotionally.





## Cellular

**Step 1:** Frankincense



**Step 2:** Neroli



**Step 3:** Carrier Oil



**Step 4:** Cellular Blend (DDR Prime)



**Step 5:** Black Pepper



**Step 6:** Cassia



**Step 7:** Spikenard



**Step 8:** Copaiba



**Step 9:** Wild Orange



**Step 10:** Petitgrain



### Possible Conditions:

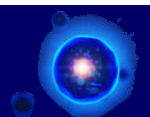
- Alzheimer's
- Anaemia
- Angelman Syndrome
- Autoimmune Disorders
- Epstein Barr
- Leukaemia
- Lupus
- Lyme Disorder
- Lymphoma
- Malaria
- Multiple Myeloma
- Multiple Sclerosis
- Nephritis
- Neurofibromatosis
- Parkinson's Disorder
- Shingles
- Sickle Cell Disorder
- Spinal Muscular Atrophy

### Body Systems (in order of relevance)

- |              |                  |
|--------------|------------------|
| 1. Endocrine | 4. Circ & Cardio |
| 2. Immune    | 5. Digestive     |
| 3. Nervous   |                  |

### Why this application?

The Cellular application was developed for individuals who are suffering from various autoimmune and/or endocrine challenges. This application helps to support healthy cellular function by protecting the body from oxidative stress.



## C2

**Step 1:** Frankincense



**Step 2:** Carrier Oil



**Step 3:** Clove



**Step 4:** Coriander



**Step 5:** Tumeric



**Step 6:** Spikenard



**Step 7:** Pink Pepper



**Step 8:** Yarrow POM



**Step 9:** Tangerine



**Step 10:** Melissa



### Possible Conditions:

- ALS
- Aplastic Anaemia
- Cardiomyopathy
- Encephalopathy
- Epilepsy
- Glioblastoma
- Guillian-Barre Syndrome
- Heavy Metal Toxicity
- Haemolytic Anaemia
- Hypoxia
- Meningitis
- Multiple Myeloma
- Necrosis
- Neuronal Toxicity
- Peripheral Neuropathy
- Polyneuropathy
- Proteopathy
- Pulmonary Edema

### Body Systems (in order of relevance)

1. Endocrine
2. Immune
3. Nervous
4. Digestive
5. Circ & Cardio

### Why this application?

Similar to the Cellular application, C2 also supports cellular longevity. It promotes cleansing and rejuvenation, in order to aid in healthy digestion and to provide support on the cellular level.



# CH1

Step 1: Frankincense



Step 2: Neroli



Step 3: Carrier Oil



Step 4: Cypress



Step 5: Lemongrass



Step 6: Blue Tansy



Step 7: Siberian Fir



Step 8: Helichrysum



Step 9: TCopaiba



Step 10: Birch/Wintergreen



Step 11: Peppermint



## Possible Conditions:

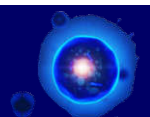
- Aches
- Arthritis
- Back Aches
- Bursitis
- Gout
- Herniated Disc
- Joints
- Migraine
- Muscle Weakness
- Neuropathy
- Post herpetic Neuralgia
- Restless Leg Syndrome
- Rheumatoid Arthritis
- Sciatica
- Scleroderma
- Scoliosis
- Seizures
- Tendonitis

## Body Systems (in order of relevance)

1. Skel, Musc, Conn
2. Nervous
3. Circ & Cardio
4. Immune
5. Respiratory

## Why this application?

This application focuses on the skeletal, muscular and connective tissue systems of the body. Chi, in Chinese, means energy. The Chi application is intended to relieve, support and recharge the physical structures of the body.



## Digestive

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Tumeric



Step 5: Massage Blend (Aromatouch)



Step 6: Bergamot



Step 7: Coriander



Step 8: Digestive Blend (Digestzen)



Step 9: Geranium



Step 10: Peppermint



### Possible Conditions:

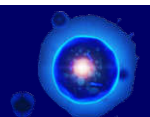
- Acid Reflux
- Allergies
- Cirrhosis
- Colitis
- Constipation
- Crohn's
- Diarrhoea
- Diverticulitis
- Fibroid Cysts
- Gastritis
- Giardia
- Heartburn
- Haemorrhoids
- IBIS
- Kidney Infection
- Pancreatitis
- Stomach Ulcers
- Ulcers

### Body Systems (in order of relevance)

1. Digestive
2. Circ & Cardio
3. Urinary
4. Immune
5. Integumentary

### Why this application?

This application was created to help support healthy digestive function. It can assist with relieving occasional constipation and intestinal stress. The oils involved in this application also help create movement and flow within the body.





## Emobic

**Step 1:** Frankincense



**Step 2:** Neroli



**Step 3:** Rose



**Step 4:** Jasmine



**Step 5:** Carrier Oil



**Step 6:** Spikenard



**Step 7:** Melissa



**Step 8:** Centering Blend

(Align)



**Step 9:** Douglas Fir



**Step 10:** Spearmint



### Possible Conditions:

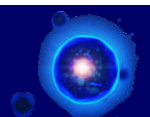
- Anger
- Appetite Dysregulation
- Autoimmune Encephalitis
- Bipolar Disorder
- Depression
- Emotional Trauma
- Fear
- Hyperorality
- Hypoglycaemia
- Insomnia
- Limbic Encephalitis
- Memory Loss
- Mental Fatigue
- OCD
- PMS
- Panic
- Postpartum Depression
- Stress

### Body Systems (in order of relevance)

1. Emot & Limbic
2. Endocrine
3. Circ & Cardio
4. Respirative
5. Immune

### Why this application?

The Emobic application was established for the enhancement of the emotional and limbic systems. The oils involved in this application can help restore mental and emotional alertness. Additionally, they can provide support for overcoming emotions and feelings associated with past memories and trauma.



# Forgiveness

**Step 1:** Rose



Allow the individual to apply the oils in steps 1 and 2 themselves

**Step 2:** Geranium



**Step 3:** Frankincense



**Step 4:** Neroli



**Step 5:** Carrier Oil



**Step 6:** Clove



**Step 7:** Melissa



**Step 8:** Juniper Berry



**Step 9:** Bergamot



**Step 10:** Renewing Blend (Forgive)



## Possible Conditions:

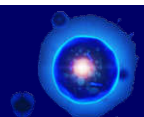
- Abuse
- Anorexia
- Biliary Cholangitis
- Bipolar
- Broken Heart
- Bulimia
- Depression
- Hate
- Liver Disorder
- Loneliness
- Mood Disorder
- Phantom Pain
- PTSD
- Sclerosing Cholangitis
- Rage
- Resentment
- Self-doubt
- Self-hate

## Body Systems (in order of relevance)

- |                  |              |
|------------------|--------------|
| 1. Emot & Limbic | 4. Nervous   |
| 2. Endocrine     | 5. Digestive |
| 4. Circ & Cardio |              |

## Why this application?

Most of us have people in our lives that we have negative feelings towards, such as anger or resentment. This application helps us to build our emotional strength and supports us in the process of letting go of hurtful feelings and emotions from the past.



## Hormone Balance

**Step 1:** Frankincense



**Step 2:** Carrier Oil



**Step 3:** Thyme



**Step 4:** Ginger



**Step 5:** Clary Sage



**Step 6:** Grapefruit



**Step 7:** Roman Chamomile



**Step 8:** Ylang Ylang



**Step 9:** Lavender



**Step 10:** Siberian Fir



### Possible Conditions:

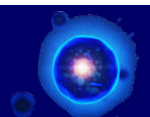
- ADHD
- Abdominal Cramps
- Cushing's Disorder
- Depression
- Endometriosis
- Fibroid Cysts
- Graves Disorder
- Hashimoto's Disorder
- Hot Flashes
- Hyperthyroidism
- Infertility
- Insomnia
- Menopause
- Postpartum Depression
- Premenstrual Syndrome
- Rosacea
- Stress
- Thyroid Disorders

### Body Systems (in order of relevance)

1. Endocrine
2. Emot & Limbic
3. Circ & Cardio
4. Integumentary
5. Digestive

### Why this application?

This application was created to help support better glandular function. The oils used in this application help provide emotional grounding, promote balance, cleanse, as well as soothe and calm nerves.



## ID

**Step 1:** Frankincense



**Step 2:** Carrier Oil



**Step 3:** Oregano



**Step 4:** Thyme



**Step 5:** Protective Blend (On Guard)



**Step 6:** Massage Blend (Aromatouch)



**Step 7:** Lemongrass



**Step 8:** Tea Tree



**Step 9:** Melissa/Arborvitae



**Step 10:** Peppermint



### Possible Conditions:

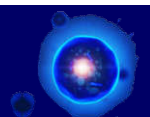
- Bacterial Infections
- Candida
- Colds
- Epstein Barr/Mono
- Fungus
- Hepatitis
- Immune Support
- Infections
- Influenza
- Lyme Disorder
- Parasites
- Shingles
- Sore Throat
- Staph Infection
- Stomach Flu
- Strep
- Viral Infections
- Yeast Infections

### Body Systems (in order of relevance)

1. Immune
2. Digestive
3. Respiratory
4. Circ & Cardio
5. Endocrine

### Why this application?

The ID application involves many of the strangest essential oils. It supports all systems, but specifically assists the immune system in fighting some of the stronger environmental issues.





# Inflammatory

**Step 1:** Frankincense



**Step 2:** Carrier Oil



**Step 3:** Tea Tree



**Step 4:** Wintergreen/Birch



**Step 5:** Massage Blend (Aromatouch)



**Step 6:** Lemongrass



**Step 7:** Siberian Fir



**Step 8:** Helichrysum



**Step 9:** Soothing Blend (Ice Blue)



**Step 10:** Peppermint



## Possible Conditions:

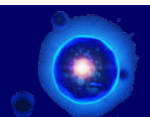
- Aches
- Arthritis
- Bursitis
- Cramps
- UTI
- Fever
- Herniated Disc
- Hypertension
- Inflammation
- Joint Pain
- Lupus
- Migraine/Headache
- Phlebitis
- Sciatica
- Scleroderma
- Spondylitis
- Tendonitis
- Varicose Veins

## Body Systems (in order of relevance)

- |                 |                  |
|-----------------|------------------|
| 1. Sk, Msc, Cnn | 4. Circ & Cardio |
| 2. Nervous      | 5. Digestive     |
| 3. Immune       |                  |

## Why this application?

The inflammatory application is one of the original Symphony of the Cells applications developed and one of the most commonly used. It can help relieve head, neck and back tension, as well as soothe muscles and sore joints.



# Lymphatic

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary/Tea Tree



Step 4: Massage Blend (Aromatouch)



Step 5: Lemongrass



Step 6: Metabolic Blend (Smart & Sassy)



Step 7: Lemon



Step 8: Grapefruit



Step 9: Ginger



Step 10: Peppermint



## Possible Conditions:

- Atopic Dermatitis
- Castleman Disorder
- Cellulite
- Cystitis
- Dermatitis
- Fluid Retention
- Hearing Challenges
- Kidney Stones
- Lymphedema
- Lymphadenitis
- Lymphadenopathy
- Lymphangitis
- Lymphoma
- Meige's Syndrome
- Obesity
- Oedema
- Swollen Lymph Nodes
- Tinnitus

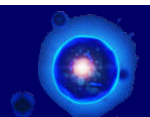


## Body Systems (in order of relevance)

1. Digestive
2. Circ & Cardio
3. Urinary
4. Immune
5. Respiratory

## Why this application?

This application was designed to allow for greater movement and flow within the lymphatic system. Additionally, it assists us in processing some of our bodily waste and can be helpful throughout the weight loss journey.



## Maxim

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary/Thyme



Step 4: Clove



Step 5: Lemongrass



Step 6: Lemon



Step 7: Geranium



Step 8: Sandalwood



Step 9: Frankincense



Step 10: Peppermint



### Possible Conditions:

- Allergies
- Bacterial Infections
- Brain Stem Glioma
- Cancer
- Cirrhosis
- Cholangiocarcinoma
- Influenza
- Kidney Infections
- Kidney Stones
- Leukaemia
- Liver Challenges
- Melanoma
- Osteosarcoma
- Pneumonia
- Shingles
- Soft Tissue Sarcoma
- Tumour Meningitis
- Uterine Sarcoma

### Body Systems (in order of relevance)

1. Immune
2. Endocrine
3. Digestive
4. Circ & Cardio

### Why this application?

The maxim application assists the body with both healthy cellular function and division. It helps improve the body's ability to protect itself against oxidative stress, and to ease toxic acidity and other harmful substances.



## Neurological

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Clove



Step 5: Massage Blend  
(Aromatouch)



Step 6: Lemongrass



Step 7: Melissa/Arborvitae



Step 8: Frankincense



Step 9: Patchouli



Step 10: Bergamot



Step 11: Peppermint



### Possible Conditions:

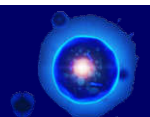
- ADHD
- Alzheimer's Disorder
- Concussion
- Dementia
- Epilepsy
- Fibromyalgia
- Glaucoma
- Guillain-Barre Syndrome
- Lou Gehrig's Disorder
- Macular Degeneration
- Memory Loss
- Multiple Sclerosis (MS)
- Neuritis
- Neuropathy
- Parkinson's Disorder
- Polyneuropathy
- Seizures
- Stroke

### Body Systems (in order of relevance)

1. Nervous
2. Sk, Msc, Cnn
3. Circ & Cardio
4. Endocrine
5. Emot & Limbic

### Why this application?

The Neurological application is intended to help support healthy neurological function and thereby increase better communication between nerve cells; essentially promoting overall balance within the nervous system.





# Osteo

**Step 1:** Frankincense



**Step 2:** Carrier Oil



**Step 3:** Rosemary



**Step 4:** Massage Blend (Aromatouch)



**Step 5:** Lemongrass



**Step 6:** Grapefruit



**Step 7:** Lemon



**Step 8:** Helichrysum



**Step 9:** Siberian Fir



**Step 10:** Peppermint



## Possible Conditions:

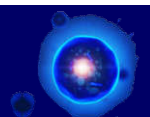
- Arthritis
- Achondroplasia
- Bone Cancer
- Broken Bones
- Bursitis
- Gout
- Herniated Disc
- Metabolic Bone Disorder
- Osteoarthritis
- Osteomalacia
- Osteomyelitis
- Osteopenia
- Osteoporosis
- Osteosarcoma
- Paget's Disorder
- Porotic Hyperostosis
- Scoliosis
- Spondylitis

## Body Systems (in order of relevance)

- |                  |              |
|------------------|--------------|
| 1. Sk, Msc, Cnn  | 4. Digestive |
| 2. Immune        | 5. Urinary   |
| 3. Circ & Cardio |              |

## Why this application?

This application is meant to address bone deterioration caused by excess acidity in the body. In addition to supporting bone health, it allows for healthy cartilage and joint function.



# Respiratory

**Step 1:** Frankincense



**Step 2:** Carrier Oil



**Step 3:** Tea Tree



**Step 4:** Protective Blend (On Guard)



**Step 5:** Massage Blend (Aromatouch)



**Step 6:** Respiratory Blend (Easy Air)



**Step 7:** Rosemary



**Step 8:** Eucalyptus



**Step 9:** Melissa/Arborvitae



**Step 10:** Peppermint



## Possible Conditions:

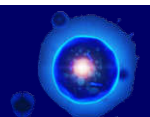
- ARDS
- Asthma
- Allergies
- Breathing
- Bronchitis
- COPD
- Common Colds
- Congestion
- Cough
- Croup
- Cystic Fibrosis
- Emphysema
- Pneumonia
- Pulmonary Edema
- Respiratory Issues
- Rhinitis
- Sinus Infection
- Sinusitis

## Body Systems (in order of relevance)

1. Respiratory
2. Circ & Cardio
3. Immune
4. Urinary

## Why this application?

The Respiratory application addresses functions of the respiratory system. This can help to relieve the body from the buildup of excess mucus and congestion, while relaxing restricted airways and allowing for better airflow.



## Sensory

**Step 1:** Grounding Blend  
(Balance)/Frankincense



**Step 2:** Carrier Oil



**Step 3:** Petitgrain



**Step 4:** Cilantro



**Step 5:** Tumeric



**Step 6:** Spikenard



**Step 7:** Patchouliu



**Step 8:** Vetriver



**Step 9:** Yarrow POM



**Step 10:** Copaiba



**Step 11:** Cedarwood



### Possible Conditions:

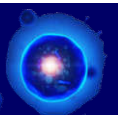
- ADHD
- Angelman Syndrome
- Anxiousness
- Asperger Syndrome
- Autism (ASD)
- Developmental Delays
- Dyspraxia
- Dystonia
- Epilepsy
- Hyperesthesia
- Mood Swings
- Multiple Sclerosis (MS)
- Neurodegenerative Disorder
- OCD/Obsessive Behaviour
- Olfactory Dysfunction
- Stress
- Tourette Syndrome

### Body Systems (in order of relevance)

1. Nervous
2. Endocrine
3. Circ & Cardio
4. Emot & Limbic
5. Digestive

### Why this application?

This application was developed based on requests for sensory disorder support. The oils in the Sensory application are utilised to support the body with the cleansing and detoxification of harmful substances. Delivers soothing effects to nerves and tissue.



## Solar

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary



Step 4: Basil



Step 5: Myrrh



Step 6: Grapefruit



Step 7: Cinnamon



Step 8: Ginger



Step 9: Geranium



Step 10: Siberian Fir



### Possible Conditions:

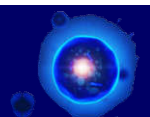
- Addison's Disorder
- Adrenal Fatigue
- Adrenal Gland Cancer
- Adrenal Incidentaloma
- Adrenal Insufficiency
- Anorexia
- Congenital Adrenal Hyperplasia
- Diabetes
- Edema
- Interstitial Nephritis
- Kidney Stones
- Low Energy
- Mental Fatigue
- Renal Cyst
- Renal Failure
- Urinary Tract Infection (UTI)

### Body Systems (in order of relevance)

1. Endocrine
2. Circ & Cardio
3. Urinary
4. Digestive
5. Emot & Limbic

### Why this application?

This application was added due to the high demand for supporting people struggling with consistent fatigue and/or mid-day energy loss. Intended to increase stamina and focus throughout the day, the oils included are beneficial to the kidneys, adrenals and the entire circulatory and digestive systems.



## Oil Substitution Table

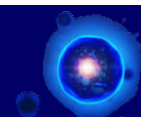
Listed Oil	Sub 1	Sub 2	Sub 3
Arborvitae	Melissa	Siberian Fir	Birch
Basil	Massage Blend	Marjoram	Coriander
Bergamot	Grapefruit	Blend For Women	Lime
Birch	Wintergreen	Soothing Blend	Cypress
Black Pepper	Copaiba	Juniper Berry	Melissa
Blue Tansy	Roman Chamomile	Soothing Blend	Yarrow POM
Cardamom	Eucalyptus	Clary sage	Roman Chamomile
Cassia	Cinnamon	Protective Blend	Metabolic Blend
Cedarwood	Arborvitae	Patchouli	Vetiver
Cellular Blend	Frankincense	Thyme	Clove
Centering Blend	Rose	Jasmine	Geranium
Cilantro	Coriander	Cardamom	Black Pepper
Cinnamon	Cassia	Protective Blend	Metabolic Blend
Clary Sage	Women's Month Bl	Blend For Women	Coriander
Clove	Protective Blend	Cassia	Cinnamon
Copaiba	Melissa	Ylang Ylang	Clove
Coriander	Lavender	Juniper Berry	Cardamom
Cypress	Douglas Fir	Massage Blend	Blue Tansy
Eucalyptus	Respiratory Blend	Tea Tree	Basil
Detoxification Blend	Geranium	Copaiba	Rosemary
Dill	Bergamot	Lemon	Wild Orange
Douglas Fir	Siberian Fir	Cypress	Blue Tansy
Eucalyptus	Respiratory Blend	Tea Tree	Basil
Frankincense	Pink Pepper	Anti-Aging Blend	Fennel
Geranium	Copaiba	Detox Blend	Rose
Ginger	Turmeric	Fennel	Digestive Blend
Grapefruit	Bergamot	Tangerine	Wild Orange
Green Mandarin	Tea Tree	Marjoram	Lime





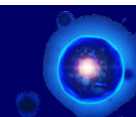
## Oil Substitution Table .... cont

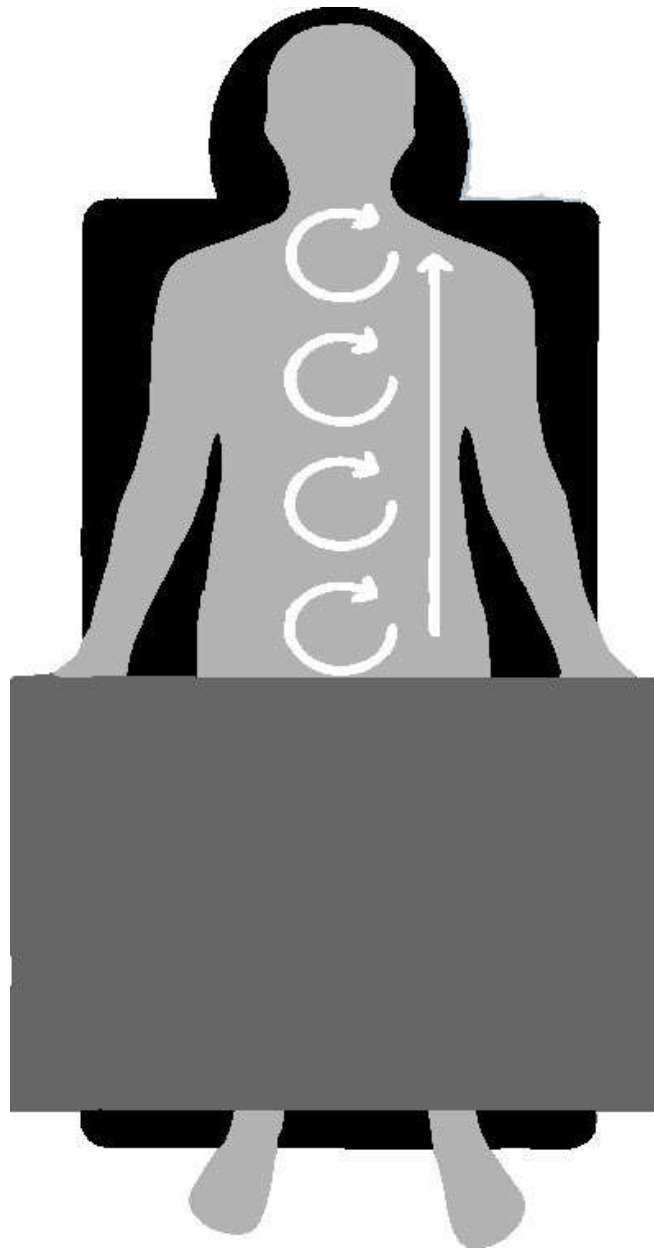
Listed Oil	Sub 1	Sub 2	Sub 3
Helichrysum	Soothing Blend	Anti-Aging Blend	Myrrh
Jasmine	Roman Chamomile	Rose	Ylang Ylang
Juniper Berry	Detox Blend	Coriander	Renewing Blend
Lavender	Petitgrain	Roman Chamomile	Coriander
Lemon	Wild Orange	Lime	Grapefruit
Lemongrass	Helichrysum	Black Pepper	Dill
Magnolia	Lavender	Petitgrain	Neroli
Marjoram	Basil	Cypress	Massage Blend
Massage Blend	Basil	Cypress	Marjoram
Melissa	Black Pepper	Lemongrass	Copaiba
Metabolic Blend	Ginger	Peppermint	Cinnamon
Myrrh	Sandalwood	Spikenard	Anti-Aging Blend
Neroli	Petitgrain	Melissa	Lavender
Oregano	Thyme	Basil	Cumin
Patchouli	Vetiver	Focus Blend	Cedarwood
Peppermint	Soothing Blend	Spearmint	Digestive Blend
Petitgrain	Neroli	Lavender	Bergamot
Pink Pepper	Blue Tansy	Frankincense	Spearmint
Protective Blend	Cinnamon	Clove	Copaiba
Renewing Blend	Bergamot	Juniper Berry	Myrrh
Respiratory Blend	Eucalyptus	Rosemary	Tea Tree
Roman Chamomile	Blue Tansy	Lavender	Focus Blend
Rose	Geranium	Lemongrass	Ylang Ylang
Rosemary	Tea Tree	Neroli	Eucalyptus
Sandalwood	Cedarwood	Spikenard	Myrrh
Siberian Fir	Douglas Fir	White Fir	Cedarwood
Soothing Blend	Helichrysum	Peppermint	Wintergreen
Spearmint	Peppermint	Pink Pepper	Reassuring Blend



## Oil Substitution Table ....cont

Listed Oil	Sub 1	Sub 2	Sub 3
Spikenard	Myrrh	Vetiver	Patchouli
Tangerine	Wild Orange	Grapefruit	Lime
Tea Tree	Green Mandarin	Rosemary	Eucalyptus
Thyme	Oregano	Copaiba	Clove
Turmeric	Ginger	Cinnamon	Cardamom
Vetiver	Patchouli	Spikenard	Cedarwood
White Fir	Siberian Fir	Douglas Fir	Blue Tansy
Wild Orange	Tangerine	Lemon	Grapefruit
Wintergreen	Birch	Soothing Blend	Siberian Fir
Yarrow POM	Blue Tansy	Black Pepper	Melissa
Ylang Ylang	Jasmine	Lavender	Magnolia





**For More Information Please Contact:**

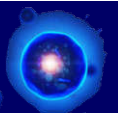
**Val Leighton** (Dip RM, Dip PM)

dōTERRA Diamond Wellness Advocate 201171

**Phone: 0412 32 80 89**

**Email: val @ earthgifts.com.au**

**Web: <http://mydoterra.com/earthgifts>**







*Symphony*  
of the cells

**4 Weeks To Wellness**

Boyd Kuhn Truman

## 4 Weeks to Wellness (4 W 2 W)



You must be on Lifelong Vitality Pack, Digestzen and/or Terrazyme for a minimum of 3 weeks before starting this regime.

<b>1</b>	<input type="checkbox"/>	<b>2</b>	<input type="checkbox"/>	<b>3</b>	<input type="checkbox"/>	<b>4</b>	<input type="checkbox"/>	<b>5</b>	<input type="checkbox"/>	<b>6</b>	<input type="checkbox"/>	<b>7</b>	<input type="checkbox"/>
• Digestive App.				• Lymphatic App.									

<b>8</b>	<input type="checkbox"/>	<b>9</b>	<input type="checkbox"/>	<b>10</b>	<input type="checkbox"/>	<b>11</b>	<input type="checkbox"/>	<b>12</b>	<input type="checkbox"/>	<b>13</b>	<input type="checkbox"/>	<b>14</b>	<input type="checkbox"/>
• Forgiveness App.				• Inflamm App.									

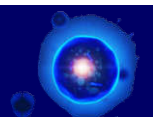
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• Solar App.				• Hormone B. App.				• Cellular App.					

<b>22</b>	<input type="checkbox"/>	<b>23</b>	<input type="checkbox"/>	<b>24</b>	<input type="checkbox"/>	<b>25</b>	<input type="checkbox"/>	<b>26</b>	<input type="checkbox"/>	<b>27</b>	<input type="checkbox"/>	<b>28</b>	<input type="checkbox"/>
• C2 App.				• ID App.				• Emobic App.					

Proactive health care, stress reduction, rest, proper nutrition and exercise are all key in maintaining a healthy lifestyle. Reducing toxic load plays a major role in your overall health.

When we improve our health from the inside out, we bring about positive change. We are what we drink, eat and put in our bodies. Even the lotions, perfumes and skin care we apply can contribute to a heavy toxic load. Our 4 weeks to wellness will manage this unwanted waste. By pairing 10 key Symphony of the Cells applications with quality supplements, essential oils and a healthy diet we can enhance the body. You can practice this on a quarterly basis.

Please be aware that some individuals may experience minor sensitivities, such as skin irritation or diarrhoea during the general detoxification process. Understanding that these side effects are temporary, and that the body is simply trying to cleanse the toxic substances and toxic load that it may have been harbouring for years. For the elderly, ill or persons experiencing these symptoms, one approach is to limit the amount of drops used in the applications.





## Digestive

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Turmeric



Step 5: Massage Blend (Aromatouch)



Step 6: Bergamot



Step 7: Coriander



Step 8: Digestive Blend (Digestzen)



Step 9: Geranium



Step 10: Peppermint



### Possible Conditions:

- Acid Reflux
- Allergies
- Cirrhosis
- Colitis
- Constipation
- Crohn's
- Diarrhoea
- Diverticulitis
- Fibroid Cysts
- Gastritis
- Giardia
- Heartburn
- Haemorrhoids
- IBIS
- Kidney Infection
- Pancreatitis
- Stomach Ulcers
- Ulcers

### Body Systems (in order of relevance)

1. Digestive

4. Immune

Recommended Charge:

2. Circ & Cardio

5. Integumentary

**\$75.00**

3. Urinary

### Why this application?

This application was created to help support healthy digestive function. It can assist with relieving occasional constipation and intestinal stress. The oils involved in this application also help create movement and flow within the body.



# Lymphatic

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary/Tea Tree



Step 4: Massage Blend (Aromatouch)



Step 5: Lemongrass



Step 6: Metabolic Blend (Smart & Sassy)



Step 7: Lemon



Step 8: Grapefruit



Step 9: Ginger



Step 10: Peppermint



## Possible Conditions:

- Atopic Dermatitis
- Castleman Disorder
- Cellulite
- Cystitis
- Dermatitis
- Fluid Retention
- Hearing Challenges
- Kidney Stones
- Lymphedema
- Lymphadenitis
- Lymphadenopathy
- Lymphangitis
- Lymphoma
- Meige's Syndrome
- Obesity
- Oedema
- Swollen Lymph Nodes
- Tinnitus



## Body Systems (in order of relevance)

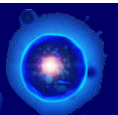
- |                  |                |
|------------------|----------------|
| 1. Digestive     | 4. Immune      |
| 2. Circ & Cardio | 5. Respiratory |
| 3. Urinary       |                |

Recommended Charge:

**\$75.00**

## Why this application?

This application was designed to allow for greater movement and flow within the lymphatic system. Additionally, it assists us in processing some of our bodily waste and can be helpful throughout the weight loss journey.



# Forgiveness

**Step 1:** Rose



Allow the individual to apply the oils in steps 1 and 2 themselves

**Step 2:** Geranium



**Step 3:** Frankincense



**Step 4:** Neroli



**Step 5:** Carrier Oil



**Step 6:** Clove



**Step 7:** Melissa



**Step 8:** Juniper Berry



**Step 9:** Bergamot



**Step 10:** Renewing Blend (Forgive)



### Possible Conditions:

- Abuse
- Anorexia
- Biliary Cholangitis
- Bipolar
- Broken Heart
- Bulimia
- Depression
- Hate
- Liver Disorder
- Loneliness
- Mood Disorder
- Phantom Pain
- PTSD
- Sclerosing Cholangitis
- Rage
- Resentment
- Self-doubt
- Self-hate

### Body Systems (in order of relevance)

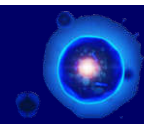
- |                  |              |
|------------------|--------------|
| 1. Emot & Limbic | 4. Nervous   |
| 2. Endocrine     | 5. Digestive |
| 4. Circ & Cardio |              |

Recommended Charge:

**\$150.00**

### Why this application?

Most of us have people in our lives that we have negative feelings towards, such as anger or resentment. This application helps us to build our emotional strength and supports us in the process of letting go of hurtful feelings and emotions from the past.



# Inflammatory

**Step 1:** Frankincense



**Step 2:** Carrier Oil



**Step 3:** Tea Tree



**Step 4:** Wintergreen/Birch



**Step 5:** Massage Blend (Aromatouch)



**Step 6:** Lemongrass



**Step 7:** Siberian Fir



**Step 8:** Helichrysum



**Step 9:** Soothing Blend (Ice Blue)



**Step 10:** Peppermint



## Possible Conditions:

- Aches
- Arthritis
- Bursitis
- Cramps
- UTI
- Fever
- Herniated Disc
- Hypertension
- Inflammation
- Joint Pain
- Lupus
- Migraine/Headache
- Phlebitis
- Sciatica
- Scleroderma
- Spondylitis
- Tendonitis
- Varicose Veins

## Body Systems (in order of relevance)

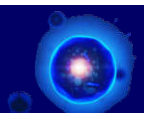
- |                 |                  |
|-----------------|------------------|
| 1. Sk, Msc, Cnn | 4. Circ & Cardio |
| 2. Nervous      | 5. Digestive     |
| 3. Immune       |                  |

Recommended Charge:

**\$105.00**

## Why this application?

The inflammatory application is one of the original Symphony of the Cells applications developed and one of the most commonly used. It can help relieve head, neck and back tension, as well as soothe muscles and sore joints.



## Solar

**Step 1:** Frankincense



**Step 2:** Carrier Oil



**Step 3:** Rosemary



**Step 4:** Basil



**Step 5:** Myrrh



**Step 6:** Grapefruit



**Step 7:** Cinnamon



**Step 8:** Ginger



**Step 9:** Geranium



**Step 10:** Siberian Fir



### Possible Conditions:

- Addison's Disorder
- Adrenal Fatigue
- Adrenal Gland Cancer
- Adrenal Incidentoma
- Adrenal Insufficiency
- Anorexia
- Congenital Adrenal Hyperplasia
- Diabetes
- Edema
- Interstitial Nephritis
- Kidney Stones
- Low Energy
- Mental Fatigue
- Renal Cyst
- Renal Failure
- Urinary Tract Infection (UTI)

### Body Systems (in order of relevance)

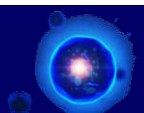
- |                  |                  |
|------------------|------------------|
| 1. Endocrine     | 4. Digestive     |
| 2. Circ & Cardio | 5. Emot & Limbic |
| 3. Urinary       |                  |

Recommended Charge:

**\$85.00**

### Why this application?

This application was added due to the high demand for supporting people struggling with consistent fatigue and/or mid-day energy loss. Intended to increase stamina and focus throughout the day, the oils included are beneficial to the kidneys, adrenals and the entire circulatory and digestive systems.





## Hormone Balance

**Step 1:** Frankincense



**Step 2:** Carrier Oil



**Step 3:** Thyme



**Step 4:** Ginger



**Step 5:** Clary Sage



**Step 6:** Grapefruit



**Step 7:** Roman Chamomile



**Step 8:** Ylang Ylang



**Step 9:** Lavender



**Step 10:** Siberian Fir



### Possible Conditions:

- ADHD
- Abdominal Cramps
- Cushing's Disorder
- Depression
- Endometriosis
- Fibroid Cysts
- Graves Disorder
- Hashimoto's Disorder
- Hot Flashes
- Hyperthyroidism
- Infertility
- Insomnia
- Menopause
- Postpartum Depression
- Premenstrual Syndrome
- Rosacea
- Stress
- Thyroid Disorders

### Body Systems (in order of relevance)

- |                  |                  |
|------------------|------------------|
| 1. Endocrine     | 4. Integumentary |
| 2. Emot & Limbic | 5. Digestive     |
| 3. Circ & Cardio |                  |

Recommended Charge:

**\$95.00**

### Why this application?

This application was created to help support better glandular function. The oils used in this application help provide emotional grounding, promote balance, cleanse, as well as soothe and calm nerves.



# Cellular

**Step 1:** Frankincense



**Step 2:** Neroli



**Step 3:** Carrier Oil



**Step 4:** Cellular Blend (DDR Prime)



**Step 5:** Black Pepper



**Step 6:** Cassia



**Step 7:** Spikenard



**Step 8:** Copaiba



**Step 9:** Wild Orange



**Step 10:** Petitgrain



## Possible Conditions:

- Alzheimer's
- Anaemia
- Angelman Syndrome
- Autoimmune Disorders
- Epstein Barr
- Leukaemia
- Lupus
- Lyme Disorder
- Lymphoma
- Malaria
- Multiple Myeloma
- Multiple Sclerosis
- Nephritis
- Neurofibromatosis
- Parkinson's Disorder
- Shingles
- Sickle Cell Disorder
- Spinal Muscular Atrophy

## Body Systems (in order of relevance)

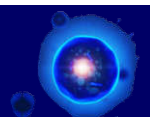
- |              |                  |
|--------------|------------------|
| 1. Endocrine | 4. Circ & Cardio |
| 2. Immune    | 5. Digestive     |
| 3. Nervous   |                  |

Recommended Charge:

**\$105.00**

## Why this application?

The Cellular application was developed for individuals who are suffering from various autoimmune and/or endocrine challenges. This application helps to support healthy cellular function by protecting the body from oxidative stress.



## C2

**Step 1:** Frankincense



**Step 2:** Carrier Oil



**Step 3:** Clove



**Step 4:** Coriander



**Step 5:** Turmeric



**Step 6:** Spikenard



**Step 7:** Pink Pepper



**Step 8:** Yarrow POM



**Step 9:** Tangerine



**Step 10:** Melissa



### Possible Conditions:

- ALS
- Aplastic Anaemia
- Cardiomyopathy
- Encephalopathy
- Epilepsy
- Glioblastoma
- Guillian-Barre Syndrome
- Heavy Metal Toxicity
- Haemolytic Anaemia
- Hypoxia
- Meningitis
- Multiple Myeloma
- Necrosis
- Neuronal Toxicity
- Peripheral Neuropathy
- Polyneuropathy
- Proteopathy
- Pulmonary Edema

### Body Systems (in order of relevance)

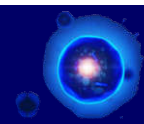
- |              |                  |
|--------------|------------------|
| 1. Endocrine | 4. Digestive     |
| 2. Immune    | 5. Circ & Cardio |
| 3. Nervous   |                  |

Recommended Charge:

**\$150.00**

### Why this application?

Similar to the Cellular application, C2 also supports cellular longevity. It promotes cleansing and rejuvenation, in order to aid in healthy digestion and to provide support on the cellular level.



## ID

**Step 1:** Frankincense



**Step 2:** Carrier Oil



**Step 3:** Oregano



**Step 4:** Thyme



**Step 5:** Protective Blend (On Guard)



**Step 6:** Massage Blend (Aromatouch)



**Step 7:** Lemongrass



**Step 8:** Tea Tree



**Step 9:** Melissa/Arborvitae



**Step 10:** Peppermint



### Possible Conditions:

- Bacterial Infections
- Candida
- Colds
- Epstein Barr/Mono
- Fungus
- Hepatitis
- Immune Support
- Infections
- Influenza
- Lyme Disorder
- Parasites
- Shingles
- Sore Throat
- Staph Infection
- Stomach Flu
- Strep
- Viral Infections
- Yeast Infections

### Body Systems (in order of relevance)

1. Immune
2. Digestive
3. Respiratory
4. Circ & Cardio
5. Endocrine

Recommended Charge:

**\$145.00**

### Why this application?

The ID application involves many of the strangest essential oils. It supports all systems, but specifically assists the immune system in fighting some of the stronger environmental issues.



## Emobic

**Step 1:** Frankincense



**Step 2:** Neroli



**Step 3:** Rose



**Step 4:** Jasmine



**Step 5:** Carrier Oil



**Step 6:** Spikenard



**Step 7:** Melissa



**Step 8:** Centering Blend

(Align)



**Step 9:** Douglas Fir



**Step 10:** Spearmint



### Possible Conditions:

- Anger
- Appetite Dysregulation
- Autoimmune Encephalitis
- Bipolar Disorder
- Depression
- Emotional Trauma
- Fear
- Hyperorality
- Hypoglycaemia
- Insomnia
- Limbic Encephalitis
- Memory Loss
- Mental Fatigue
- OCD
- PMS
- Panic
- Postpartum Depression
- Stress

### Body Systems (in order of relevance)

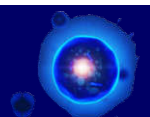
- |                  |                |
|------------------|----------------|
| 1. Emot & Limbic | 4. Respirative |
| 2. Endocrine     | 5. Immune      |
| 3. Circ & Cardio |                |

Recommended Charge:

**\$175.00**

### Why this application?

The Emobic application was established for the enhancement of the emotional and limbic systems. The oils involved in this application can help restore mental and emotional alertness. Additionally, they can provide support for overcoming emotions and feelings associated with past memories and trauma.





## Oil Substitution Table

Listed Oil	Sub 1	Sub 2	Sub 3
Arborvitae	Melissa	Siberian Fir	Birch
Basil	Massage Blend	Marjoram	Coriander
Bergamot	Grapefruit	Blend For Women	Lime
Birch	Wintergreen	Soothing Blend	Cypress
Black Pepper	Copaiba	Juniper Berry	Melissa
Blue Tansy	Roman Chamomile	Soothing Blend	Yarrow POM
Cardamom	Eucalyptus	Clary sage	Roman Chamomile
Cassia	Cinnamon	Protective Blend	Metabolic Blend
Cedarwood	Arborvitae	Patchouli	Vetiver
Cellular Blend	Frankincense	Thyme	Clove
Centering Blend	Rose	Jasmine	Geranium
Cilantro	Coriander	Cardamom	Black Pepper
Cinnamon	Cassia	Protective Blend	Metabolic Blend
Clary Sage	Women's Month Bl	Blend For Women	Coriander
Clove	Protective Blend	Cassia	Cinnamon
Copaiba	Melissa	Ylang Ylang	Clove
Coriander	Lavender	Juniper Berry	Cardamom
Cypress	Douglas Fir	Massage Blend	Blue Tansy
Eucalyptus	Respiratory Blend	Tea Tree	Basil
Detoxification Blend	Geranium	Copaiba	Rosemary
Dill	Bergamot	Lemon	Wild Orange
Douglas Fir	Siberian Fir	Cypress	Blue Tansy
Eucalyptus	Respiratory Blend	Tea Tree	Basil
Frankincense	Pink Pepper	Anti-Aging Blend	Fennel
Geranium	Copaiba	Detox Blend	Rose
Ginger	Turmeric	Fennel	Digestive Blend
Grapefruit	Bergamot	Tangerine	Wild Orange
Green Mandarin	Tea Tree	Marjoram	Lime



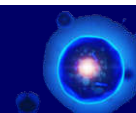
## Oil Substitution Table .... cont

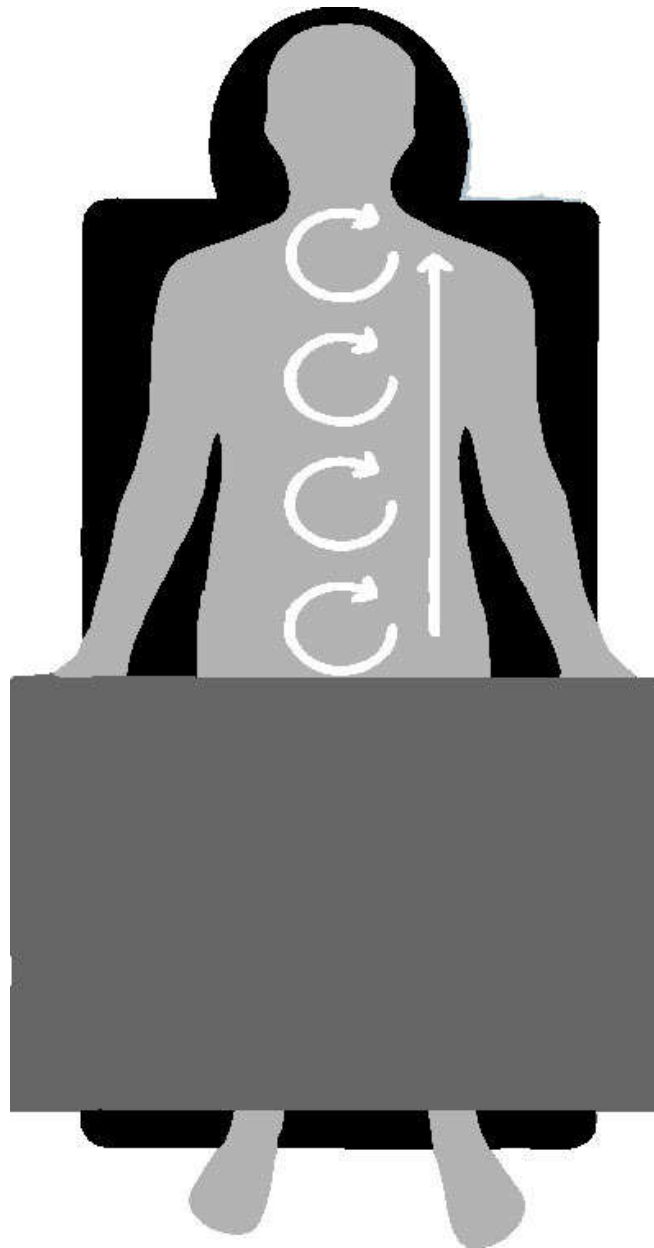
Listed Oil	Sub 1	Sub 2	Sub 3
Helichrysum	Soothing Blend	Anti-Aging Blend	Myrrh
Jasmine	Roman Chamomile	Rose	Ylang Ylang
Juniper Berry	Detox Blend	Coriander	Renewing Blend
Lavender	Petitgrain	Roman Chamomile	Coriander
Lemon	Wild Orange	Lime	Grapefruit
Lemongrass	Helichrysum	Black Pepper	Dill
Magnolia	Lavender	Petitgrain	Neroli
Marjoram	Basil	Cypress	Massage Blend
Massage Blend	Basil	Cypress	Marjoram
Melissa	Black Pepper	Lemongrass	Copaiba
Metabolic Blend	Ginger	Peppermint	Cinnamon
Myrrh	Sandalwood	Spikenard	Anti-Aging Blend
Neroli	Petitgrain	Melissa	Lavender
Oregano	Thyme	Basil	Cumin
Patchouli	Vetiver	Focus Blend	Cedarwood
Peppermint	Soothing Blend	Spearmint	Digestive Blend
Petitgrain	Neroli	Lavender	Bergamot
Pink Pepper	Blue Tansy	Frankincense	Spearmint
Protective Blend	Cinnamon	Clove	Copaiba
Renewing Blend	Bergamot	Juniper Berry	Myrrh
Respiratory Blend	Eucalyptus	Rosemary	Tea Tree
Roman Chamomile	Blue Tansy	Lavender	Focus Blend
Rose	Geranium	Lemongrass	Ylang Ylang
Rosemary	Tea Tree	Neroli	Eucalyptus
Sandalwood	Cedarwood	Spikenard	Myrrh
Siberian Fir	Douglas Fir	White Fir	Cedarwood
Soothing Blend	Helichrysum	Peppermint	Wintergreen
Spearmint	Peppermint	Pink Pepper	Reassuring Blend



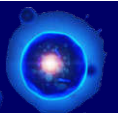
## Oil Substitution Table ....cont

Listed Oil	Sub 1	Sub 2	Sub 3
Spikenard	Myrrh	Vetiver	Patchouli
Tangerine	Wild Orange	Grapefruit	Lime
Tea Tree	Green Mandarin	Rosemary	Eucalyptus
Thyme	Oregano	Copaiba	Clove
Turmeric	Ginger	Cinnamon	Cardamom
Vetiver	Patchouli	Spikenard	Cedarwood
White Fir	Siberian Fir	Douglas Fir	Blue Tansy
Wild Orange	Tangerine	Lemon	Grapefruit
Wintergreen	Birch	Soothing Blend	Siberian Fir
Yarrow POM	Blue Tansy	Black Pepper	Melissa
Ylang Ylang	Jasmine	Lavender	Magnolia






**For More Information Please Contact:**  
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Web: **<http://mydoterra.com/earthgifts>**



# 100 SOC CHALLENGE

## INTRODUCTION

**Th<sup>4</sup>** e following pages allow you to keep track of your progression while using SOC applications on yourself or on others. Below, we have provided a key for shortened applications and entry abbreviations. On the next pages, we have also included an example entry. To submit your experiences, visit [symphonyofthecells.com/journal](https://symphonyofthecells.com/journal). 

### Application Abbreviations:

Basic.....	Bas	ID .....	ID
Cardio.....	Car	Inflammatory.....	Inf
Cellular .....	Cell	Lymphatic.....	Lym
C2.....	C2	Maxim.....	Max
Chi.....	Chi	Neurological .....	Neuro
Digestive .....	Dig	Osteo.....	Ost
Emobic.....	Emo	Respiratory.....	Res
Forgiveness .....	For	Sensory.....	Sen
Hormone Balance .....	HB	Solar .....	Sol

### Entry Abbreviations:

Week.....	Wk	Month .....	Mn
Alternating .....	Alt	3 times per week, alternating ...	3x's/wk-alt
3 times per week.....	3x's/wk		



## Entry Key:

- **“Name”** refers to the name of the individual on whom you applied SOC.
- **“Day 1”** refers to the first day you applied SOC on the individual.
- **“Freq.”** refers to however many times and how often you used any of the specific applications on the individual. See “Entry Abbreviations” on the previous page.
- **“Total”** refers to the total amount of times you applied SOC on the individual.
- **“SOC App”** refers to which of the SOC applications you used on the individual.
- **“Condition”** refers to any possibly associated condition(s) the individual has/h
- **“Report”** refers to the results that the individual experienced after using SOC applications at the end of the specified period of time.
- **The “Submit”** box on the top right corner allows you to keep track of which experiences you have submitted online at [symphonyofthecells.com/journal](http://symphonyofthecells.com/journal).

# Workbook sample

X. Name: Karoline Koe

Submitted:

SOC App: Lym	Day 1: 3 / 25 / 20	Condition: Congestion
SOC App: Chi	Freq: 3x's/wk-alt	Condition: Anxiety
SOC App: Rsp	Total: IIII IIII II	Condition: Weight

Report: Karoline experienced less congestion, better sleep, less anxiety, and her desired weight loss, over the course of 4 weeks. She was able to take less over-the-counter medications to treat her symptoms.

Y. Name: Tedward Smith

Submitted:

SOC App: Inflamm	Day 1: 4 / 10 / 20	Condition: Lower Back Condition
SOC App: Chi	Freq: 2x's/wk-alt	Condition: Leg Spasms
SOC App: Dig	Total: IIII IIII	Condition: Constipation

Report: Tedward felt less tension in his back, and was able to move with much more motion. Leg spasms have lessened, will also apply oils directly to his legs. Felt relief from occasional constipation.

Z. Name: Samantha Jones

Submitted:

SOC App: For	Day 1: 7 / 28 / 20	Condition: Stress
SOC App: HB	Freq: 3x's/wk-alt	Condition: Depression
SOC App: Emo	Total: IIII IIII	Condition: Anxiety

Report: Samantha is feeling much more relaxed and calm. Sad and anxious feelings reduced; she really enjoys HB app, will continue for two more weeks. See more notes on page 139 in journaling.

# Workbook

1. Name: \_\_\_\_\_

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

\_\_\_\_\_

2. Name: \_\_\_\_\_

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

\_\_\_\_\_

3. Name: \_\_\_\_\_

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

\_\_\_\_\_

4. Name: \_\_\_\_\_

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

\_\_\_\_\_

# Workbook

5. Name:

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. Name:

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. Name:

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. Name:

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Workbook

9. Name:

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

\_\_\_\_\_

10. Name:

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

\_\_\_\_\_

11. Name:

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

\_\_\_\_\_

12. Name:

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

\_\_\_\_\_



# Workbook

13. Name:

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

14. Name:

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

15. Name:

Submitted:

SOC App	Day 1:	Condition:
SOC App	Freq:	Condition:
SOC App	Total:	Condition:

Report: \_\_\_\_\_

16. Name:

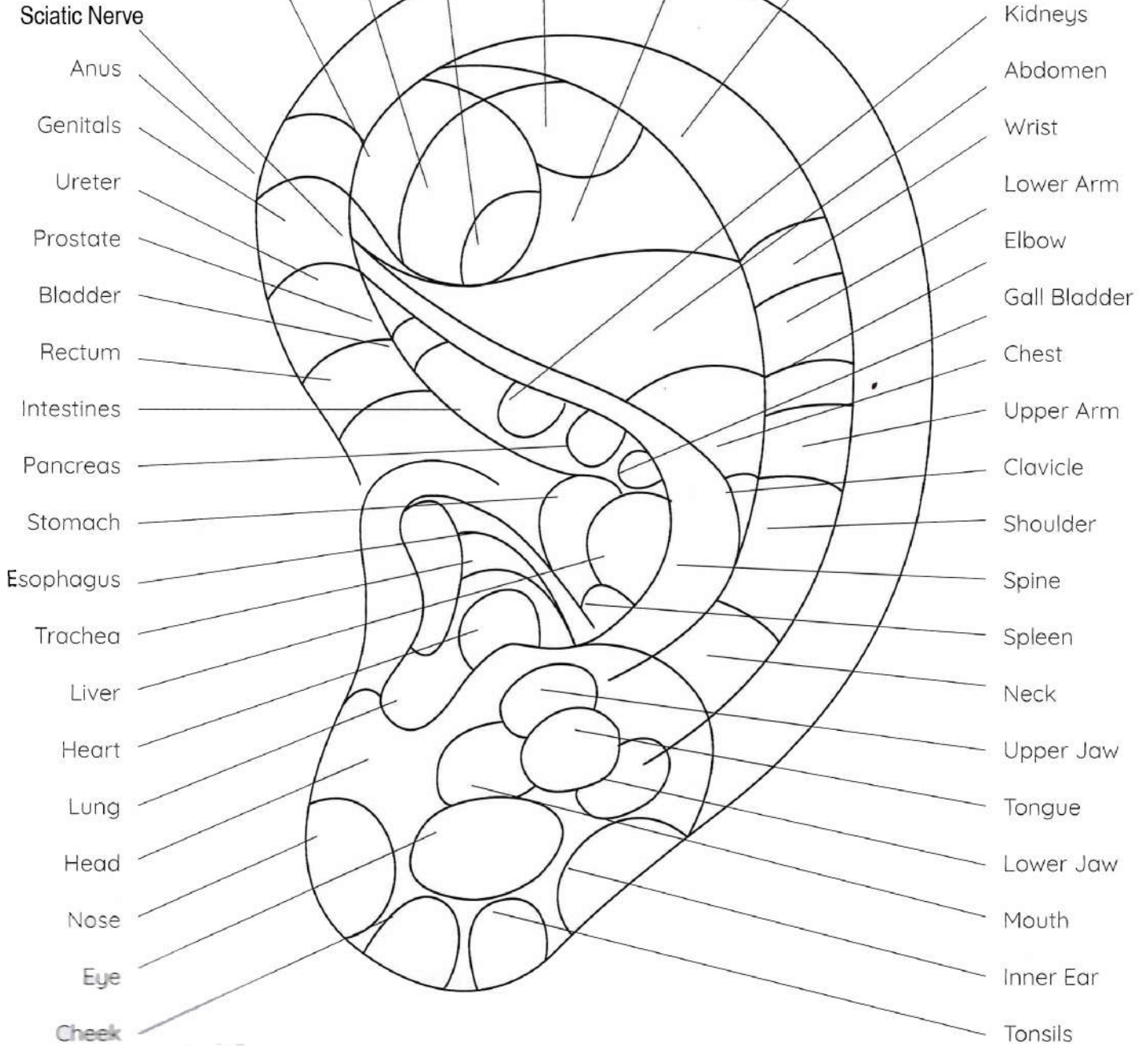
Submitted:

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SOC App	Freq:	Condition:
SOC App	Total:	Condition:

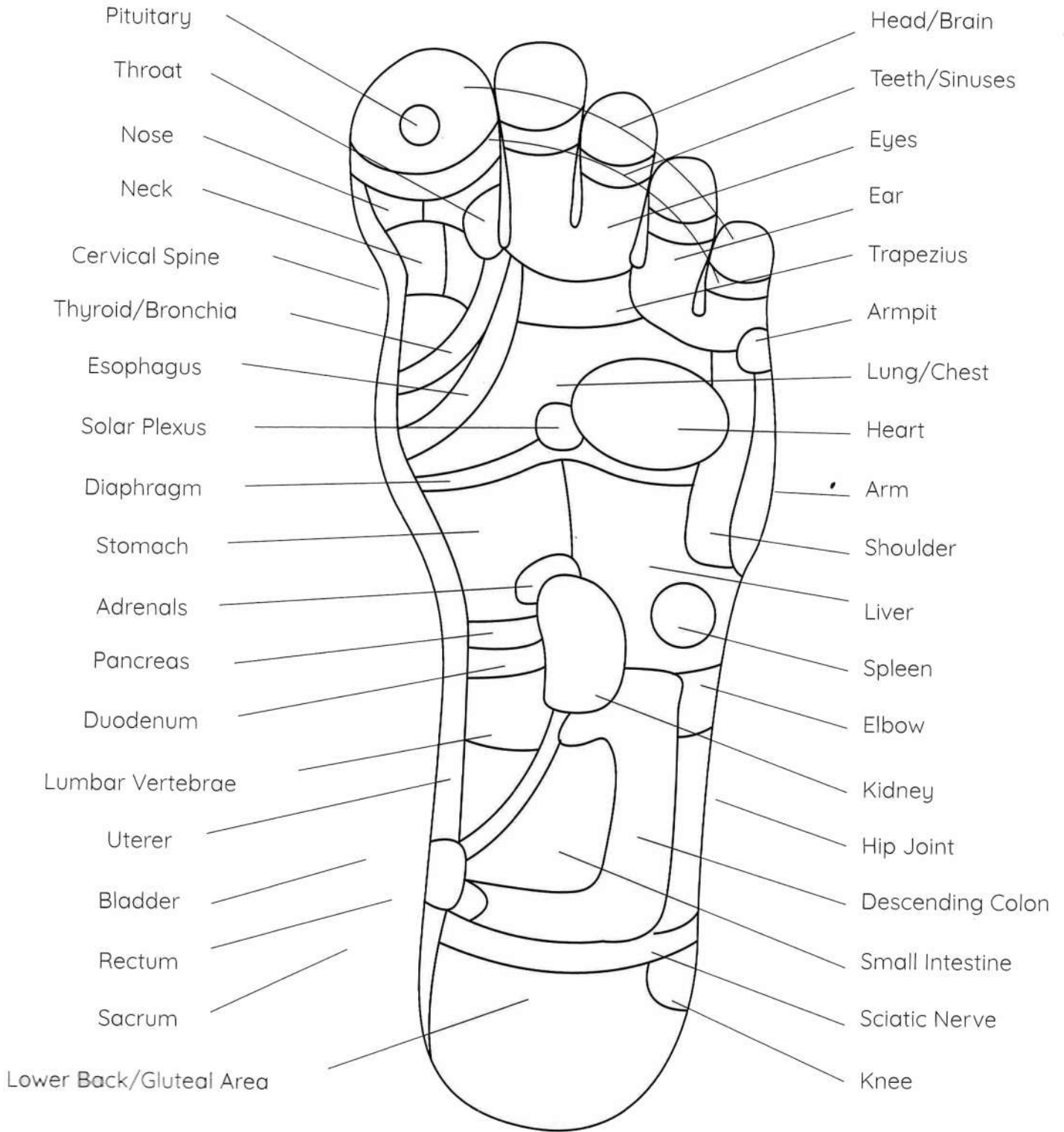
Report: \_\_\_\_\_

# THE EAR

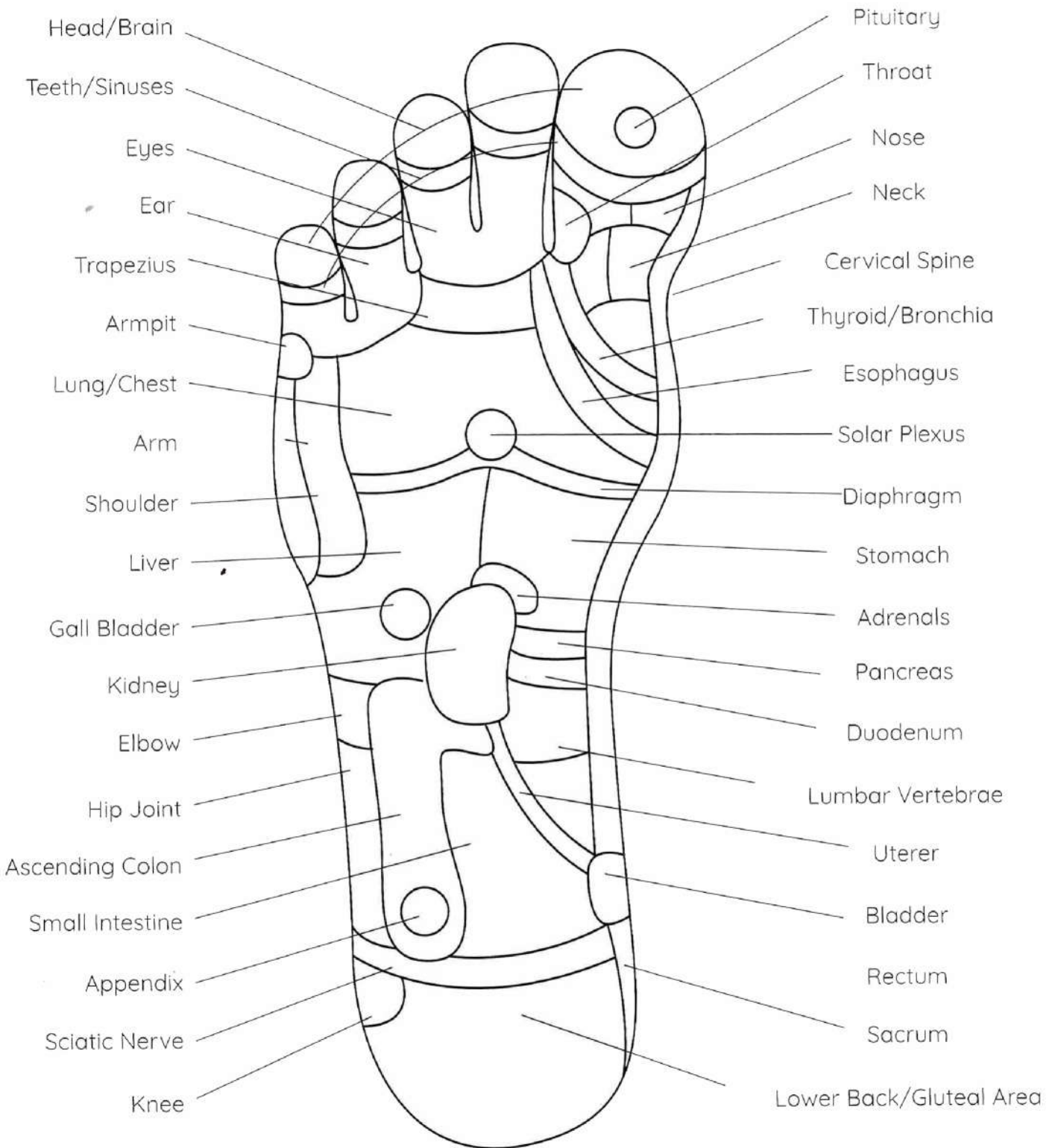
Foot    Leg    Hip    Thumb    Hand (Palm)    Fingers



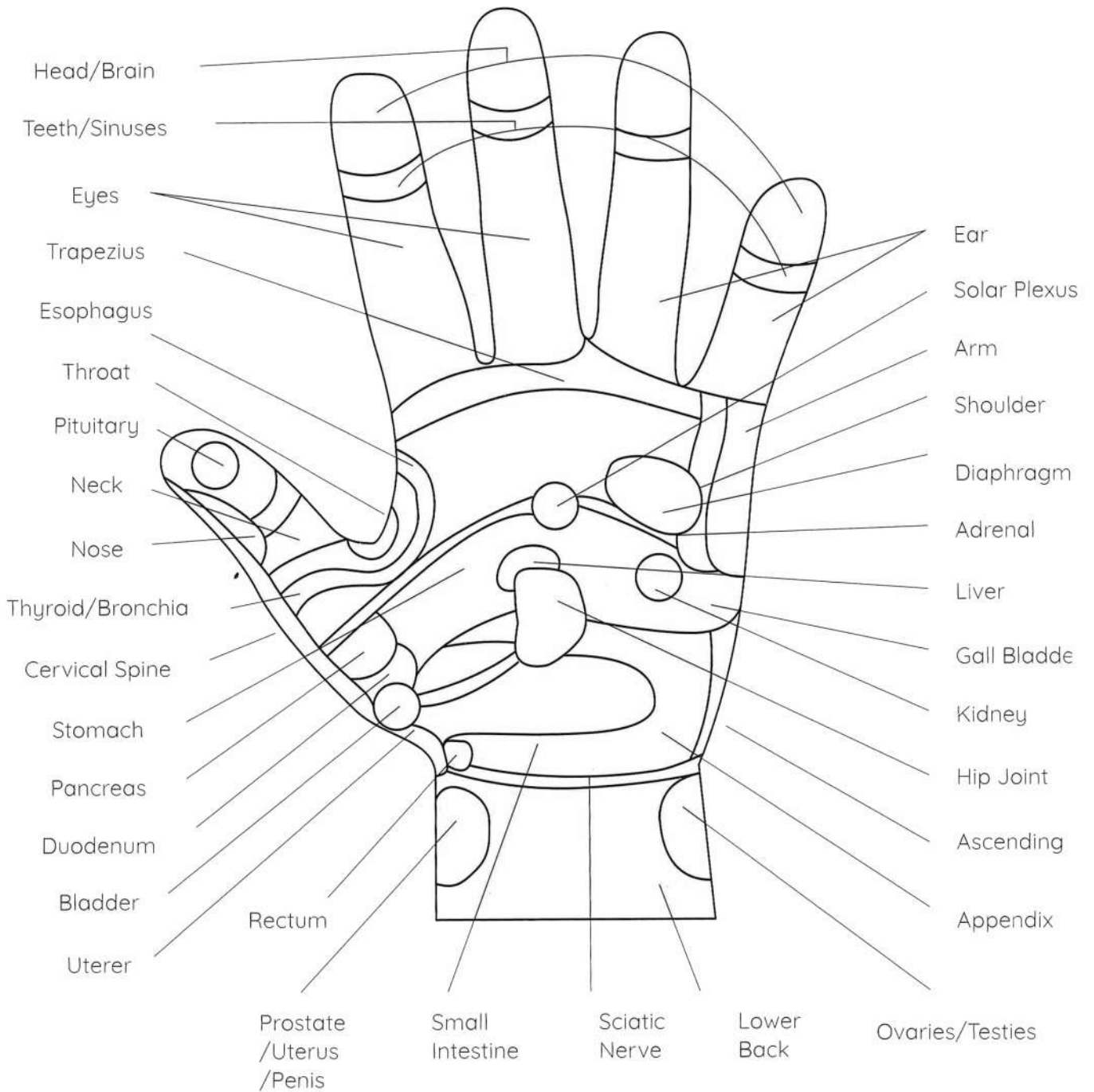
LEFT FOOT



RIGHT FOOT



LEFT PALM





RIGHT PALM

