

dōTERRA[®]

SLIM & SASSY[™]
METABOLIC BLEND

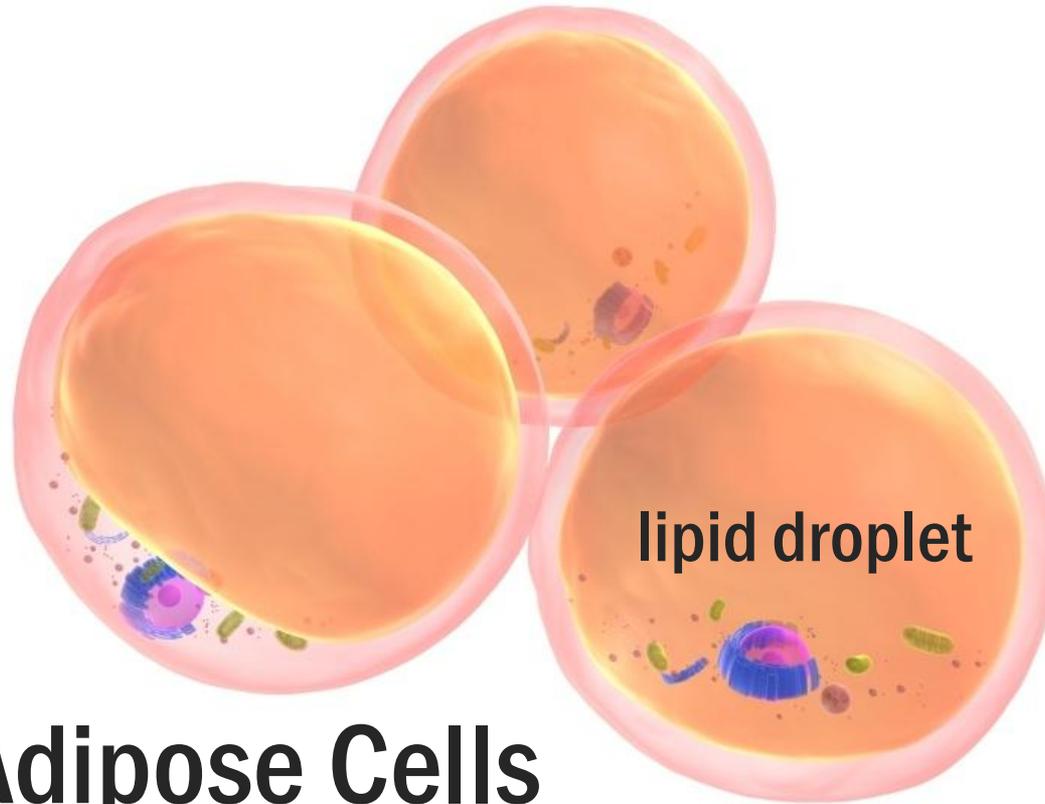
**HEALTHY SUPPORT FOR
HEALTHY WEIGHT LOSS**



Slim & Sassy™ Metabolic Blend

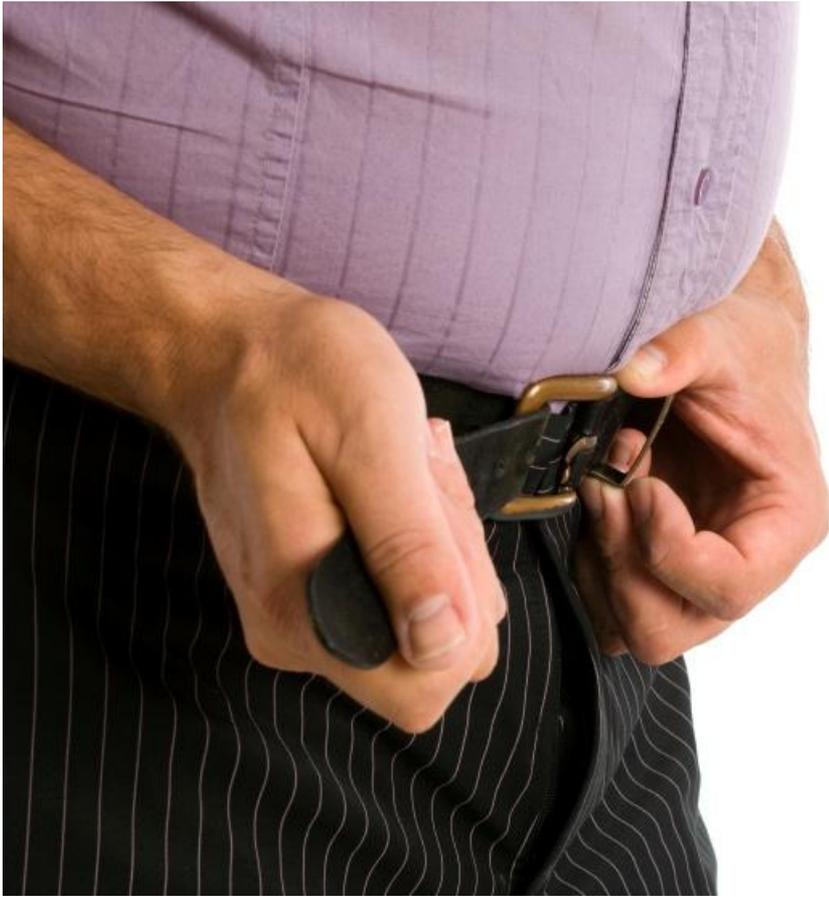
dōTERRA®

What is body fat?



Adipose Cells

What is the function of fat?



=



Cushioning

What is the function of fat?



=



Insulation

What is the function of fat?



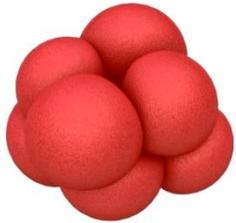
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Energy Storage

Fat Cell Lifecycle

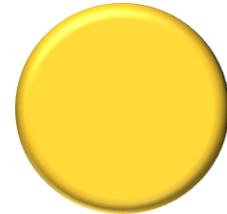
Stem Cells



Fat Cells



Fatty Acids



ADIPOGENESIS

LIPOLYSIS



65%

Slim & Sassy™ Metabolic Blend

dōTERRA®

Why do I have too much fat?

Feast



Famine

Slim & Sassy™ Metabolic Blend

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Why do I have too much fat?

**You are not
a caveman!**



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Why do I have too much fat?

I eat too much

I exercise too little

I am under too much stress

I am under toxic load

I have an abnormal health issue



Slim & Sassy™ Metabolic Blend

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SLIM & SASSY WEIGHT-LOSS PLAN

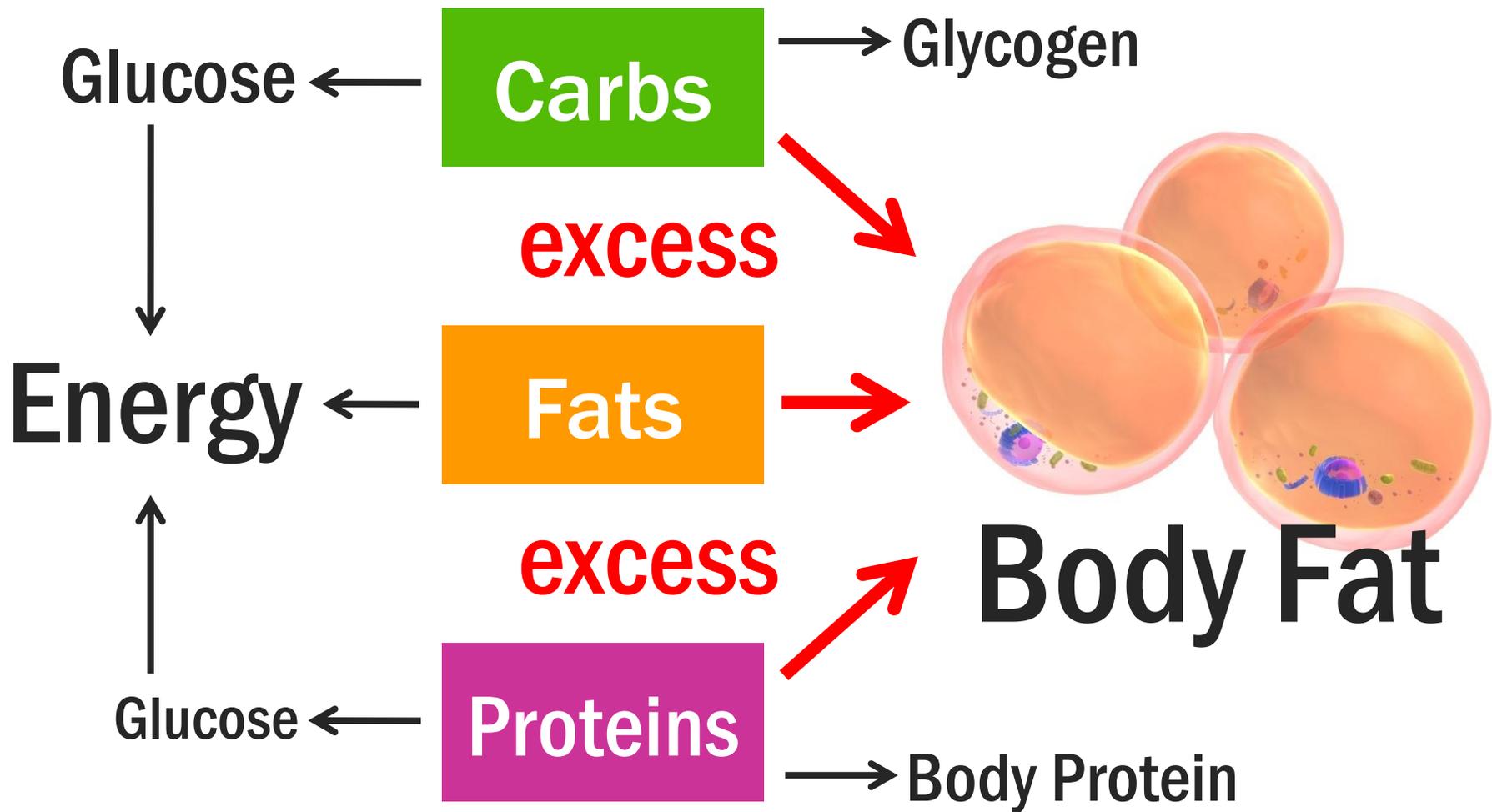
**STEP 1:
STORE LESS FAT**

Calories to Fat



Slim & Sassy™ Metabolic Blend

dōTERRA®

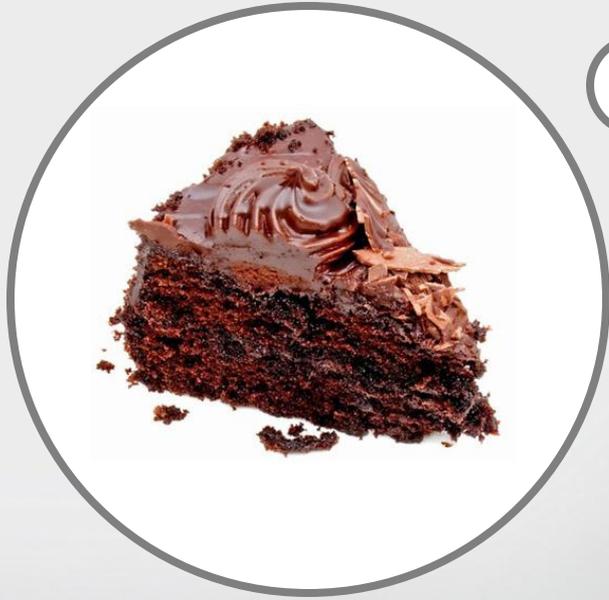


Calories Consumed
– Calories Used

= Calories stored as fat

Eat less
+ Exercise more

= Lean body mass



Slim & Sassy™ Metabolic Blend

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Grapefruit



Cinnamon



Peppermint



Ginger



Lemon

Slim & Sassy™ Metabolic Blend

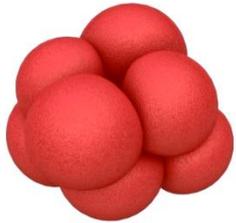
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SLIM & SASSY WEIGHT-LOSS PLAN

STEP 2: PRIME METABOLISM

Fat Cell Lifecycle

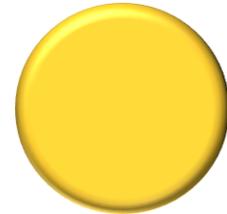
Stem Cells



Fat Cells



Fatty Acids



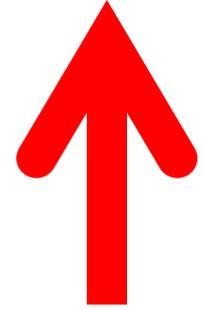
ADIPOGENESIS

LIPOLYSIS



DECREASE
ADIPOGENESIS
(FEWER NEW FAT CELLS)

INCREASE
LIPOLYSIS
(MORE USED FAT CELLS)



Why do I have too much fat?

I eat too much

I exercise too little

I am under too much stress

I am under toxic load

I have an abnormal health issue



Grapefruit



Cinnamon



Peppermint



Ginger



Lemon

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Carbs

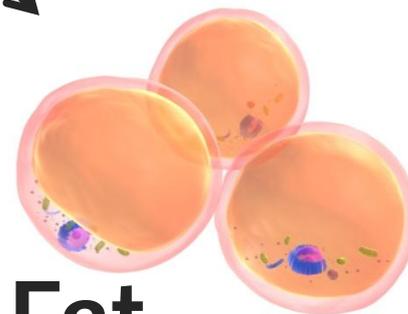
→ **Glucose (blood sugar)**

+

Insulin

Glycogen

Body Fat





→ Glucose (blood sugar)

+

Insulin



Glycogen



Body Fat



Grapefruit



Cinnamon



Peppermint



Ginger



Lemon

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SLIM & SASSY WEIGHT-LOSS PLAN

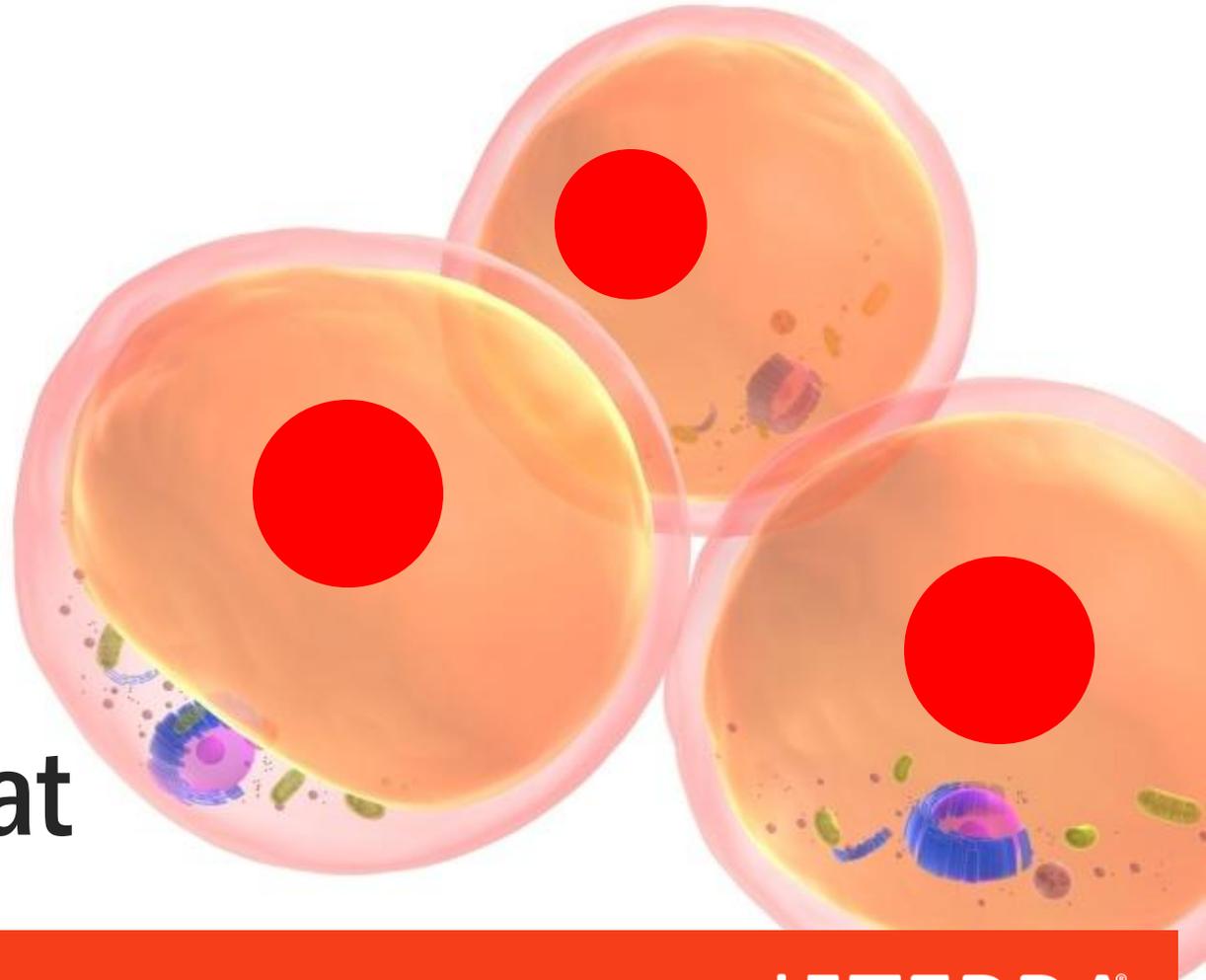
STEP 3: DETOXIFY SYSTEM

Toxins



Liver →

Body Fat



Slim & Sassy™ Metabolic Blend

dōTERRA®

**No Calories, No Stimulants
No Artificial Chemicals**



100% Pure Therapeutic Grade

Slim & Sassy™ Metabolic Blend

dōTERRA®

Slim & Sassy™ Metabolic Blend

- **Helps manage appetite and lifts mood during dieting***
- **Supports healthy metabolism of fat and energy production***
- **Supports healthy insulin response***
- **Supports management of toxins***

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Individual weight loss results may vary and will depend on healthy lifestyle choices.



Recommended Use

**3-5 drops per 8 oz water
3-5 times per day**



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