

# Bringing the body into balance

**Spend time in nature** every. damn. day.

No one brings balance to the body and mind quite like Mother Nature herself. If you spend a lot of time in shoes and on concrete, find some grass or earth and bury your toes. Worried about ticks?



**Recipe:** 20 drops each in 4 oz glass bottle.

Fill remainder of bottle with Fractionated

Coconut oil and spray on yourself and pets before going outside.



**Stop treating everything like an emergency.**

If you find yourself living reactively, now would be a great time to start making some changes. When something unexpected happens, it's a great time to reach for a calming essential oil. Place a drop in your hands, cup them over your nose, close your eyes and just breathe. That's it. The breath is the most powerful tool that you have to control your mood and your reactions. Train yourself to use it wisely.

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# health on purpose eguide

Some great essential oil choices to calm you down: Serenity - Balance - Vetiver - Patchouli - Copaiba - Frankincense

**Map out your perfect day.**

"The perfect day is going to bed with a dream and waking up with a purpose" ~ AJ McLean

Have you thought about what your perfect day would look like? It's so easy to get lost in the demands of the day as they begin to hit us from the moment our feet hit the floor. Spend some time curating your perfect day and do something each day to bring yourself a wee bit closer. Over the course of a year, see how close you can come.

**Remember:** nothing changes if nothing changes.

*p.s. Bergamot is a great essential oil for this task. Bergamot is the oil of self love and acceptance. Need I say more?*



**Spend time future journaling.**

Write out your life as if you've achieved

everything that you wanted to and are living the life of your dreams. Do this in present tense each and every day. When you tell your brain over and over again how something is,

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the Universe has to make it happen for you. If it doesn't, you will think that you're nuts!!! When you focus on the life that you're aiming for your brain will collaborate with the Universe to make it happen.

"Considering all acts of initiative, there is one elementary truth. The ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself then providence moves too." ~ Steven Pressfield

### Use essential oils consistently.

Here's the thing — often we turn to natural remedies when something is wrong or out of balance in the body. Instead, why not use them in everyday life to support your health? The earth gives us what we need.

*Some tips:*

Grounding oils are oils to use when you're feeling scattered, anxious or overwhelmed and they come from the earth herself. Think grasses, trees, and flowers. These are taken from the ground and provide grounding benefits physically, mentally, and spiritually. Floral oils support the hormonal system and many of these oils help with things like hyperactivity and sleep issues. Turn to them when you are on overload and feel like you can't get a handle on things.

Uplifting oils are oils to use when you're feeling down in the dumps, discouraged, and sad. They come from leaves, fruits, and seeds. Think citrus, spices, and mints. These are taken from a "higher" part of the plant and provide lighter, more uplifting energy. Turn to them when you can't snap out of a bad mood or shake a sad feeling.

Because aromatherapy works in the limbic system of the brain, essential oils have a powerful ability to change mood quickly. Use them on a consistent basis for the best results.

Curious to learn more?

[vickiedickson.com/essential-oils](http://vickiedickson.com/essential-oils)

### Drink H2O.

½ your body weight in oz. each day!

A great resource about the benefits of

drinking enough water is "Your body's many cries for Water - You're not sick you're thirsty" by F Batmanghelidj.



**Eat protein daily.** Aim for a bare minimum of half your weight in grams daily. This doesn't take into account activity level, you may need much more. Good sources of protein include: nuts and seeds, legumes, organic soy, wild fish, farm fresh eggs, grass fed and wild meats.

**Eat healthy fats.** Every system in the body needs healthy fats. We've become fat phobic (thank you 80's low fat no fat fad diets) in our society. The brain is 65% fat. What do you think it needs to function and to heal? FAT. Healthy Fats support the cardiovascular system, reduce chronic inflammation, support healthy cholesterol levels (*yes, you read that right*), maintain a healthy weight, reduce joint pain, improve the health of skin, and so much more.

Do yourself a favour and give up the trans fats. Ditch the margarines, the light coloured cooking oils, the packaged crackers and cookies, the fast food. Instead lean towards nuts and seeds, avocado, coconut and olives (and their oils), wild caught fish, grass fed and wild meats.

Supplementation may be necessary. I choose doTERRA's Omega 3 supplement for a few reasons:

- 1) It's tiny! No more huge horse pills that smell like fish.
- 2) It doesn't repeat on you. No more burping up fish.
- 3) It is wild sourced from small fish – just what we want in an Omega 3 supplement.
- 4) It includes land based sources of Omega 3's such as flax and GLA.
- 5) It is infused with essential oils which keeps the Omega 3 fats from going rancid, makes the capsules taste and smell good, and offer further anti-inflammatory and antioxidant benefits.
- 6) doTERRA also has a vegan Omega 3 supplement.



**Get your zzzz's.** The body heals when it sleeps. Period. The end. If you're not sleeping, your body cannot heal. Sleep is a big picture issue. Many times, we have been stressed to the max for too long. We've eaten a SAD (Standard American diet) for too long. We've had too much caffeine and too much booze (true story) and we've put too much strain on our adrenals. They are tired, and so are we!

Sometimes, our blood sugar is out of whack and that wakes us up in the night.

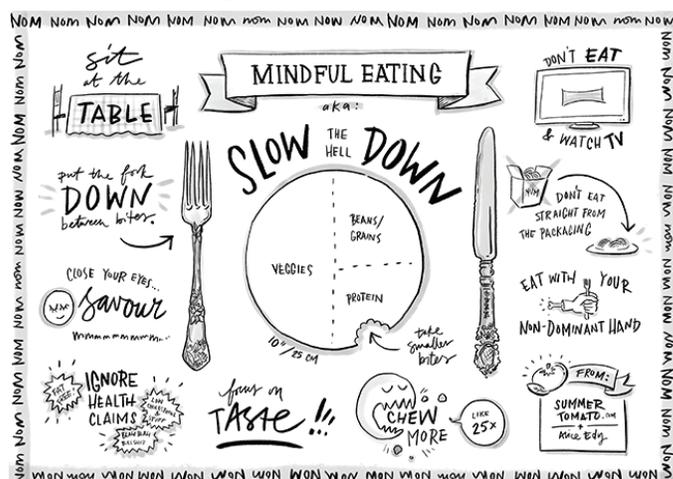
Sometimes our brain is on overload and overwhelm and we just can't shut it off.

**YES! There's an oil for that!!** My journey with doTERRA began with a bottle of Vetiver and my first night's sleep in 20 years. You can read about it here: [vickiedickson.com/essential-oils](http://vickiedickson.com/essential-oils)

Oils are an excellent place to start if you're craving a good night's sleep. Remember that grasses, trees, and flowers will be your best bet so oils such as Lavender, Frankincense, Copaiba, Clary Sage, Vetiver, Cedarwood and even some blends like Peace, Console, Balance, and Serenity.

**Get your heart rate up** for at least 30 minutes daily – this could be walking, running, biking, swimming – whatever exercise you will actually do.

**Eat mindfully.** No more on-the-run-eating or eating at your desk.



**Quick tip:** Set a timer for 20 minutes and sit at the table (whether you're finished eating or not). Gradually work yourself up to longer.

**Use supplements.** I'm a holistic nutritionist. Nobody wants to believe more than I do that we can get all of the nutrients we need from food but guess what? It's not happening. A tomato today has just 57% of the nutrients that it had 40 years ago. Check out Thomas Pawlick's book "The End of Food" for more scary stats about our food system. Supplementation is often necessary. If you want to have loads of energy, less pain and inflammation, better sleep, better skin — the whole nine yards — you're going to have to look at supplementation. That's just how it is.



My supplement of choice is the Lifelong Vitality Pack (LLV) from doTERRA. I've evaluated and personally used many supplements and never felt any different. With the LLV pack, I felt a difference in my energy levels in 4

days. 4 days!!!! They are whole foods sourced, contain the nutrient equivalent of 12 servings of fruits and vegetables, and come with a 30 day money back guarantee. They contain the Omega 3 supplement that I talked about earlier. You can read about them here:

[vickiedickson.com/essential-oils](http://vickiedickson.com/essential-oils)

If you're interested in purchasing the vitamins, shoot me a quick text at 613-285-9484 and I'll get you the best price and a bonus just for trying them.

## Consider the health of your gut.

It all starts here. You know that "gut feeling" you get about something? That's because your gut and your brain are truly connected. 80% of the serotonin that's produced in the body is produced in the gut. Serotonin is our "inner peace" neurotransmitter in the body. If you don't have good gut health, you can't have inner peace.



There are many, many ways to support the health of the gut. Two of the most basic are a high quality digestive enzyme to help you to break down your food and to help your body absorb the

nutrients and a high quality probiotic to feed good bacteria in the gut.





## Remember your hobbies.

When was the last time you spent time doing something just for fun?



## How big can you dream?



**Are you ready to start taking care of your most basic health needs? Is it time to get crystal clear on what you want in life and go after it with all you've got? If not now, then when? One decision can change your life!**

We can do this! Schedule your free 30-minute complimentary discovery session here:

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## Take time for you. SELF CARE IS NOT SELFISH.

"Almost everything will work again if you unplug it for a few minutes, including YOU."

~ Anne Lamat

Some of my favourite ways to care for myself include:

- a reflexology treatment
- reiki
- yoga
- meditation
- reading a book
- spending time alone in a book store
- going to a coffee shop alone
- sitting outside in a park and people or nature watching
- sitting by a tree and breathing
- walking in nature
- running
- having a hot bath with essential oils and a salt lamp

Bergamot is the oil of self love and acceptance. Diffuse bergamot to feel the love.