

dōTERRA<sup>®</sup>

SLIM & SASSY<sup>®</sup>

WEIGHT MANAGEMENT

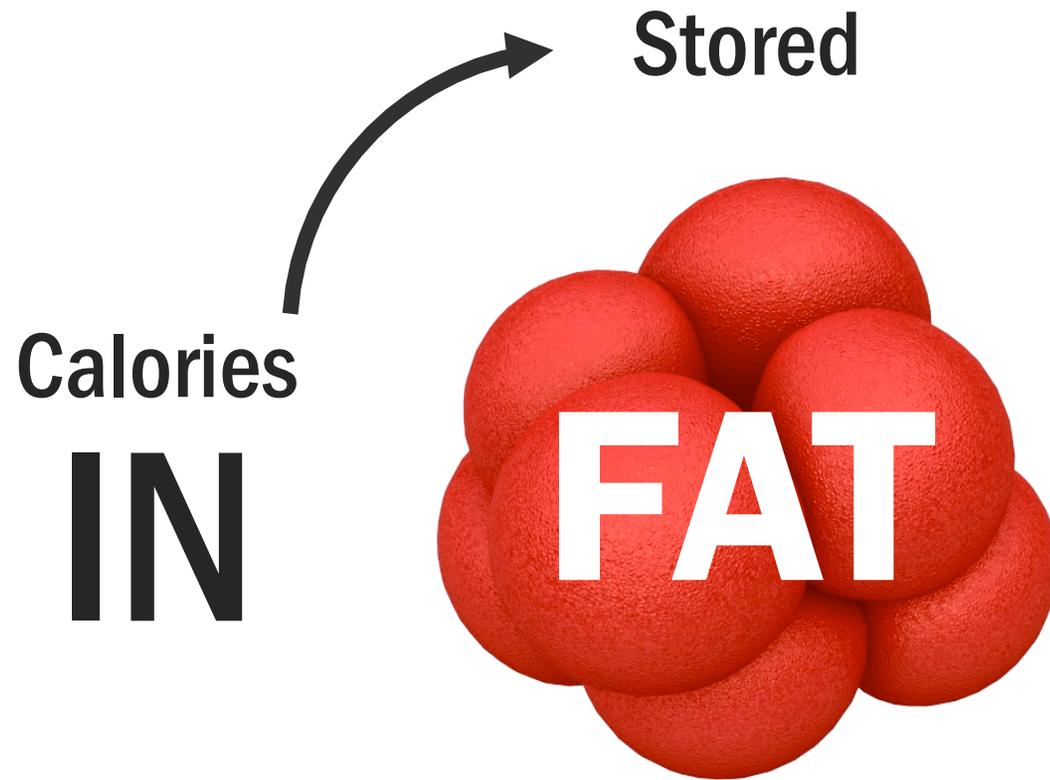
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LOSE THE FAT,  
FIND YOUR LIFE



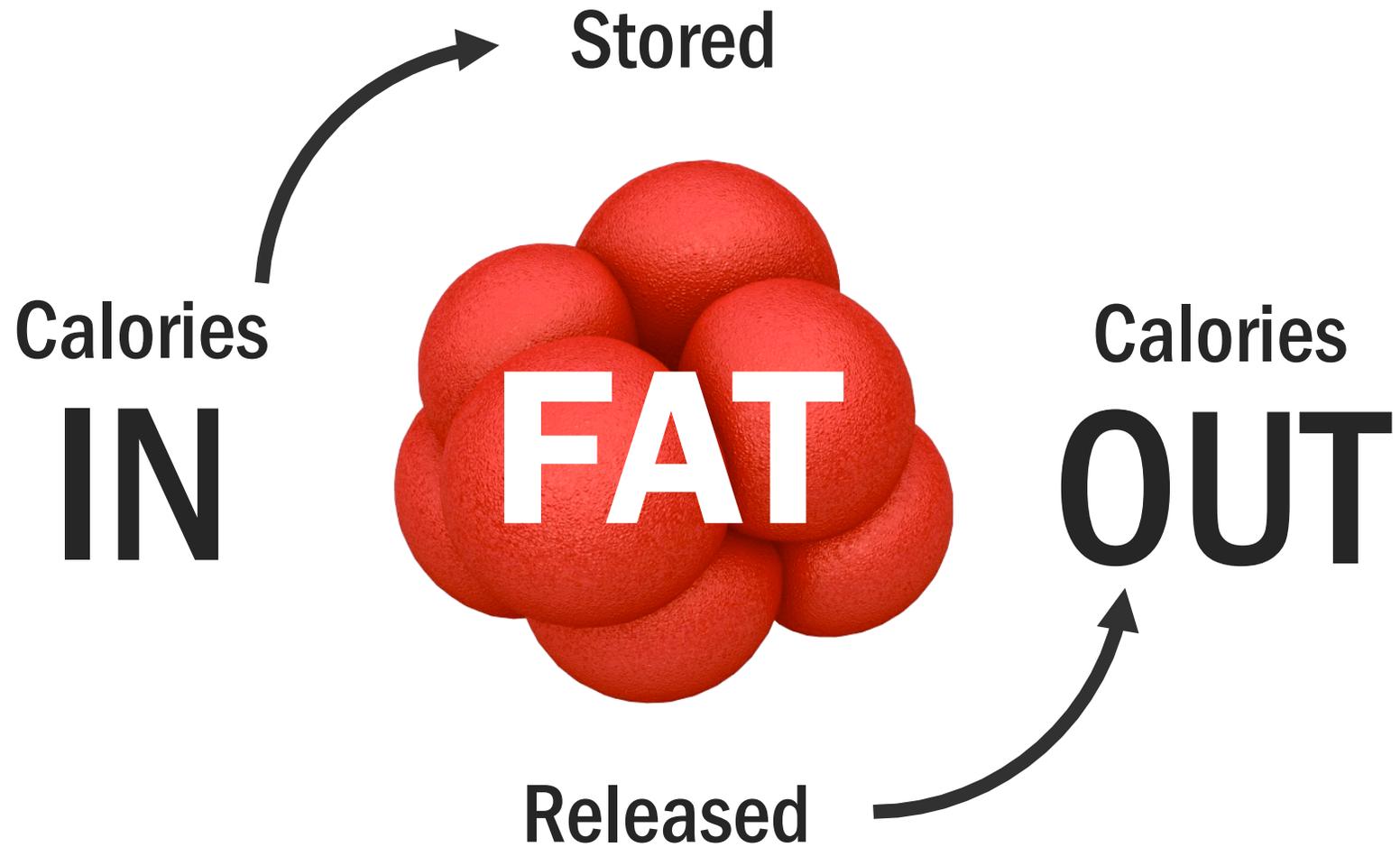
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**FAT**

**ness**

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**Number**

**of fat cells**

**Size**

**of fat cells**

**+**

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**Fatness**

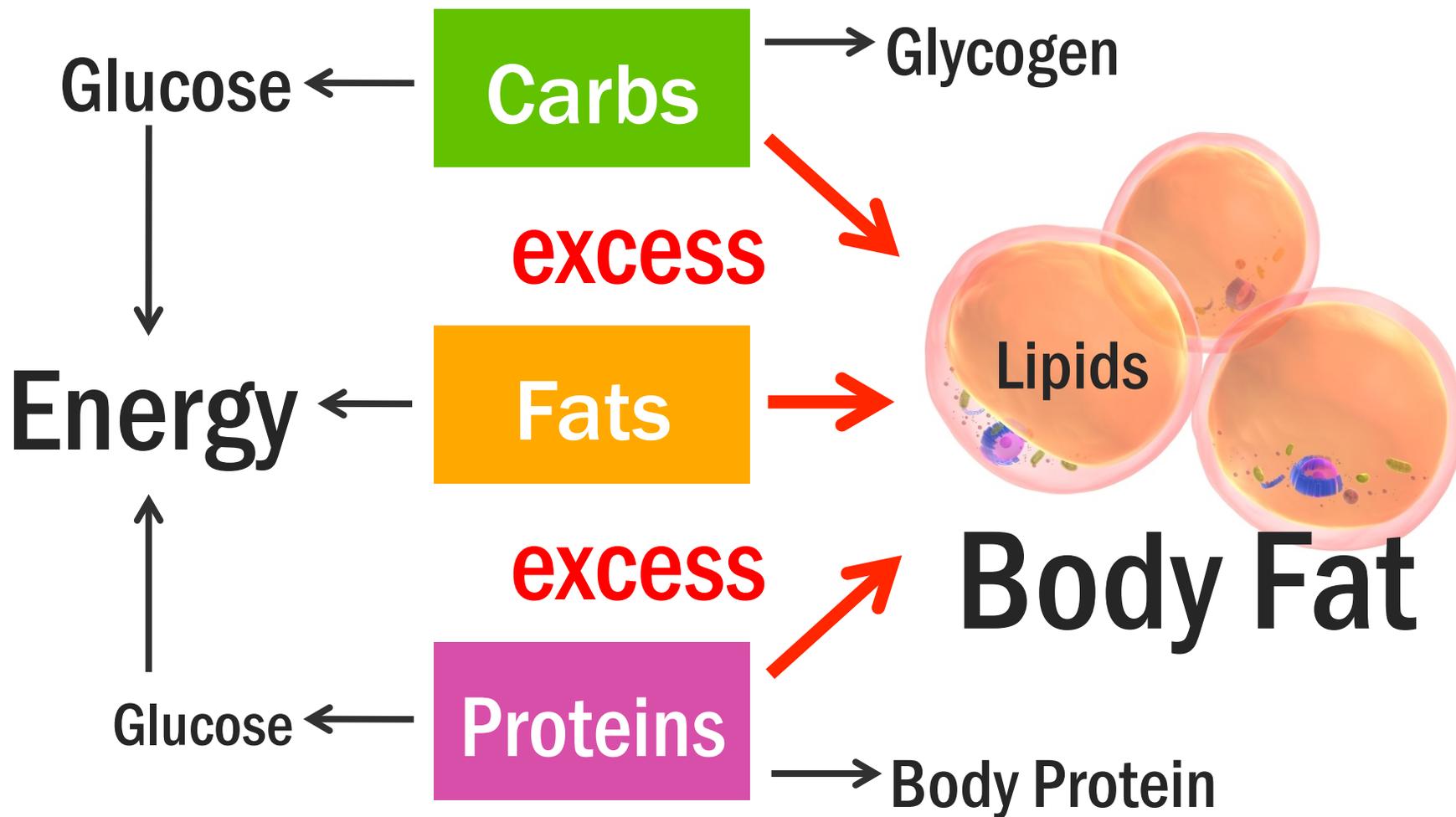
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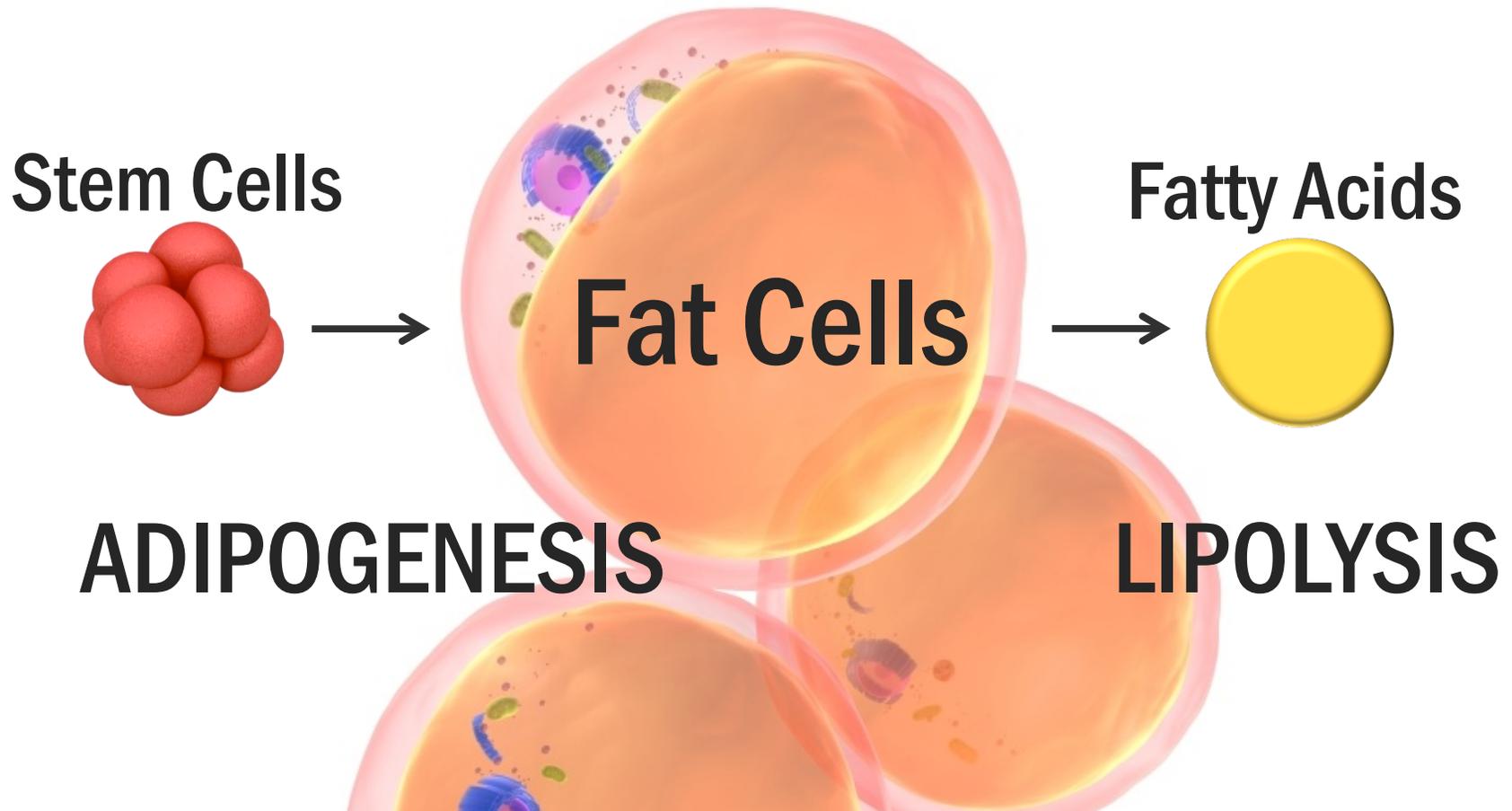
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# Fat Cell Lifecycle

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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**

$$\begin{aligned} & \text{Calories Consumed} \\ - & \text{Calories Used} \\ \hline = & \text{Calories stored as fat} \end{aligned}$$

**Eat less**  
**+ Exercise more**  

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**= Lean body mass**

**Slim & Sassy™** Metabolic Blend

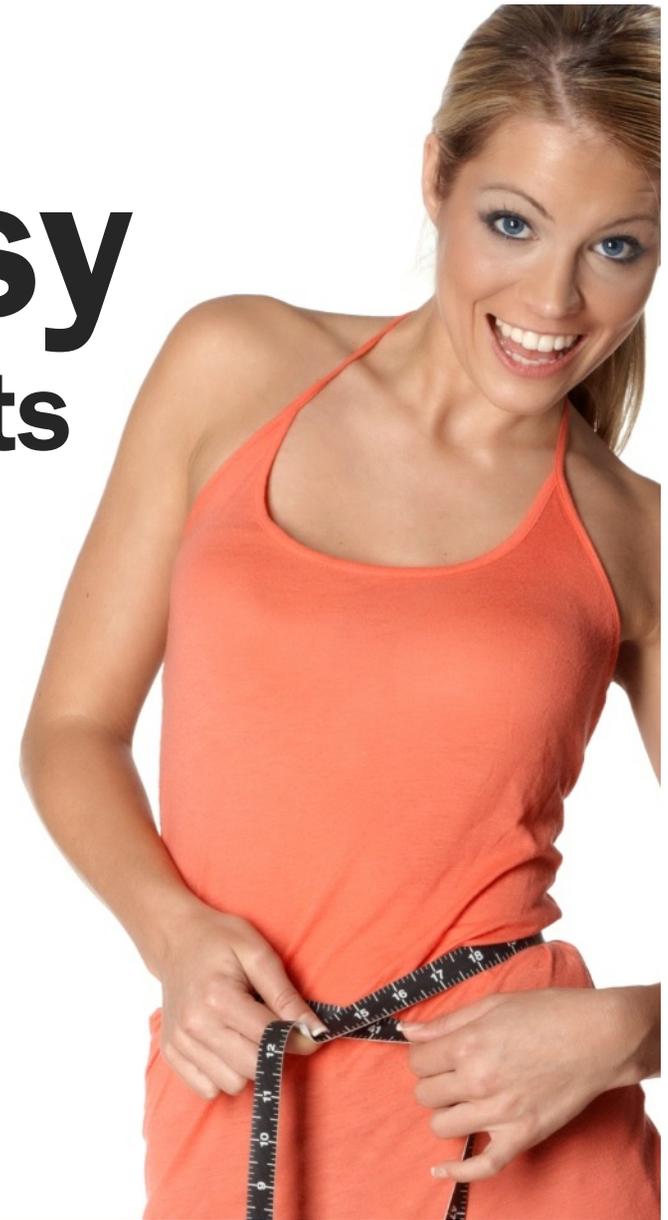
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**Slim & Sassy**  
**Weight-Loss Products**

**Lifestyle**  
**changes** +

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**Fat“less”**



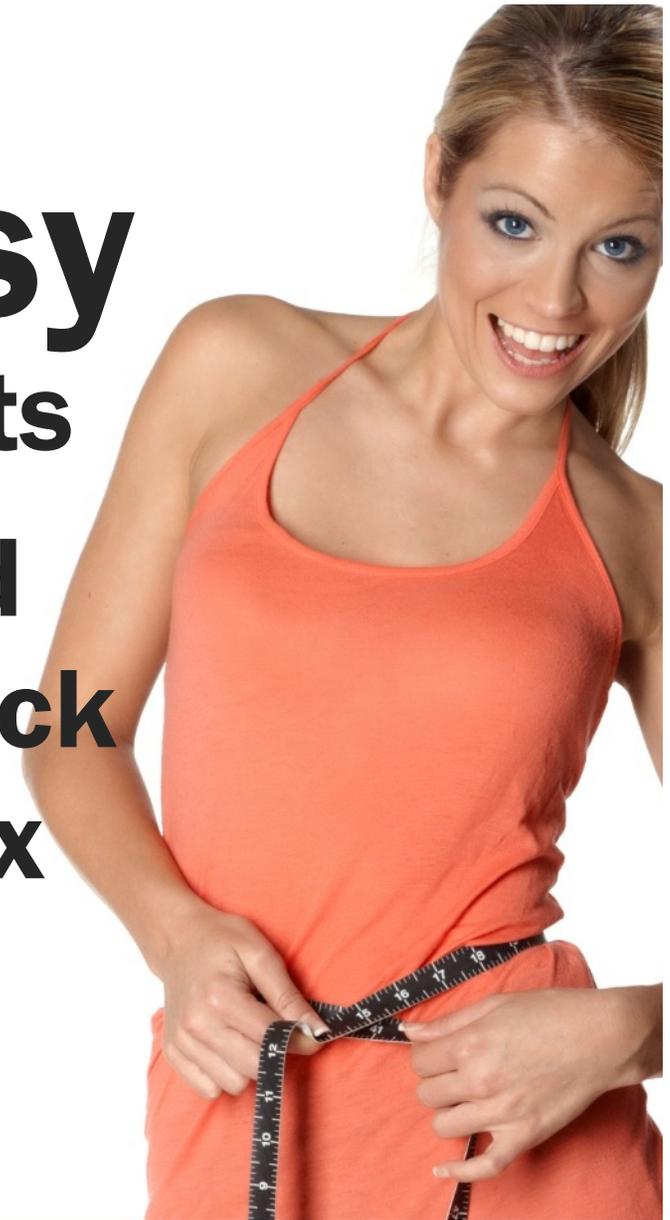
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# **Slim & Sassy**

## **Weight-Loss Products**

- **Slim & Sassy Blend**
- **Lifelong Vitality Pack**
- **TerraZyme Complex**
- **Zendocrine**
- **TrimShake**



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# Helps manage appetite and lifts mood during dieting\*

\*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.

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2

**Supports healthy  
metabolism of fat and  
energy production\***

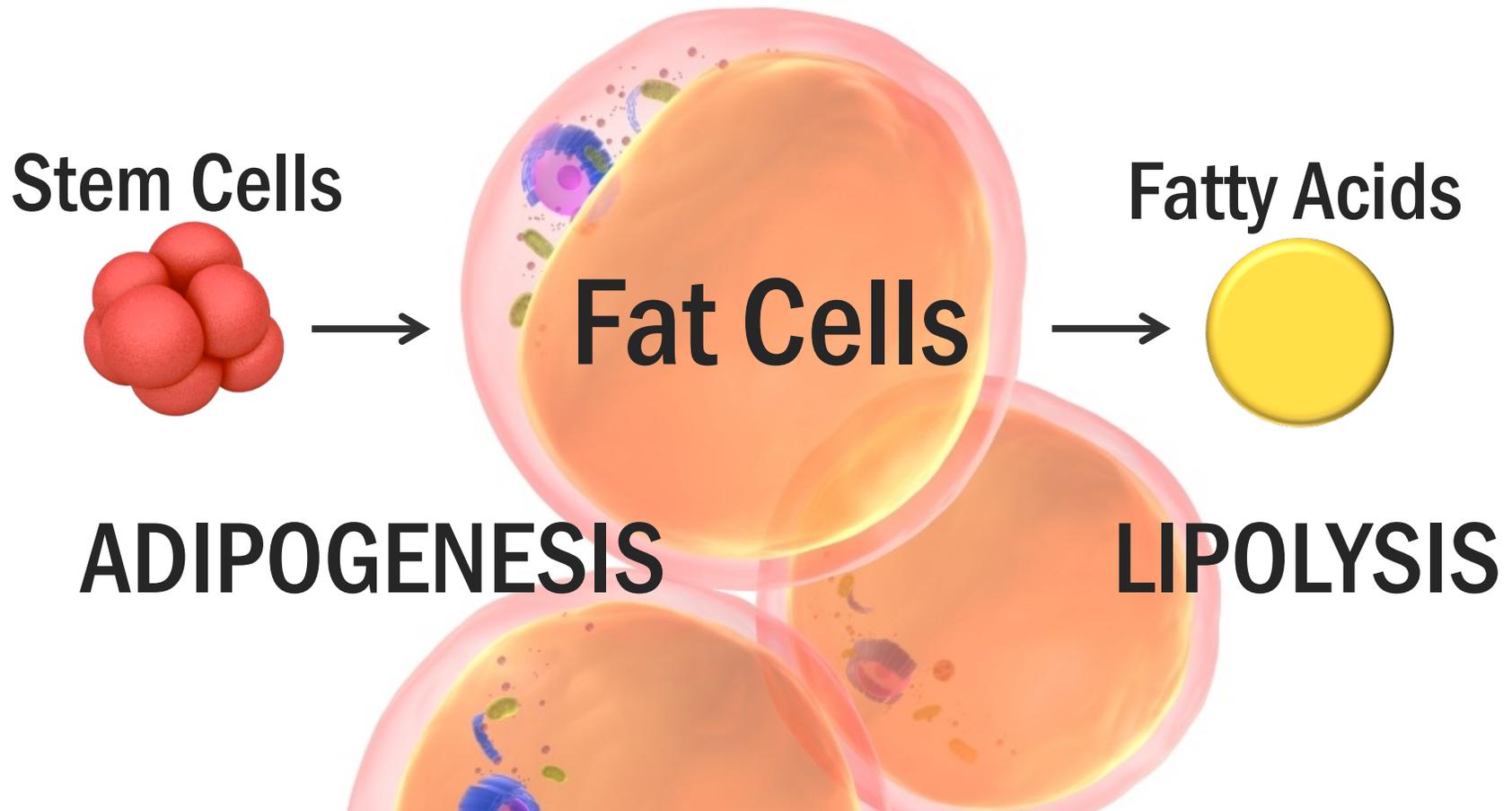
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# Fat Cell Lifecycle

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**DECREASE  
ADIPOGENESIS**

**(FEWER NEW FAT CELLS)**

**INCREASE  
LIPOLYSIS**



**(DEFLATES CURRENT FAT CELLS)**

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# Supports healthy insulin response\*



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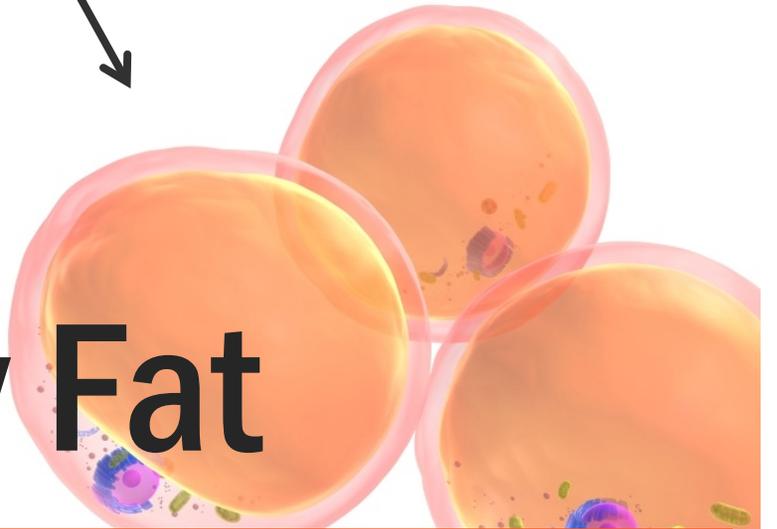
→ Glucose (blood sugar)

+

**Insulin**

Glycogen

**Body Fat**



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# Supports healthy management of toxins\*

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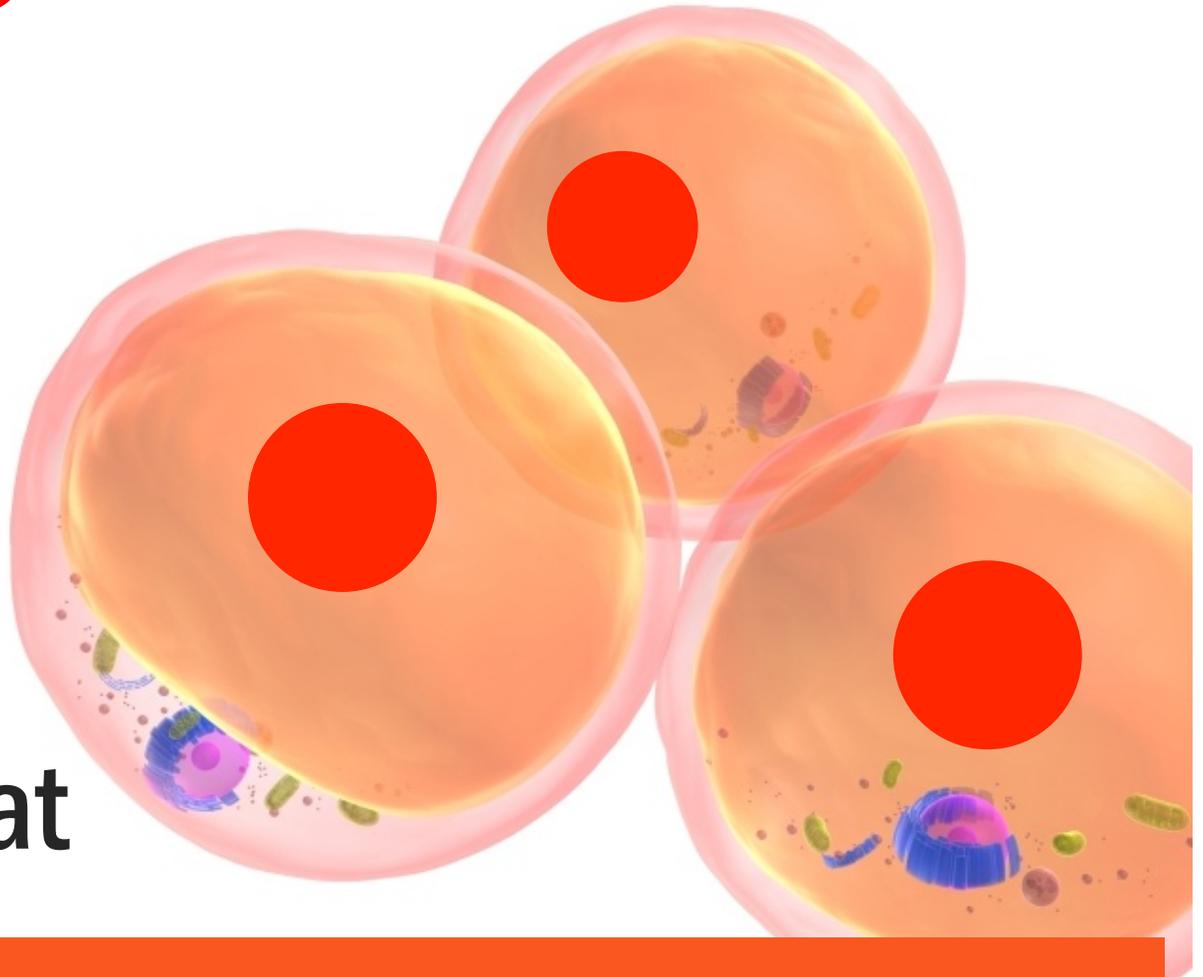
# Toxins



# Liver



# Body Fat



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# 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\*

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Slim & Sassy® Weight Management

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# 25 drops/day



Slim & Sassy® Weight Management

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# Lifelong Vitality Pack

- Supports cellular energy production for increased activity (stimulant free!)\*
- Provides essential nutrients during calorie restriction\*
- Supports healthy insulin response\*

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# TerraZyme Enzyme Complex

- Supports nutrient absorption\*
- Supports cellular metabolism\*
- Supports healthy insulin response\*



**GET MORE FROM LESS!**

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# Zendocrine Complex

- Supports cleansing functions of liver kidneys, colon, lungs, and skin\*

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## Zendocrine Detoxifying Essential Oil Blend:

Clove, Geranium, Grapefruit, Rosemary  
(Coming February 2011!)

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# **Slim & Sassy TrimShake**

with **Essentra<sup>®</sup>Trim**

- **Less than 200 calories**
- **16 grams protein**
- **Low-fat**
- **Low-glycemic load**
- **High fiber**
- **Nothing artificial**

**(February)**

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# Essentra<sup>®</sup>Trim patented Ashwagandha extract

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# Essentra<sup>®</sup>Trim patented Ashwagandha extract

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- **Helps control cortisol levels which triggers accumulation of fat around stomach, hips, and thighs\***
- **Helps reduce stress-induced appetite, and carbohydrate cravings\***
- **Supports cellular energy production\***

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# **Slim & Sassy** **Weight-Loss Products**

**Lifestyle**  
**changes** +

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**Fat“less”**



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# Slim & Sassy

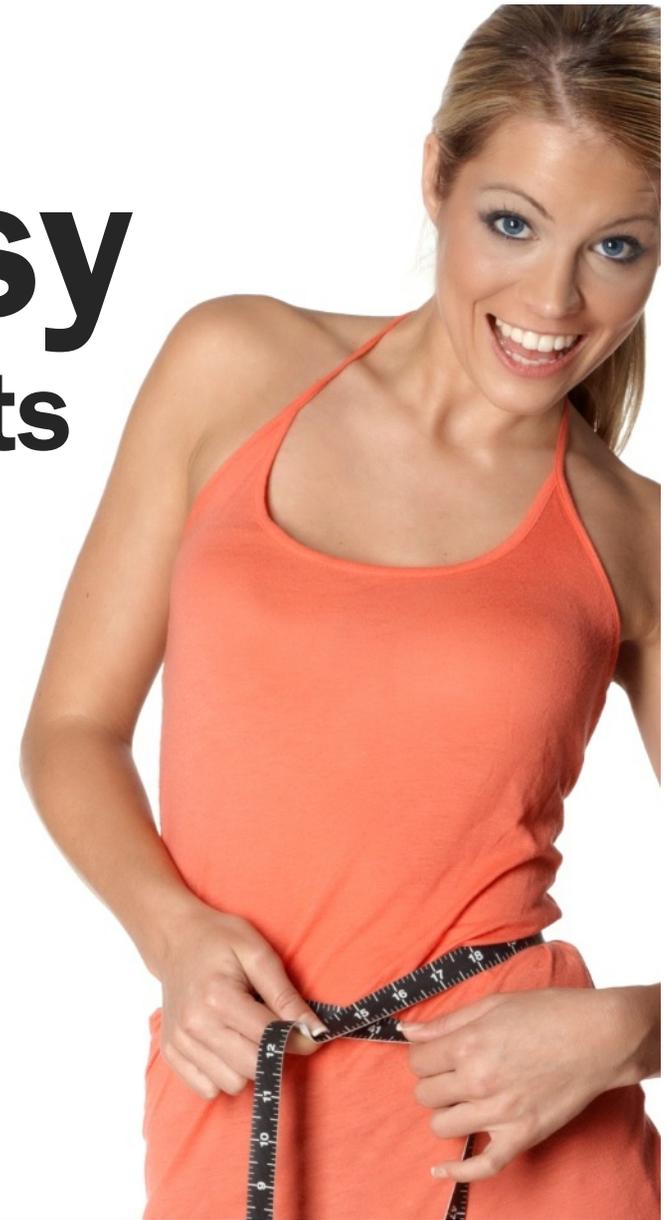
## Weight-Loss Products

**Lifestyle**  
changes

+

---

# Fat“less”



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# **Eat Smaller**

**(Quantity vs. Quality)**

# **Eat Smarter**

# **How many calories a day do you need?**

**(calorie budget worksheet)**

**1 POUND FAT**



**= 3500 CALORIES**

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# FAT LOSS PER WEEK

**1 lb. = 500 calories/day**

**2 lbs. = 1000 cal/day**

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**3 lbs. = 1500 cal/day**

**4 lbs. = 2000 cal/day**

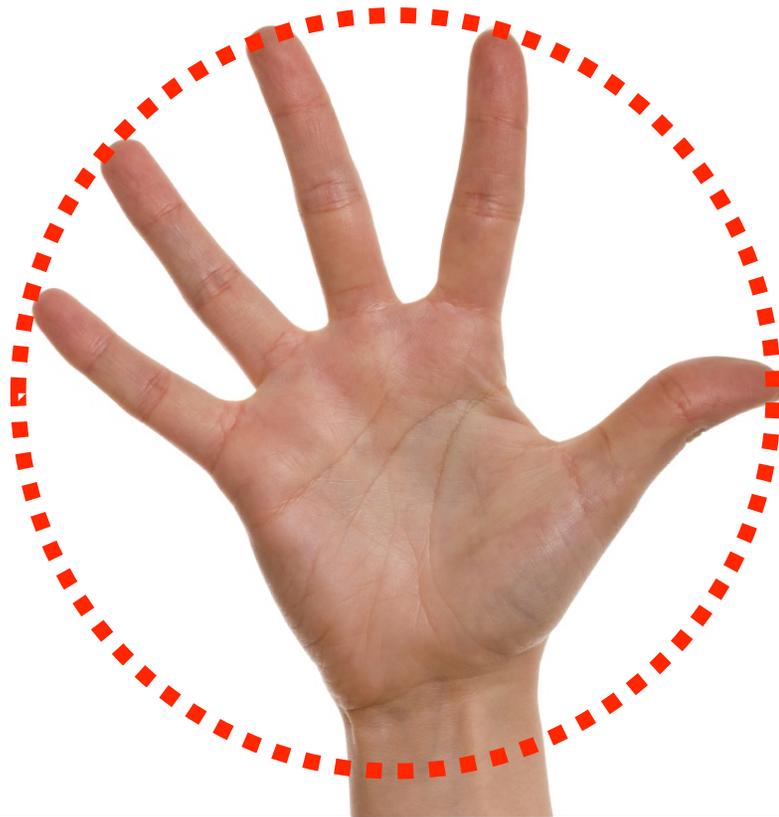
# **Slim & Sassy Meal Plan**

**(lean meal chart)**

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# High-water content, whole, fresh fruits & vegetables



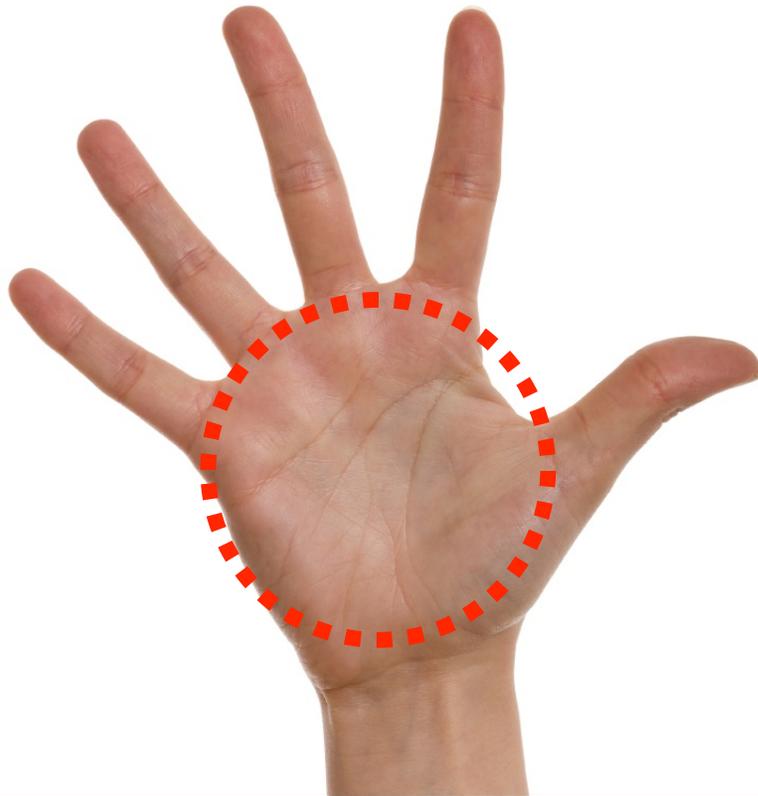
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- **Complex carbs & whole grains**
- **Legumes & vegetable proteins**
- **Starchy fruits & vegetables**



- **Low-fat animal proteins**
- **Protein-rich nuts & seeds**



- **Simple sugars**
- **Dressings & spreads**
- **Deserts**



# Fat-loss Accelerators

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# LOW WHITE



White sugar, dairy fats,  
white flour, white rice, etc.

# LOW BEVERAGE



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



**OK** ✓



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**sugar**



**diet**

**artificial  
sweeteners**

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**sugar**

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# GRAZE DON'T FEAST



3 healthy meals GOOD  
6 mini meals BETTER

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# HYDRATION



Five 16 oz. servings/day

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A young woman with blonde hair tied back, smiling warmly at the camera. She is wearing a dark grey tank top and holding a blue dumbbell in her right hand, positioned near her shoulder. The background is a bright, out-of-focus indoor setting, possibly a gym or a bright room with large windows.

The “E” word...

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**Eat less**  
**+ Exercise more**

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**= Lean body mass**

*Which is easier?*



(Two cookies = 360 calories, 18 grams of fat, 28 grams of sugar)

**Walking = 90 minutes**  
**Cycling = 40 minutes**  
**Running = 30 minutes**

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# Health Benefits of Exercise

- Burns calories stored as fat
- Strengthens heart & lungs
- Strengthens muscles & bones
- Improves mobility & flexibility
- Reduces stress & improves rest
- Enhances mood & emotional outlook
- It's fun, it's social, it's sexy, etc.



**Aerobic**  
**Walking**  
**Swimming**  
**Cycling**  
**Running**



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# Strength Weights, Calisthenics



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# Flexibility

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# Slim & Sassy Exercise Program

	<b>Beginner</b>	<b>Healthy</b>	<b>Advanced</b>
<b>Aerobic</b> 3 days/week	<b>30 min</b>	<b>45 min</b>	<b>60+ min</b>
<b>Strength</b> 3 days/week	<b>30 min</b>	<b>45 min</b>	<b>60+ min</b>
<b>Flexibility</b> 6 days/week	<b>15 min</b>	<b>15 min</b>	<b>15 min</b>



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**20-minute AM walk**  
**15-minute lunch walk**  
**10-minute evening walk**

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**45 minutes**

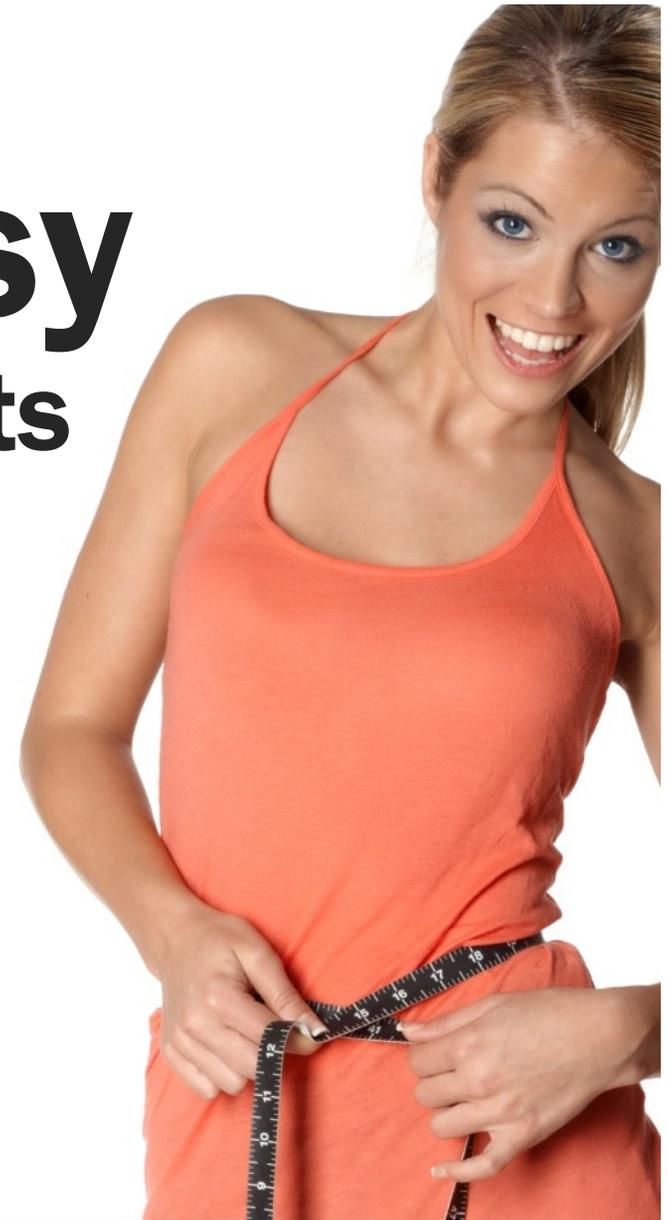
- 1. Find a friend**
- 2. Make a chart**
- 3. Have a goal**
- 4. Be consistent**

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**Weight-Loss Products**

**Lifestyle**  
**changes** +

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**Fat“less”**



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WEIGHT MANAGEMENT

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LOSE THE FAT,  
FIND YOUR LIFE