

VIDEO BASED
10-SESSION
**BIBLE
STUDY**



Life More Abundantly

HOW TO CULTIVATE ABUNDANCE
ACROSS **10 KEY AREAS** IN LIFE

A COURSE BY:

Kimberley Milousis



Credits:

Photos of Kimberley Milousis: Jeremy DeWeese

Graphic Design / Art Direction: Wade Robinson Design

Copyright © Kimberley Milousis, 2019 All Right Reserved. / KimberleyMilousis.com

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or by any information storage or retrieval system, excepted as may be expressly permitted in writing by the author. Requests for permission should be addressed to Kimberley Milousis, 500 Bush St, Caledon, ON L7K 0E8.

Unless otherwise noted, all Scripture quotations are from the Scriptures taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan.

All rights reserved worldwide. www.zondervan.com

The “NIV” and “New International Version” are trademarks registered in the United States

Patent and Trademark Office by Biblica, Inc.™.

- IMPORTANT -

The information in this book reflects the author’s experiences, research and opinions and is not intended to replace medical advice.

Statements made in this book have not been evaluated by Health Canada. Always follow the usage directions given on product labels. The products discussed in this book are not intended to diagnose, treat, cure, or prevent any disease. This book has been designed to provide information to help educate the reader in regard to the subject matter covered. It is distributed with the understanding that the publisher and the author are not liable for the misconception or misuse of the information provided.

It is not provided to diagnose, prescribe, or treat any disease, illness or injured condition of the body. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this book. The information presented herein is in no way intended as a substitute for medical counselling. Anyone suffering from any disease, illness, or injury should consult a qualified healthcare professional.

Foreword

"It is good to grasp the one and not let go of the other.

Whoever fears God will avoid all extremes."

Ecclesiastes 7:18

*I have learned
that God's truth,
while not grey as
the relativists of
the world would
have us believe,
is multi-faceted
and colourful
and alive.*

I know why you are here.

Anyone who begins a study called "Life More Abundantly" is here for one reason: they know there is more, and they want more. Maybe your longing for more is so great that you can taste it, and maybe it is weak enough that you are able, on some days, to push it down and pretend it's not there. But, no matter who you are, at this moment, you can feel it. Part of you might feel guilty that you want more. Part of you might feel impatient to get more. But, let me reassure you: you are here for a reason. You want more because you were created for more. You get glimpses of it when you look in the mirror, when you surprise yourself with what you're capable of, when you take time to listen to the still small voice that is calling you onward. That voice speaks your name and whispers to you the plans He has for your life, plans to prosper you and to give you a bright future.¹ That voice is familiar because it is one that quiets you with love and rejoices over you with singing. Friend, it is time for you to begin to walk in the more—in the abundance—that God has for you: abundance in your physical health, your emotional health, your financial health, and your spiritual health. Jesus said that He came that you might have life more abundantly and, while there will be a day when we will be gathered in His Kingdom where there will be no lack and no crying, there is much abundance to be had before that day—abundance in this life to walk in your destiny to accomplish His purposes. This book is the culmination of my experiences and my reflections on the abundance that God has brought into my life over the past 25 years of walking with Him. It is not a book of secret formulas or magic incantations; rather, it is a book of practical knowledge and workable principles that you can apply to your life to begin walking in a greater level of abundance. Through much of my Christian walk, I have tried to apply the black and white version of truth that I learned in my accounting career to the Bible and to life in general. In this I have failed. I have learned that God's truth, while not grey as the relativists of the world would have us believe, is multi-faceted and colourful and alive. Throughout the Bible, we are presented with paradoxes of truth. We know that we find strength in weakness¹ and wisdom in foolishness.²

We know that the greatest gain comes by losing oneself,³ that we rise to the greatest



Reflection Question

- Spend some time quieting yourself as you contemplate the changes that are coming.
- What changes are you hoping to experience through this study?

Be as specific as possible.

heights by going low,⁴ and that we see most when we close our eyes. Through these Biblical principles, God is calling us to find truth — to find Him — in the paradoxical middle. As you read this book, you will need to discipline yourself in the exercise of balance. What causes disease, and therefore a lack of physical abundance? Is it poor food choices? Is it lack of exercise? Is it your negative emotions that are the problem? Or is it maybe your negative outlook on life? Wait, perhaps it is financial stress or lack of connection with God that is shaving years off your life? The answer is yes.

Each lesson will share with you principles that, when put into practice in your life, will bring about greater abundance in that specific area of your life. You can read the lesson, implement what you learn there, and benefit greatly. But for the impatient among you, I will warn you now: there are no quick fixes here. The truth is there are no quick fixes anywhere. Life doesn't work that way. And if you are looking to walk in abundance, it is not going to happen by seeking out a quick solution.

What you will find here is what will work: changes to your lifestyle that you will continue to work on and implement over the course of your life. That's why I've created this workbook: to really help you chew through the material and take steps to apply it. Be patient with yourself. And be hopeful. Change is possible and, if you tune into that voice that has been calling to you, you know change is coming.

1. Jeremiah 29:11
2. I Corinthians 3:18
3. Luke 9:24
4. James 4:10

A Word About Me

This book is a collection of my knowledge, my reflections and my experiences. It is a chronicle, of sorts, of what has worked in my life to bring about the abundance that I now walk in.

To that end, there are two things that form the foundation of everything I teach and that will be woven throughout this book: my compass for truth—the Bible—and the products I use—dōTERRA.

To begin with, I am a born-again believer in Jesus Christ. He is the lover of my soul, and I could never do life without Him. You don't have to be a Christian to be able to learn from and apply the principles I talk about here. They are universal truths and will “work” no matter what your perspective on God is. But because my foundation is in the Word of God, you will find me referencing the Bible throughout this book.

I am also a Canadian Founder and Presidential Diamond leader with dōTERRA Essential Oils. I have been growing a business with this company for the past six years.

You do not need to be a believer in essential oils (though I will lay out my case for them in Session 3), and you do not have to use dōTERRA products. But I cannot talk about the physical, emotional, and financial healing that has come to my life and pretend that dōTERRA has not been a huge part of it. It has, and I sell these products because they're effective.

You don't have to become my customer to benefit from what I teach here, but because these products have been so foundational to my health, you will find me referencing them often. When you find something that works, people want to know what you found; this is my way of letting you know what I found. What you do with this information is up to you.

When you find something that works, people want to know what you found; this is my way of letting you know what I found.



Welcome to Life More Abundantly

"The thief does not come except to steal, and to kill, and to destroy.

I have come that they may have life, and that they may have it more abundantly."

John 10:10 (NKJV)

*The principles
you will learn
throughout this
course, when
you apply them,
will bring about
lasting change
and help
create greater
abundance in
your life.*

Welcome friend!

I can't tell you how excited I am that you are here! We may not have met, but I feel like I know you already. You have been in my heart and in my prayers as I have written this study. Together, we are going on the journey of a lifetime! But it's not just the journey of a lifetime, it's a journey *for* your lifetime.

The principles you will learn throughout this course, when you apply them, will bring about lasting change and help create greater abundance in your life. However, Rome wasn't built in a day and creating a more abundant life won't happen in a day--or a week, or a year. An abundant life is created day by day over

the course of your whole life. The Life More Abundantly course will guide you through ten key areas of your life. It is important that you go through all ten areas over the next ten weeks.

You will need this "bird's eye view" of abundance so you can see what you are working toward overall in your life. However, you will not be able to put equal effort into each of these ten areas immediately. For this reason, as we start the study together, let's take some time to consider the ten areas. Start by rating yourself on a scale of 1 to 10 in each of the following areas.

As you reflect on each area, consider: how much abundance am I experiencing in this area of my life?

PHYSICAL HEALTH



FOOD /
what you eat.

RANK 1 2 3 4 5 6 7 8 9 10



FITNESS /
how you move.

RANK 1 2 3 4 5 6 7 8 9 10



PHARMACOLOGY / how you heal
your body when you are sick.

RANK 1 2 3 4 5 6 7 8 9 10



PHYSICAL APPEARANCE / how
you look and how you feel about it.

RANK 1 2 3 4 5 6 7 8 9 10

FINANCIAL HEALTH



FINANCES / how much you make
and how much you have.

RANK 1 2 3 4 5 6 7 8 9 10



PHILANTHROPY / how and how
much you give.

RANK 1 2 3 4 5 6 7 8 9 10

EMOTIONAL HEALTH



FOCUS (AND MINDSET) / what
thoughts you have in your mind.

RANK 1 2 3 4 5 6 7 8 9 10



FAMILY (AND RELATIONSHIPS) /
how are your relationships.

RANK 1 2 3 4 5 6 7 8 9 10

SPIRITUAL HEALTH



FAITH / what foundation you
have for how you live.

RANK 1 2 3 4 5 6 7 8 9 10



FUTURE / what you live for
and what you are moving toward.

RANK 1 2 3 4 5 6 7 8 9 10



Now take your answers and graph them on the Life Abundance Circle.

For each area, shade in the segment up to the number that reflects how you rated yourself in that area. As you do this, you may begin to see how whole aspects of your health are needing attention,

For example, you may notice that you are doing well spiritually but are lacking in physical health. Or you may see that you are experiencing financial abundance but are lacking spiritually.

Similarly, you may also notice that you are experiencing abundance in three of the four areas of physical health, one area is needing attention. For example, perhaps you are consistently making healthy food choices and exercising and you are happy with how you look, but you still find that you are experiencing health challenges and are turning to pharmaceuticals as a solution.

Looking at your Abundance Circle, what stands out to you as needing your immediate attention?

Keep in mind that the goal isn't necessarily to have 10's all around, but to grow in abundance in all areas of your life. If you are at a level of 6 in all areas, but your family/relationships score is only at a level 2, that would be an important area of focus since, eventually, it will start to pull the other areas down as well, if it hasn't already.

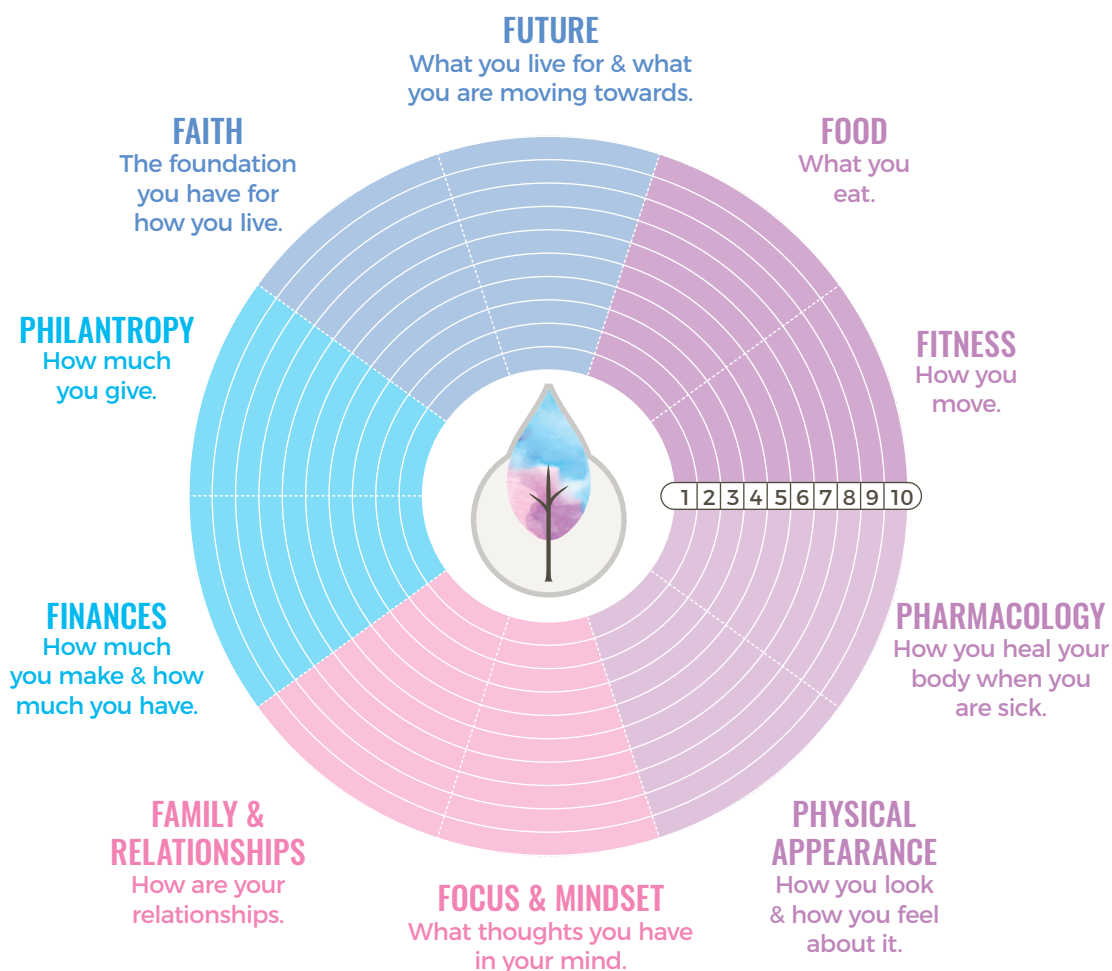
Your reflections and your answers to your abundance circle can help you find what area of abundance you need to focus on. This area will help you focus on **Physical Health**.



Reflection Question

- Based on your abundance score, is this section the best place for you to start?

YOUR ABUNDANCE CIRCLE





Physical health

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." Psalm 139:14 (NIV)

In this first part of this study, we will delve into four key components of physical health:



FOOD



FITNESS



PHARMACOLOGY



**PHYSICAL
APPEARANCE**

I will teach you what I have learned and share with you solutions I have found. I don't claim to have all the answers, but I can offer you what has worked for me and for my customers. In knowing there is something that works, if nothing else, there is hope!



FOOD IS FUEL

Carefully choosing our diet is an important way for us to partner with God to bring abundance into our lives.

Although I am a firm believer in supernatural healing, I am also a firm believer in not putting the Lord my God to the test.¹

If Jesus, as the Son of God, would not throw Himself off the temple despite His trust that God would protect Him, I am not about to start putting what I know to be toxic fuel into my body. In my view, it would be dishonouring to God to disregard wise choices about what I put into my body and then expect Him to just fix the damage I have done.

As I have been saying a lot recently: you cannot say that your health is in God's hands when the fork is in your own.

Confession: Potato chips are my kryptonite. And I don't mean the supposedly "healthy" potato chips that have started cropping up recently, which are boldly advertised as being "baked" or being cooked with avocado oil. No, I liked real potato chips. Kettle-cooked, full-of-flavour, good ol' fashioned crispy potato chips.

Maybe it's because I love the way they taste. Maybe it's because I love the sound they make. Whatever the explanation, they are my kryptonite.

They are the reason I always try to avoid going grocery shopping on an empty stomach.

Because, let's be honest: we all know how that ends up. You start in the fruit and vegetables aisle, your cart filled with big leafy greens and farm fresh beets and super sweet oranges. You pass through the organic section, grabbing some delicious almond milk and fresh fruit juice.

And then you round the corner and come face-to-face with the potato chip aisle (which usually isn't a full aisle, but often feels like it is, and arguably should be in light of just how crazy delicious potato chips are).

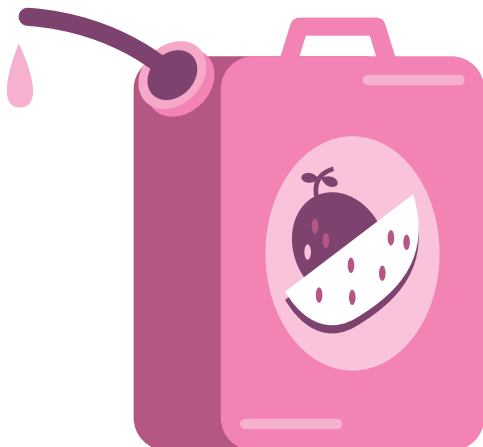
I don't know what you do when that happens, but I know what I do. Hence why I avoid grocery shopping on an empty stomach (and often just send Steve to go grocery shopping instead of me).



Question

Okay, it's your turn.

- **What is your kryptonite?**
- **What food tempts you to break that cleanse or fill your plate again, even when you're stuffed to the rafters?**



...you cannot say that your health is in God's hands when the fork is in your own.

1. Luke 4:12

Which fuel is best?

What I have come to learn over the years is that every body is different, and every body is different and its needs are different.

What I advocate for is having healthy guidelines that are generally applicable and then spending time listening to your body for its specific needs.

The question I seek to answer before making food choices is: will this serve my body? If the answer is “no”, it doesn’t mean I will never eat it, it just means I am aware of my need to be careful. If I see maple popcorn in front of me, I may take a small handful.

But I will take a small handful and walk away. That is what being careful looks like for me. For you, it may mean not taking a handful at all because you know you won’t stop at one.

But I also ask myself a second question: does it taste good? I’m all about healthy AND yummy! Some of my absolute favourite foods include chocolate ice cream, pizza, peanut butter cookies, rich hot chocolate, and cheesy nacho dip. Yes, for real!



Reflection Question

Take a moment to think.

- **What does “careful” look like for you?**

Now, consider your answer, and be honest with yourself.

- **What does “careful” need to look like for you?**

All of these delicious foods are made without gluten, dairy or refined sugar! You can find all the recipes on my website.² Your body and taste buds will thank you!

Eating should also be intuitive, and we should know our bodies intimately—far more intimately than any physician. But most of us are disconnected from ourselves, unable to hear or understand what our bodies need. It can be difficult for people to hear anything other than “I’m hungry”. This is the case for a number of reasons:

- 1. WE HAVE MADE SUCH POOR CHOICES** for so long that we are literally addicted to the foods that are killing us.³
- 2. MOST PEOPLE HAVE AN IMBALANCE** in healthy gut flora resulting in parasites and candida taking over our food cravings.⁴
- 3. WE HAVE AN IMPROPER VIEW OF FOOD** which results in our using food to meet emotional or psychological needs.

For these reasons, I always recommend that people who know they are disconnected from their bodies’ true signals begin their journey with a cleanse.

Detoxification or cleansing requires focused effort and energy but is an important first step in the process. We will revisit the topic of cleansing, on Day 4.

Once the body has been cleansed and you can be sure that your body is speaking to you clearly, the next thing I recommend is for people to do a food diary. Tracking your eating through a food diary will train you to pay attention to the many possible ways you are being affected by what you are choosing to eat.

2. kimberleymilousis.com/2019/05/10/5-delicious-recipes-you-wont-believe-are-healthy/
 3. ncbi.nlm.nih.gov/pubmed/20495452
science/article/abs/pii/S0306452205004288
ncbi.nlm.nih.gov/pmc/articles/PMC2235907/
 4. ncbi.nlm.nih.gov/pmc/articles/PMC4270213/

Maintaining a food diary

When I teach people about budgeting (from my accounting days), I always teach that the first place to start when preparing a budget is to spend a couple of weeks tracking spending.

If the goal of a budget is to reduce or limit spending, then you need to first know how you are currently spending your money. It is a simple principle: if you want to get from A to B, you have to not only know where you are going (B), but you have to know where you are (A)! A food diary is all about knowing where you are. A food diary is a log of your daily food choices with the goal of bringing greater awareness not only to what you are consuming, but to how it is affecting you physically, mentally and emotionally. By tracking your food consumption for a month or more, you train yourself to be mindful of the food choices you make and to be aware of whether your choice is coming from a place of understanding that food is fuel or whether your choice is coming from a disconnected place.



Reflection Question

- What is one need you are already aware of that you have caught yourself trying to meet with food?

When you begin to see the food-mood connection you will learn what triggers a desire in you to eat food that isn't serving your body. From that point, you can begin the important process of:

- I) **FINDING WAYS TO SATISFY YOUR TRUE NEEDS** (for connection or acceptance, for example), and/or
- II) **TAKING STEPS TO GET THE EMOTIONAL HEALING** needed to enable you to make healthy food choices.

There are lots of ways you can do a food diary, and there are even apps you can use.⁵ On page 19 you will find a copy of the food diary I

give to my customers. You are welcome to copy and use that, or you can print the downloadable form from my website.⁶ Whichever method you use to record your food consumption, here are a few important considerations:

- **FILL IN YOUR FOOD DIARY** right after you consume each meal or snack; otherwise, you may forget important details. For this purpose, it will be helpful to either carry a folded-up version of your food journal with you at all times, have a note-taking app where you can jot down the details when you are on the go that you will transfer to your printed copy later, or use a food journaling app.
- **WHEN RECORDING YOUR FOOD INTAKE**, be sure to make note of sauces or condiments used.
- **ESTIMATE THE QUANTITY OF FOOD CONSUMED.** If you have a muffin, estimate the size (dimensions). If you have vegetables, record how much you eat (1/4 cup). If you eat meat, consider that a 3-ounce cooked portion is about the size of a deck of cards.
- **MAKE NOTE OF BEVERAGES CONSUMED** as well as food; especially noting intake of alcohol, caffeine, and sugary drinks.
- **MAKE NOTE OF YOUR EMOTIONAL STATE** before and during your food consumption.
- **MAKE NOTE OF WHO YOU WERE WITH**, the location, and the time of day. Were you alone in front of the computer late at night, with family at the dinner table, or in a social gathering after work?
- **RECORD HOW YOU FELT** after the meal - immediately after, an hour later, and several hours later. Record how you felt emotionally, physically, and psychologically.
- **ABOVE ALL, BE HONEST.** No one is going to read your food journal except you and anyone you choose to share it with. You can only benefit from what you've taken time to record if it honestly reflects your food consumption and surrounding details.

After you've done your food diary consistently for at least 7 days, you can begin your sleuthing to search for trends, patterns, and habits.

5. Some good apps for this purpose are:

- My Fitness Pal and Cara: Food, Mood, Poop Tracker.

- Rise Up + Recover is an app focused on those with eating disorders, but it is good for helping you understand the food-mood connection.

6. kimberleymilousis.com/food-journal/

SUCCESS STEP

AFTER DOING YOUR FOOD DIARY FOR 7 DAYS, CONSIDER THE FOLLOWING:



Once you feel you have gleaned sufficient insights and reflections from doing your food diary, you can work toward creating a power fuel plan for yourself.

We will spend time on that tomorrow.

FOOD AND LIFESTYLE DIARY

A little progress each day adds up to big results!



Life More Abundantly

Breakfast TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____	Breakfast TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____	Breakfast TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____	Breakfast TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____	Breakfast TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____
Lunch TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____	Lunch TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____	Lunch TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____	Lunch TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____	Lunch TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____
Dinner TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____	Dinner TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____	Dinner TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____	Dinner TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____	Dinner TIME: _____ FOOD ITEM: _____ AMOUNT: _____ QUALITATIVE DESCRIPTION: _____ MOOD: _____ SENSATIONS: _____
Movement AMOUNT: _____ ACTIVITY: _____ TIME: _____ MOOD: _____ SENSATIONS: _____ AWAKE A.M. _____ BED P.M. _____	Movement AMOUNT: _____ ACTIVITY: _____ TIME: _____ MOOD: _____ SENSATIONS: _____ AWAKE A.M. _____ BED P.M. _____	Movement AMOUNT: _____ ACTIVITY: _____ TIME: _____ MOOD: _____ SENSATIONS: _____ AWAKE A.M. _____ BED P.M. _____	Movement AMOUNT: _____ ACTIVITY: _____ TIME: _____ MOOD: _____ SENSATIONS: _____ AWAKE A.M. _____ BED P.M. _____	Movement AMOUNT: _____ ACTIVITY: _____ TIME: _____ MOOD: _____ SENSATIONS: _____ AWAKE A.M. _____ BED P.M. _____

Restoring balance through cleansing

When I guide someone through a cleanse, I focus on the digestive and excretory systems, but I also introduce them to products that help with cleansing at a cellular level.

We have to remember that everything that happens with nutrition, digestion and excretion are all for the purpose of supporting your cells' functions.

And all diseases are disturbances at the cellular level.²² It stands to reason, then, that cell repair and restoration of healthy cell function are critical aspects of health.

The principles behind the cleansing protocol that I do with my customers are four-fold:

- 1. HARMFUL BACTERIA AND PARASITES** need to be eliminated from your body so that your body can actually "talk to you" to let you know what it needs and what it does not need or want.
- 2. YOUR ORGANS AND ELIMINATION PATHWAYS** need to be repaired and cleared so that, when the toxins are released during the cleansing process, your body is able to remove them.²³
- 3. YOUR DIGESTIVE AND ELIMINATION SYSTEMS** need to be functioning properly to be able to efficiently burn (process) the healthy fuel (nutrition) you are providing your body.
- 4. CELLS NEED TO BE IN GOOD SHAPE TO USE** nutrients to provide you with energy, to offer protection to your body, and to have resilience to cell damage.

How do you know if you need a cleanse? My philosophy is that everyone does, and that cleansing should be a part of your ongoing lifestyle. After all, everything else in our lives, from our gardens to our cars to our houses, need times of focused cleaning and repair to keep them in good shape.

However, since people are often driven to action by symptoms, I usually say that digestive issues are a sign that you might be hosting parasites.

Examples of common parasite-related symptoms include the following:

Unexplained diarrhea	RANK 1 2 3 4 5 6 7 8 9 10
Bloating	RANK 1 2 3 4 5 6 7 8 9 10
Gas	RANK 1 2 3 4 5 6 7 8 9 10
Constipation	RANK 1 2 3 4 5 6 7 8 9 10
Skin rashes	RANK 1 2 3 4 5 6 7 8 9 10
Itching, especially rectally at night	RANK 1 2 3 4 5 6 7 8 9 10
TEETH GRINDING	RANK 1 2 3 4 5 6 7 8 9 10
Unexplained aches and pains in either joints or muscles	RANK 1 2 3 4 5 6 7 8 9 10
Food sensitivities	RANK 1 2 3 4 5 6 7 8 9 10
Chemical sensitivities	RANK 1 2 3 4 5 6 7 8 9 10
Brain fog	RANK 1 2 3 4 5 6 7 8 9 10
Fatigue, lethargy	RANK 1 2 3 4 5 6 7 8 9 10
Anxiety	RANK 1 2 3 4 5 6 7 8 9 10
Mood disorders	RANK 1 2 3 4 5 6 7 8 9 10
Stomach pain, tenderness, or cramping	RANK 1 2 3 4 5 6 7 8 9 10
Weight loss	RANK 1 2 3 4 5 6 7 8 9 10

Rate yourself on a scale of 1 to 10 for each of the symptoms above with 1 being "I don't experience this symptom at all" and 10 being "I experience this symptom daily".

22. <https://medicine.yale.edu/cellbio/about/humanhealth.aspx>

23. Dying parasites release inflammatory toxins including neurotoxins, heavy metals, viruses, and other toxins, which enter into the fluid that surrounds the tissue cells. These toxins then travel to the lymphatic system, which helps filter your body's waste. Next, they head to the organs. If these detoxification organs are blocked, the toxins can recirculate in the body as they wait to be detoxified. That can cause unpleasant "die-off" symptoms. See <https://www.ncbi.nlm.nih.gov/pubmed/28077740>

A lot of these symptoms are similar to Irritable Bowel Syndrome (IBS) and Crohn disease, and sometimes these conditions are misdiagnosed when parasites are actually to blame.²⁵

Similarly, candida symptoms have been shown to resemble Alzheimer's.²⁶ Candida has also been linked with fibromyalgia.²⁷

The 30-day cleanse I offer my customers is done in three phases:

1. **ACTIVATE** (preparing your elimination pathways),
2. **RESET** (cleaning out the clutter and taking out the trash, a.k.a. "out with the bad") and
3. **RENEW** (repairing what remains and putting everything in its proper place a.k.a. "in with the good").

The cleanse involves a combination of making changes to the diet, taking supplements to support the body through each phase, and engaging in self-reflection to dig into the emotional roots of bad food choices.

Each of these is critical to both the short-term success of the cleanse and the long-term goal of abundance in the area of physical health.



Reflection Question

Sometimes we can know what we "should" do, but that doesn't mean we will do it. We find all sorts of reasons why we can't or won't take action. As you reflect on your need for cleansing, what hesitations come up in your mind that may prevent you from taking action if left unchecked?



Dig Deeper

To get a more thorough understanding of how cleansing improves your health, review how your digestive and excretory systems work in the Dig Deeper section at the end of the lesson.



More from
Kimberley

Kimm.Me/FSC

25. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3856272/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4879999/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3163673/>
26. <https://www.medicalnewstoday.com/articles/324106.php>
27. <http://www.townsendletter.com/Oct2006/bradfibro1006.htm>
<https://www.sciencedirect.com/topics/neuroscience/fibromyalgia>
<https://www.redorbit.com/why-fibromyalgia-and-yeast-infections-seem-to-always-go-together/>

Lesson 2 - Fitness



In this week's video session, I reviewed the benefits of exercising and the dangers of not incorporating enough physical activity into your life.

While there are plenty of research studies to prove these points, my guess is that there is really nothing surprising about the importance of getting up and moving your body.

In the session, I also mentioned the story of Elisha and Namaan, the leper. As you reflect on what you already knew about the importance of exercise, how have you been like a Namaan, ignoring the simple instruction to engage in physical activity?

This week, we are going to dive into ways to remove all the barriers to exercise so that

you can experience the abundance that comes into your life through physical fitness, but this material will only be of benefit to you if you are committed to taking steps (even small steps) to get more active.

So, before we dive in this week, make a commitment to yourself!



Reflection Question

Write out your personal commitment to yourself to not be a Namaan and to get active.



Content Locked!

Full course at [Kimm.me/LMA](https://kimm.me/LMA)



TIPS FOR GETTING PHYSICAL

As we begin to deepen our focus on how we can bring about greater abundance into our lives through physical fitness, choose to let go of any blaming or shaming of yourself.

Everything that was shared with you is for the intention of making you *hopeful*. Keep this in mind as you engage in this week's learning: knowing that you are a major part of the cause is immensely hopeful, because it also means you are a major part of the solution!

In my own health journey, becoming part of my own solution meant that I had to choose to get up and move when my tightly-packed schedule would have me set and work. It also meant that I, as a self-declared non-athlete, had to discover ways to keep myself active. I have found that following some simple principles have been the keys to my success.

So, from the treasured archives of a non-athlete, here are my top tips for staying physically active:

Knowing that you are a major part of the cause is immensely hopeful, because it also means you are a major part of the solution!

ACTION TIP 1: FIND WHAT YOU LOVE

I really cannot emphasize this enough.

For years, I failed at keeping active because cultural norms suggested that you had to do that in a gym.

Maybe you love going to a gym, but I hated it. I am grateful for things I learned when I was going to a gym: how to lift weights properly, how to do certain yoga moves that are now part of my morning routine, how to do salsa moves when you have no hips, and so on.

But, as much as I can appreciate what going to a gym all those years contributed to my life, I am so much happier with the activity routine I have now.

Now, I swim three times a week outside, all year round - yes, even when it's -20° (thanks to a membership at a local Nordik-style spa with an outdoor heated pool). And, as I've mentioned, I have a daily stretching yoga-style routine that is part of my morning prayer and Bible-reading time.

These are not the only times I am active, but they are my formal commitments to myself for my physical fitness. And I love it!

Take time to explore how you love to move your body. If you love walking on a treadmill, then go for it. But let me encourage you to not stare mindlessly at a TV screen while you are on it.

Use your physical fitness time to calm and steady your mind and work through emotional and physical stress.

If you don't love working out on a machine and you don't like swimming (what?!?!), then consider some of these other activities that will get your body moving:

- **ROCK CLIMBING** - This is an incredible activity that will challenge your strength, your flexibility and your mind... fear factor, anyone?
- **DANCING** - There are dance studios that offer adult classes for all shapes and sizes. And, remember, dance is very diverse: you don't have to sign up for ballet. Hip hop, lyrical, musical theatre, jazz, tap ... all of these styles are fun to explore. And you can likely find them being offered by your local community centre if cost is an issue for you.
- **STRETCHING** - Moving your body through a series of stretches can be extremely beneficial to both body and mind. I am grateful for what I have learned through my stretching classes. It has helped me manage stress, breathe through discomfort, and control my breathing. These lessons have been helpful across many different aspects of my world.
- **HIKING** - I don't like running, but I walk really fast, and I love being in nature. I also live right off access to the Bruce Trail, Canada's oldest and longest marked trail (900 km from Niagara to Tobermory, through the beauty of the Niagara Escarpment.)

So, hiking is an easy way for me to keep active, over and above my formal routines. Hiking is a great way to connect with God's Creation while learning more about what your body is capable of.

• CROSS-COUNTRY SKIING/SNOWSHOEING

- If you live in an area that gets cold and snowy, like I do, it is nice to be able to continue activity on the hiking trails in the winter through cross-country skiing and/or snowshoeing.

The above list is ever so small compared to the virtually endless ways that you can move your body in a way that you love. If none of the ideas I've listed here appeal to you, don't sweat it (pun intended)! Spend some time thinking about the ways you love to move your body, or spend some time exploring things you've never tried before to see if you can discover something new and exciting. What an incredible opportunity lays before you to discover what your body loves to do while exploring this beautiful world in a whole new way!



Reflection Question

- How do you love to move your body?
- How can you give your body the gift of moving in this way on a regular basis?

If you don't have a specific way that you love to move your body yet, pick an activity that you can try out and describe the practical steps you will take to incorporate it into your daily routine.

P.A. TIP 2: KISS

While kissing is certainly one way to get physically active and, if it leads to something more, can actually be a pretty decent way to burn calories, I am actually not referring to getting amorous. KISS is an acronym for "Keep It Simple Saints".

If you are seriously wanting to get into a consistent routine of activity, you will need to find a routine that is relatively simple for you to do. You may discover that you like exploring caves. Great! But, if the nearest cave to your house is a 4-hour drive or requires you to get on a plane, you are going to have to keep on your discovery path of finding a physical activity you love. Sticking to a physical activity routine is always going to require effort, but your activity of choice needs to be something you



Success Step

Create your own KISS activity outline, using a 20 minutes/day framework as your guide.

can get to easily enough to do it frequently. I have specifically chosen not to include certain activities that I really enjoy, as part of my regular routine, because I know that it would be a huge hurdle for me to drive 45 minutes each way to do them.

KISS ACTIVITY OUTLINE

	ACTIVITIES	LOCATION	DURATION	ACCOUNTABILITY PARTNER
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

DOES YOUR ACTIVITY OUTLINE ACHIEVE YOUR GOALS?

1. Some use another word for the final "s", but it's not too nice. :)

YOUR activity of choice needs to be something you can get to easily enough to do it frequently

ACTION TIP 3: Get out

There are a select few people that have the wherewithal to keep to a regular schedule of exercising within their home.

The rest will benefit from getting out of the house. So, while you may still have a VHS tape of the 20-Minute Workout you used to do at home as a teen, you may want to put that on your garage sale pile and attend a local class instead.

Or, at least, if you insist on doing that 20-Minute Workout, call up a friend who wants

to do “10 more, 9 more, 8 more...” with you.

Working out with others can help motivate and inspire you to persevere. It is also a great way to strengthen relationships and/or meet new friends.

Being social while you exercise is not only motivating toward your physical health goals, but it also fuels your need for meaningful connection and can help create emotional and relational abundance in your life.

Being social while you exercise fuels your need for meaningful connection and can help create emotional and relational abundance in your life.

ACTION TIP 4: Make a plan and keep yourself accountable

In my business mentoring, I am always seeking to help my team members to understand the difference between having a goal and making a plan.

I am all for having a goal: you need to know where you want to get to. But wanting to get somewhere does not mean you will, and that is where having a plan with actionable steps comes in.

Perhaps your goal is to exercise three times a week. That's good, but not specific enough to create a plan around.

Do you want to focus on strength, flexibility, or endurance? Or are all three important for you? Let's say you want to focus on endurance and keeping your heart rate up for at least twenty minutes, three days a week. And let's say you love to run. Great! So if running for at least twenty minutes, three days a week is your goal, you can create a plan with actionable steps around that.

Your plan should include where you are going to run and what your alternate choice will be in case your first option is not available. Your plan should also include when: go through your schedule and find what you are going to remove from your life in order to make space for your exercise routine. Time for physical activity doesn't just magically open up: you have to make room for it.



**Success
Step**

Let's get specific! Add these details into activity outline you created earlier.

Your plan should also consider if you are going to pay for help, if you are going to join a group or whether you need to do supporting exercises to prepare your body.

After your plan and action steps are set, find a buddy who will hold you accountable. Perhaps this could be a workout partner, but it doesn't have to be. When you make a commitment to your partner, consider imposing a consequence for breaking your commitment.

My son, in order to help keep his girlfriend accountable to her goals, agreed with her that he would use her money to donate to a charity she vehemently opposed if she didn't stick to schedule. For her, that was enough to keep her in action!



ACTION TIP 5: Cultivate an active lifestyle

I am a homeschooling mom, and I view one of my primary tasks to be the fostering of genuine curiosity and creating a lifetime learner.

I don't want my son to start to think that learning is something he does during certain hours of the day in a certain place. I want him to understand that a healthy mind is always curious and always learning.

Likewise, a healthy body requires an attitude that physical activity is not something you do someplace for a certain time. Rather, we need to have the perspective that our body wants to move, and we should look for every opportunity to move it. So, walking to the mailbox, taking the stairs, parking at the far end of the parking lot,



Question

In the margin, make a list of everyday activities that you can modify to make them more active.

balancing pastimes that require us to sit with those that require us to move: all of these little ways to move our body will help us develop the mindset of an active lifestyle.

Help for the Weary

For a time, my husband led a men's group focussed on helping men recover and/or strengthen their marriages.

Week after week, he would lay down principles that would result in big "a-ha"s for them. However, for many, the a-ha's never left their minds.

They could acknowledge and see the need to change or implement something, but they lacked the ability to actually make the change.

I remember having a discussion with my husband where I suggested: *"They need healing. Right now, they are like men with broken legs. You are pointing out the finish line and they are saying 'Yes, I want to get there!' But their legs are*

broken and no matter how much they want to get there, they need to heal their legs first."

I have a feeling that, as some of you read the words in this chapter, you feel similarly. You can see the goal, but you don't feel you have it in you to walk toward it, let alone run.

Your legs are broken, so to speak. And I am guessing you feel that way for either or both of the following reasons:

- 1) You lack the energy, and/or
- 2) you are in too much pain.

While I would recommend that you reach out for professional help, in the next section I share with you my thoughts on what may help.



Lesson 3 - Pharmacology

In this week's video session, I told the story of my struggles trying to get help from the broken medical system we have in place in Canada. I know I'm not alone.

Sadly, I hear stories like this all too often. In fact, my daughter told me a story just recently: she went to the doctor for a chronic sore throat, and, after five minutes, when they couldn't find anything wrong, they prescribed her a nasal steroid. Not only was the doctor's recommendation baseless, but one of the side effects of the nasal steroid he prescribed was that it caused nose bleeds!



Reflection Question

- Can you think of a time when something similar happened to you?
- How did it make you feel?

As I listened to her, I believed her sore throat to have an emotional root: feeling like she didn't have a voice. Sure enough, as she began to feel more emotionally supported, her sore throat went away. Essential oils supported her on that journey.

After you complete this lesson, you will understand that you have more solutions available to you than you once thought. You are not helpless when it comes to your health. God intended for you to be empowered to take care of your own health, using the gifts in His Creation!

In addition to solidifying your learning about essential oil science and essential oil usage, I'm going to address the question of whether Christians should be using essential oils or whether they should be trusting in God instead. I want to speak to this because, in my journey, I've received both subtle and not-so-subtle attacks on what I teach about essential oils.

So I want to give this topic the attention it deserves. If this isn't an issue for you, either because you are not a Christian or because you don't struggle with this question, you are welcome to skip our discussion of this on Day 5.



Content Locked!

Full course at kimm.me/LMA



WHAT ARE ESSENTIAL OILS

Each oil's unique chemistry is what gives it the ability to affect the body's systems.

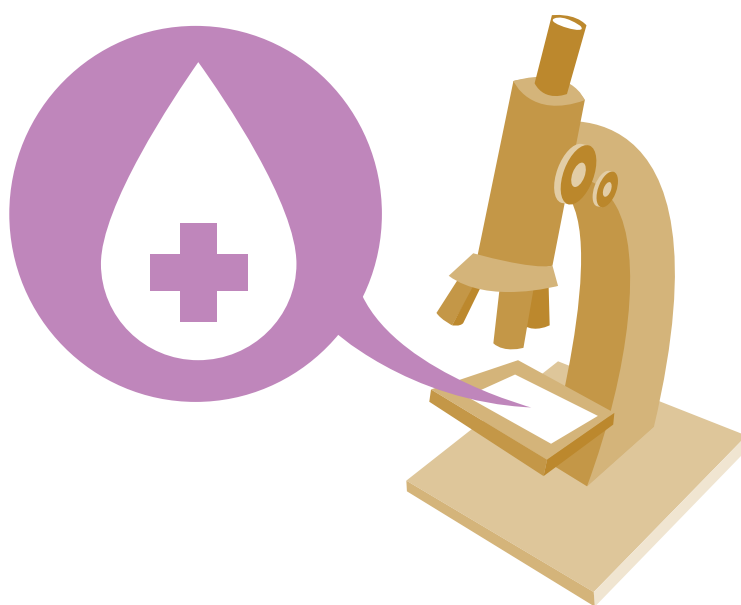
Essential oils come from plants. They are found in leaves, flowers, stems, seeds, roots, barks of trees, and rinds of fruit, etc.

When you go into your herb garden, one of the ways you can tell if a plant is mint, parsley, coriander, or whatever is to rub the leaves between your fingers. When you do, you can instantly smell what the plant is. What you are doing with that rubbing motion is breaking the little sacs essential oils and releasing their fragrance. When we bottle essential oils, we are capturing all those little sacs.

At a basic level, essential oils are defined as rub highly volatile aromatic compounds. The "highly volatile" part of the definition refers to its ability to turn rapidly into a vapor, transitioning from a liquid phase to a gas phase. This is one of the reasons why you can smell essential oils so easily. The "aromatic" part of the definition refers to its compounds, which have particular structural or chemical properties. Even though essential oils are aromatic compounds, they can be used in lots of ways beyond how they smell.

Finally, a "compound" is a substance formed when two or more chemical elements are chemically bonded together. The chemistry of essential oils is very complex. Indeed, pure lavender has over 100 active ingredients.

The essential oils derived from the same type of plant can end up being quite different. This variation in composition could be due to the specific plant variety, the geographical location, the harvesting season, the drying method, and even the extraction method. Each oil's unique chemistry is what gives it the ability to affect the body's systems. "Molecules in essential oils can selectively support the function of subcellular structures that run the processes that keep us alive."¹ These molecules are incredibly small. Every single drop of essential oil contains around 40,000,000,000,000,000 (40 million trillion) molecules. Considering that there are about 40 trillion cells in your body,² technically, one drop of essential oil can affect every cell in your body with 1 million molecules!



ESSENTIAL OIL EXTRACTION METHODS

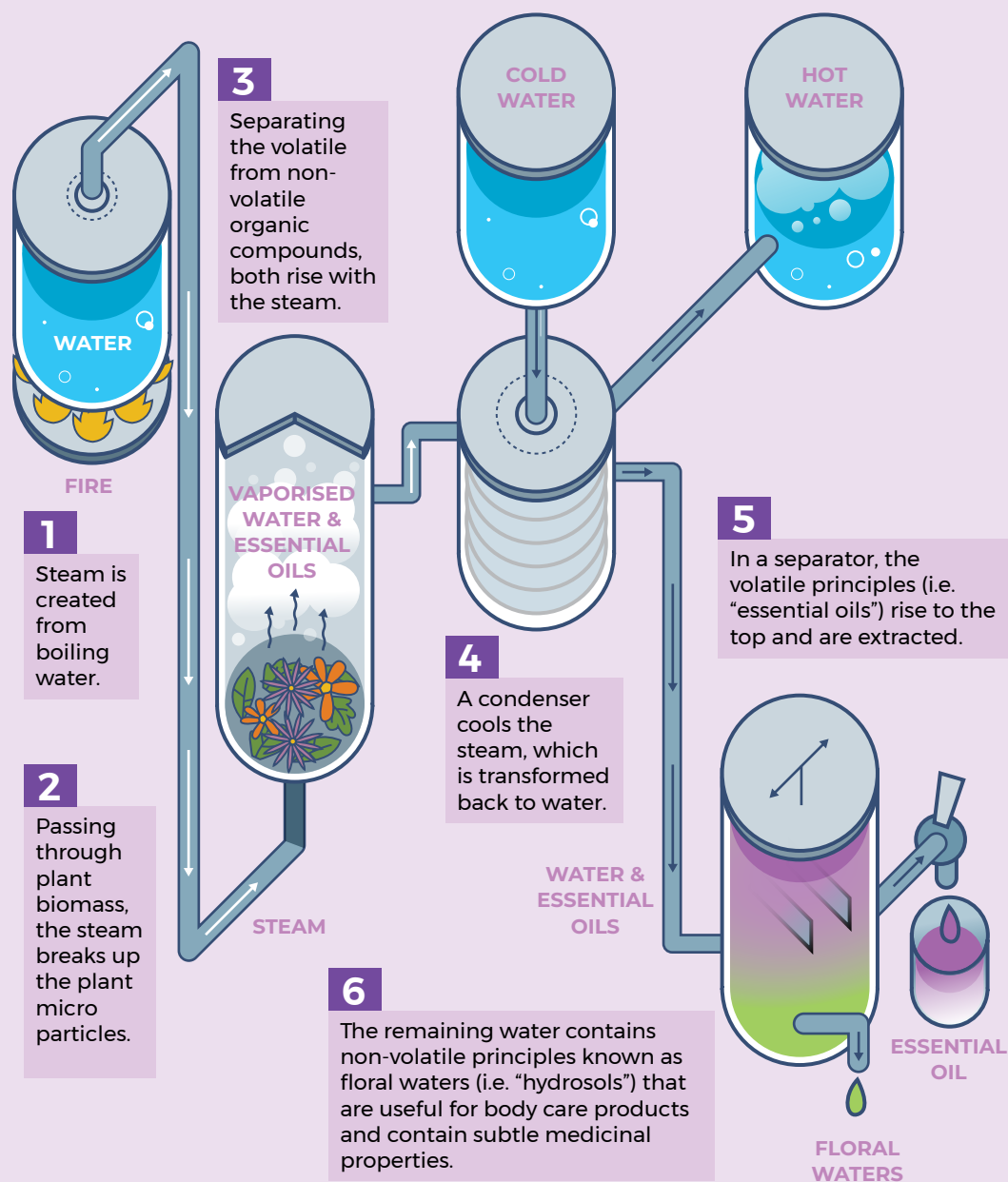
Essential oils are extracted from the parts of a plant in one of three ways: steam distillation, cold press, or solvent extraction.

Steam Distillation is the most common method for getting the essential oils out of plants. In steam distillation, water is boiled and the resulting steam passes through the plant material.

The steam carries the essential oil from the plant into a tube where it is collected.

The steam is then cooled and condensed back into water. Because oil and water don't mix, the essential oils are easily separated from the water.

HOW ESSENTIAL OILS ARE STEAM DISTILLED



Watch
the steam
distillation
process in action

Kimm.Me/Quality

Cold Pressing is a method that, as its name implies, doesn't involve heat. Cold press extraction is only used with citrus fruits: it is a way of extracting oil from the fruit's peel.

The fruit is passed across sharp rasping cylinders that grate the surface of the peel breaking open small essential oil sacs. Water is then sprayed over the fruit to collect the essential oil.

The resulting watery mixture is then filtered and "spun out" to separate the essential oil from the water.

Solvent Extraction can be used on every type of plant material, but it is most commonly used on flowers that are too fragile to endure the steam-distillation process, like Jasmine and Vanilla.

"The plant material is washed with a solvent to dissolve out the fragrant compounds. The resulting mixture is then filtered to remove the plant material, and then the solvent is removed using vacuum distillation.

The yield of this process is a thick, waxy material called a "concrete." The concrete is processed again in a similar fashion but with a different solvent.

After another round of vacuum distillation to remove the second solvent, a pure mixture of only absolute remains."⁴



Question

Look at the list of essential oils below and, beside each one, write whether you think it was extracted through steam distillation, cold pressing, or solvent extraction. (Hint: if it doesn't seem to fall into the last two based on what you learned, it was likely steam distilled.)

Wild Orange _____

Jasmine _____

Peppermint _____

Grapefruit _____

Frankincense _____

Clove _____



HOW ESSENTIAL OILS ARE USED

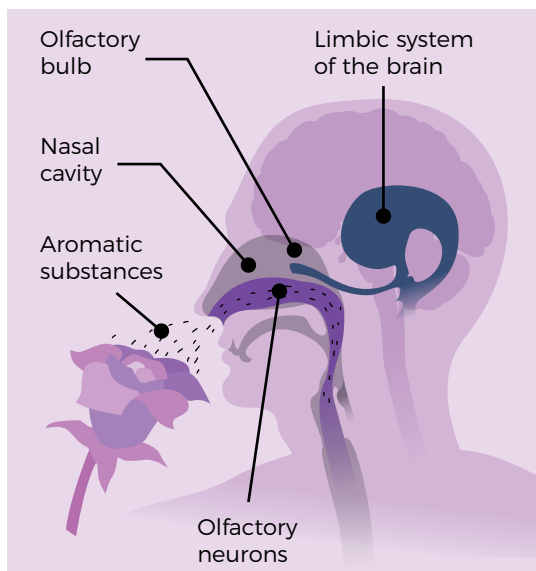
There are four main ways that we use essential oils: aromatically, topically, internally, and environmentally. I will explain each of these below.

AROMATICALLY

When speaking to those who are unfamiliar with essential oils, if they know anything about essential oils, they likely understand that they can be used aromatically.

As you learned in this week's video session, essential oils can produce powerful positive emotional responses, and so they can be used aromatically to enhance our well-being and manage emotions.

When you inhale an essential oil, the molecules travel up your nose, where they are registered by the nerves of the olfactory membranes in the nose lining. Electrical impulses are then sent to the olfactory bulb in the brain, which, in turn, transmits the impulses to the amygdala and to other parts of the limbic system of the brain.



The amygdala is best understood as your emotional brain, and it plays a critical role in linking external stimuli to defense responses. In other words, it was in charge at that moment when you “flipped the bird” to someone who cut you off. Now, if you had inhaled Wild Orange or Lavender before that moment, the bird would have remained in its cage. “Because the limbic system is directly connected to those parts of



Question

- What is the most recent example you can think of where you know your logic brain was not functioning and, instead, your emotional brain was in charge? (write in the margin).

the brain that control heart rate, blood pressure, breathing, memory, stress levels, and hormone balance, essential oils can have profound physiological and psychological effects.”⁹

Putting all the technical jargon aside, what you can hang on to is that **essential oils provide immeasurable emotional, physical, and mental support, just by inhaling them.** Some essential oils provide uplifting or invigorating effects, while others are more calming. Still other oils are great for studying, because they help with memory, concentration, and focus. One of the easiest ways to get the benefits of the oils is to diffuse them. I have multiple essential oil diffusers of different shapes and types all throughout my house. I love beginning my day by helping set the mood of my household with the oils I choose for the various rooms. For the main living spaces, I often choose oils that elevate the mood and keep emotions calm. For the bathrooms, I often select oils with a clean fresh scent. If we need to have a difficult family discussion, I will diffuse oils that will help us process possible negative emotions that might come up.”¹⁰



Reflection Question

- What is one emotion that you would like to work on and address?
- Why?

Essential oils provide immeasurable emotional, physical, and mental support, just by inhaling them.



9. Essential Oil Desk Reference, 4th Edition

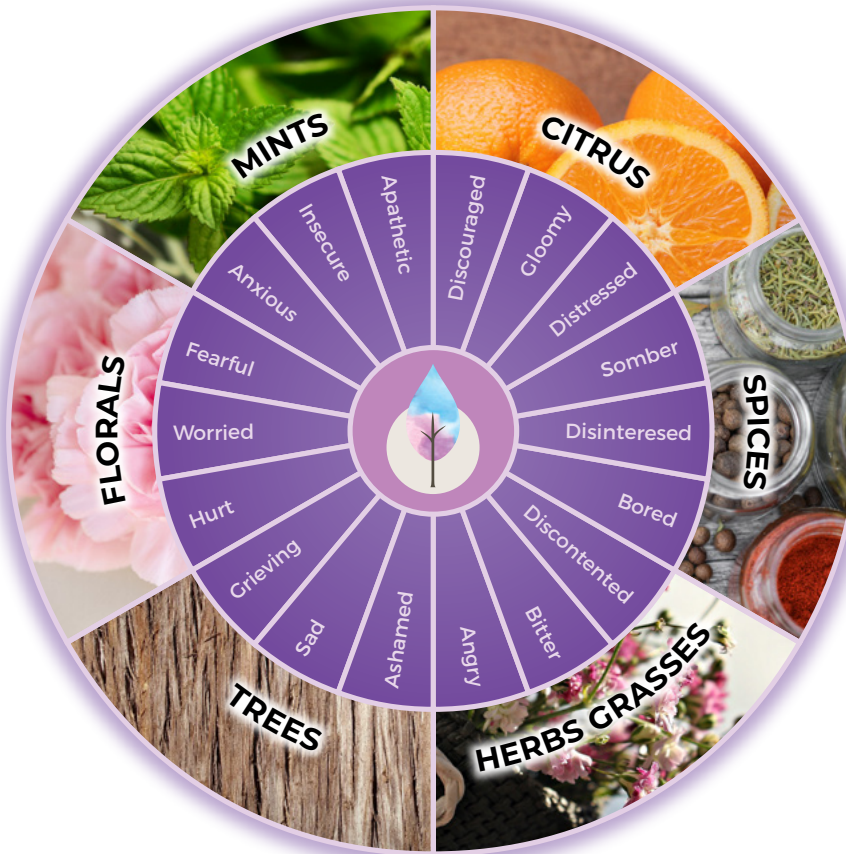
10. dōTERRA's Forgive oil blend is a favourite for that!



Research Question

Keeping in mind your goal of addressing that emotion, read my blog post on using essential oils for emotions at [Kimm.Me/Emotions](https://kimm.me/emotions) to discover some essential oils that are helping for supporting your emotional well-being in a way that will help you achieve your desired result.

- **What oil(s) did you find to be helpful?** (Hint: I've included doTERRA's Emotional Aromatherapy Wheel below.)¹¹



Success Step

Based on the research you completed above, pick one oil or a combination of oils that you would like to use to support your emotional wellbeing and achieve your desired result of emotional wholeness, focusing for now on just that one emotion.

- **How can you incorporate it into your day-to-day life?**
- **How will you use it aromatically?** (There are some examples of how to use oils aromatically on the next page.)

While the emotional benefits are a great reason to use essential oils aromatically, those are not the only benefits.

Diffusing certain essential oils can also help deal with pathogens in the air. In our basement, for example, I keep oils diffusing that can help offset the effects of any possible mold spores that might be floating around. When it is the time of year when things are “going around”, I will diffuse essential oils that help kill pathogens in the air.¹²

If breathing has become difficult for any reason (congestion, stuffiness, etc), then I focus on diffusing oils, like eucalyptus, which help with proper respiratory function.

There are lots of options for diffusers. Mine are either ultrasonic diffusers or atomizers. However, if you don't have a diffuser, remember that essential oils jump off surfaces, so it's not too hard to get the aromatic benefits from an oil. Simply placing a few drops of essential oil in the palm of your hand and then cupping your hand around your nose as you breathe deeply is a super easy way to use the oils aromatically. Here are some other easy ways to diffuse without an actual diffuser:

- **APPLY OIL** to a cotton ball and place in the air vents of your vehicle
- **MIX OILS IN A SPRAY BOTTLE** with water and mist over furniture, carpet, or linens
- **ADD OIL** to a batch of laundry or to dryer balls
- **PLACE A FEW DROPS** of oil on your furnace filter
- **PUT A DROP** or two of essential oil inside the roll of toilet paper in your bathroom

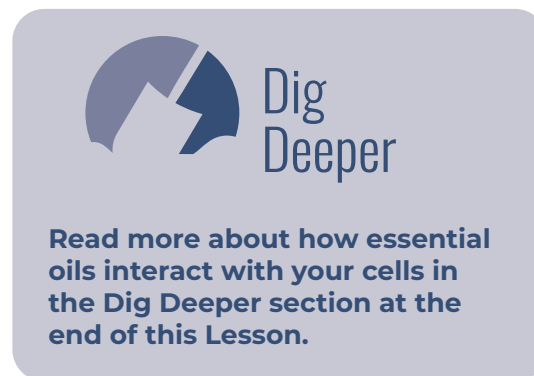
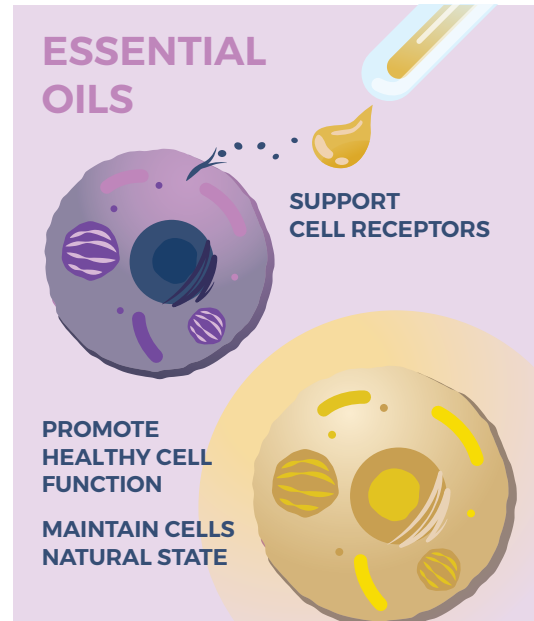
Using oils aromatically is simple; and it makes their benefits accessible to many people at the same time. When you are looking for more targeted support, however, topical use of the oils may be preferred.

TOPICALLY

Using essential oils topically is one of the most versatile ways to use essential oils. In addition to using an oil topically to help with a specific health goal, essential oils are part of my body care products, facial care products, sunscreen, tanning lotion, bug spray, body sprays, hair products, and more.

Essential oils easily penetrate the skin, and they can travel through the body quite rapidly, making them well-suited to topical application.

Unlike water-based antibiotics, essential oils pass right through the oil coating on your cell walls, making them effective against both bacterial and viral attacks. Your cells have special receptors ready and waiting to receive the helpful benefits of the essential oils as they pass through.



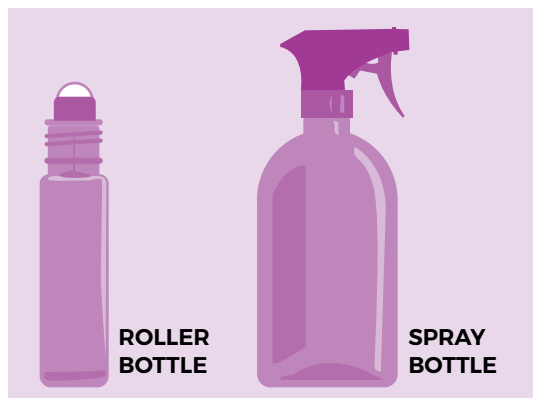
When using oils topically, it can be important to use a carrier oil to decrease the likelihood of developing a skin sensitivity, especially on young or sensitive skin. Considering that essential oils are “highly volatile”, diluting the oils also keeps them from jumping off the surface of your skin as you are applying them. I recommend that my customers use fractionated coconut oil (FCO), because it is inexpensive, non-sticky, scent-free, not likely to go rancid, and never goes solid, even at cooler temperatures. The dilution ratio will depend on the hot-ness of an oil (hot oils like

12. dōTERRA's On Guard blend smells like Christmas in a bottle but is super protective. It is “on guard” for you against harmful pathogens.

oregano require more dilution), as well as the age and sensitivity of the person on whom the oils are being applied.

Younger skin and very old skin normally require more dilution. For non-sensitive skin and for average to mild oils, using a ratio of one (1) drop of essential oil to three (3) drops of FCO usually works well. Whenever my customers start on their essential oil journey with me, I always like to give them two simple tools for topical application in their welcome kit: roller bottles and spray bottles.

Roller bottles are slender 10ml glass bottles with a roller ball at the top. We use roller bottles for all kinds of topical applications - especially with kids. I often recommend that the oils in the roller bottle be applied to the bottoms of the feet. Studying the reflexology chart in Appendix B will give you a quick reference for where to apply the oils for supporting specific areas of the body.¹³ Spray bottles are used in applications like making a spray hand cleanser, a bug spray, or a body spray. Larger spray bottles are used for making room sprays, furniture polish, window cleaner, and all-purpose spray.



Here are a few other ways to use essential oils topically:

- **ADD A FEW DROPS** of oil to a warm bath.
- **MAKE A HOT OR COLD COMPRESS** by soaking a towel or cloth in water, adding essential oils, and then applying the cloth/towel to the desired area.

- **ADD AN ESSENTIAL OIL** to a lotion or moisturizer and then apply it to your skin.

When using essential oils topically, there are a few areas on your body which require some special care:

- **SOME FACIAL AREAS**, such as the skin around the eyes;
- **EYES** and inner ears; and
- **BROKEN, DAMAGED**, or otherwise injured skin.

It is best to not let these areas come into contact with essential oils. For example, in the case of broken skin, be careful to use only heavily diluted oils. In addition to using oils aromatically and topically, essential oils can also be used internally.

INTERNALLY

In the video session this week, you heard about the controversy of using essential oils internally. You also heard that the opposition to the internal use of oils is not founded in scientific research. In fact, studies on the internal use of essential oils have all shown the beneficial effects of such use. For example, studies show that the use of Peppermint oil internally is very effective for alleviating symptoms of Irritable Bowel Syndrome (IBS).¹⁴

Not only that, but chances are most people have already used an essential oil internally. Many of the foods we eat contain a small amount of different essential oils.

Our bodies are designed to metabolize and process natural compounds like plants and fruit, so we are already equipped to metabolize essential oils.

Internal essential oil use offers some exclusive benefits for the body that cannot be accomplished with aromatic and topical use. Flavouring food is an obvious one. One of my customers owns a local chocolate shop: she has discovered all kinds of amazing combinations of oils and chocolate: Spearmint, Peppermint, Wild Orange, Cinnamon, Black Pepper, Cardamom, and so on! Yum!

13. If you struggle with the New Age connection to reflexology, see my notes in the Appendix.

14. <https://www.ncbi.nlm.nih.gov/pubmed/19507027?fbclid=IwAR1IomsTu4x4uVqYRug1EV5w8tpwxlmPyICQpi5cN5MidDMgFSuWG8G33c>
https://www.ncbi.nlm.nih.gov/pubmed/24100754?fbclid=IwAR3ILInO84xwL-cRR2b-_PpFT7IA6ieGCUqb sawN_msfbDro_7g9FCwpCU

Drinks, salad dressings, marinades, dips, and baked goods are a few other foods that can benefit from the incredible burst of flavour that essential oils can provide. I also love mixing the essential oils with salts to make amazing rubs for roasting meat. Basically, if it is edible, you can add an essential oil to it.



Question

- **What foods do you consume on a regular basis that contain essential oils?** (write in the margin).

In addition to adding essential oils to food, I love adding them to water. In fact, rarely do I drink water anymore without adding essential oils. Not only do I get the wonderful supportive benefits of the oils, but my water also tastes so much better, and I drink more of it for just that reason.

My favourite essential oils for water are shown in the recipes in Appendix A. Sometimes, however, essential oils are added to water for other reasons.

For example, adding Lavender, Lemon, and Peppermint oils to a shot glass of water and then doing a simple “swish and swallow” with the mixture provides extraordinary relief for seasonal discomfort in the spring and fall. Additionally, if your throat is needing some defensive action, gargling with the right oils can provide immediate and ongoing support.

Another way we use oils internally is by placing them in empty HPMC capsules (a.k.a “veggie caps”). These are basically just empty capsules made with vegetable fibre that you can fill with whatever you desire to take internally. Adding the essential oils to a capsule makes it easier to get hot oils inside you without experiencing the burn on the way down. There is no harm done to your insides by the hotness of the oil, but, much like a hot pepper, hot oils can feel uncomfortable on the way down.¹⁰

When using essential oils internally, always consider dosage and consumption levels on an oil-by-oil basis. Each essential oil contains different chemical components that will cause unique reactions within the organs and cells of the body.

Helping my customers understand proper dosages is part of the ongoing support I offer. There is further information about this in Day 4's Lesson on Practical Steps and Resources.

ENVIRONMENTALLY

When we talk about an environmental use of an oil, we are referring to using essential oils in our environment for reasons other than supporting our health. Using them in cleaning products is the clearest example of this.

As you learned in this week's video session, continuing to use toxic household cleaners is very harmful to your health. Consider these findings from the Environmental Working Group, which were reached after investigating more than 2,000 cleaning products:

- **FUMES FROM SOME CLEANING PRODUCTS** may induce asthma in otherwise healthy individuals.
- **COMMON CLEANER** can be laced with cancer-causing ingredients.
- **CHILDREN BORN** to women who held cleaning jobs while pregnant have an elevated risk of birth defects.
- **SOME CLEANERS CAN CAUSE CHEMICAL BURNS** and poisonings as well as less severe irritations and allergies.¹¹

Other dangers include hormone disruption and neurotoxicity.

If you are pursuing greater abundance in your life, toxic cleaning products need to go! The good news is that there are a plethora of natural options for you to use. And it is super simple to make your own! I've included a variety of natural cleaning recipes in Appendix C for your use.



Research Question

- What is the one cleaning product that you rely on most? Research a natural alternative or a DIY recipe that you can use to replace it.

If you are pursuing greater abundance in your life, toxic cleaning products need to go! The good news is that there are a plethora of natural options for you to use.

[illegible]

10. dōTERRA has pre-made softgels for certain essential oil combinations that are effective, for example, for providing cellular support, immune support, or digestive support.

71. https://www.ewg.org/guides/cleaners/content/cleaners_and_health

Lesson 4 - Physical Appearance

"How beautiful you are, my darling! Oh, how beautiful! Your eyes are doves.

How handsome you are, my beloved! Oh, how charming! And our bed is verdant."

Song of Solomon 1:15-16 (NIV)

We boldly go into an area that many people keep guarded with a "DANGER: Do Not Enter" sign.

Between social expectations, media messages that tell us that we should look a certain way, and derogatory statements made to us or, worse, by us to ourselves, we have a lot to overcome when it comes to experiencing abundance in our physical appearance.

But, don't be mistaken, we're not going to be talking about plastic surgery to make this or that bigger or smaller or ways to apply make-up to make this or that appear higher or fuller. No, our focus will be on taking the best care of what we've been given so we look and feel our physical best!

And there is no room for comparison here. We are all made in the image of a beautiful God and we all reflect His glory in different ways. Just be the best YOU you can be!



Reflection Question

As you read the verses from Song of Solomon above, imagine someone who loves you speaking those words to you.

- **What is your reaction?**
- **Do you look down/away?**
- **Do you say something to take the emphasis off yourself?**
- **Or can you receive those words into the depths of your heart?**

Write your reflections below.



Content Locked!

Full course at [Kimm.me/LMA](https://kimm.me/LMA)

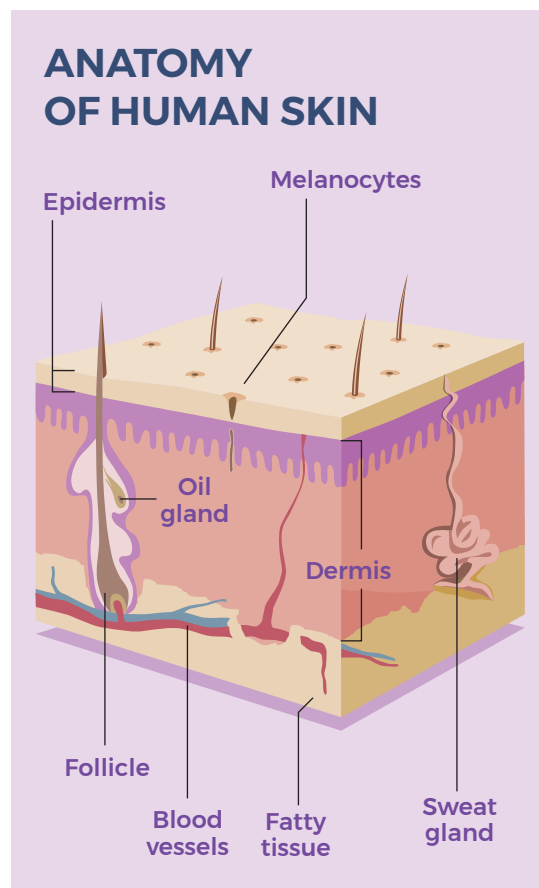


YOUR SKIN IS A MAP

For most of my life, I viewed skin much the same as I viewed the body of a car: it keeps the engine and parts in place and protects the insides from the elements.

Although there is some truth to this, my mental comparison of skin to a car body led me to believe that it didn't really matter much what I put on my skin: as long as the toxic stuff was outside my body, my skin would protect my insides. Nothing could be further from the truth!

The truth is that your skin is actually the largest organ in your body and, as such, it needs to be treated with the same respect we would offer our liver, our kidneys or our heart. And while skin does keep some stuff out, it is not an impermeable membrane.



We have 2 million holes across our skin through which particles can make their way into our bloodstream. Unlike the digestive system, which has an opportunity to filter out the things that don't belong, our skin doesn't quite work in the same way. The three layers that make up our skin, the epidermis, dermis and subcutaneous fat, do offer some protection; however, substances can still be absorbed into our system if they are small enough. Unfortunately, many of the chemicals found in everyday lotions and other products fall into that category.

A study published in the American Journal of Public Health looked into the skin's absorption rates of chemicals found in drinking water. It showed that the skin absorbed an average of 64% of total contaminant dosage.¹

Other studies found the face to be several times more permeable than broad body surfaces and, incredibly, found an absorption rate of 100% for underarms and genitalia!² Finally, another peer-reviewed study showed 100% absorption for fragrance ingredients!³

If our skin so easily lets things in, why do we smear products with toxic chemicals on our skin? I mean, we would never think of smearing toxic chemicals onto our kidneys. I think it's because most people share the perspective I used to share—that skin is an impermeable shell. Gratefully, I no longer have that perspective and, after going through this lesson, neither will you!

My perspective now is this: if I **wouldn't put it in my mouth, I don't put it on my skin**. Skin is made up of the same tissues as are found in the intestines: epithelial tissue.

Clearly, this tissue is meant to absorb things: nutrients from your food, for example. I see people spraying themselves with toxic insect repellants, and I cringe. Would they spray that in their mouths? I doubt it! The insect repellant I use is a combination of essential oils and coconut oil, and, yes, I can safely spray it in my mouth (should I feel the unlikely desire to do so).

My perspective now is this: if I wouldn't put it in my mouth, I don't put it on my skin.

1. Brown et al. The role of skin absorption as a route of exposure for volatile organic compounds (VOCs) in drinking water. Am J Public Health. 1984 May; 74(5): 479-484.
2. Kasting and Kretsos. Skin Pharmacol Physiol 2005;18:55-7
3. Robinson et al. The Importance of Exposure Estimation in the Assessment of Skin Sensitization risk. Contact Dermatitis 2000; 42:251-259.

Because your skin is an organ, it is part of your body's filtration system. As such, it does help to keep some particles from getting in (though, as we discussed, lots of chemicals still make their way in), but it is also used to push toxins out.

Other organs, like your liver, are primarily responsible for eliminating toxins, but when these organs are overloaded, your skin becomes the elimination pathway.



Question

Do you remember, from the video, the two very important things I learned through my skin journey? Look back at your viewer guide for this week and write them out here:

1. You cannot fix a skin issue by

2. You can only heal your skin by

Scientific evidence shows a clear association between gut problems and skin disorders.

A recent report indicated that small intestine bacterial overgrowth (SIBO), a condition involving inappropriate growth of bacteria in the small intestine, is 10 times more prevalent in people with acne rosacea than in healthy control subjects.

They also showed how the correction of SIBO in these individuals led to marked clinical improvement in their skin.⁴ 14% of patients with ulcerative colitis and 24% of patients with Crohn's disease have skin manifestations.

Celiac disease also has skin manifestations, such as dermatitis, which occurs in 1/4 of celiac

sufferers. Celiacs also have increased frequency of oral mucosal lesions, alopecia and vitiligo.⁵

Something else which suggests a connection between the gut and skin is the observation that probiotics improve skin conditions.

The first study on the value of using lactobacilli to treat skin conditions was published in 1961 by a physician named Robert Siver. He studied 300 patients who were given a commercially available probiotic and found that 80 percent of those with acne had some clinical improvement.⁶

In a more recent Italian study involving 40 patients, using *Lactobacillus acidophilus* and *Bifidobacterium bifidum*, in addition to standard care, led to better clinical outcomes than standard care alone.⁷

I offer the research here as support, but, for me, the best evidence has come from what I've experienced in my life and have seen in the lives of my daughters and customers: heal the gut, heal the skin.



Reflection Question

- **Have you noticed in your life a connection between your gut health and what happens with your skin?**

If so, record what you've noticed here.

- **If you haven't noticed a connection, is there anything you've read here that would make you willing to consider the possibility?**

We reviewed the principles of cleansing and healthy eating in Lesson 1, so you are equipped to take the steps you need to take from a gut-cleaning perspective. But, in addition to gut

4. <https://www.ncbi.nlm.nih.gov/pubmed/18456568>
 5. <https://www.ncbi.nlm.nih.gov/pubmed/15167366>
 6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3038963/>
 7. <https://www.ncbi.nlm.nih.gov/pubmed/2972450>

health, there are a number of other factors that can be affecting your skin's condition.

Consider the list below.

- **HORMONAL IMBALANCE**
- **STRESS**
- **VITAMIN/MINERAL DEFICIENCY**
- **SMOKING**
- **LACK OF SLEEP**
- **INSUFFICIENT WATER INTAKE**
- **LACK OF FRESH AIR**
- **LACK OF EXERCISE**
- **SUN OVER/UNDER EXPOSURE**
- **ALCOHOL**
- **ORAL CONTRACEPTIVES**
- **DRUGS**
- **POLLUTION**

Your skin really is a map to what is happening inside of you and around you.



Success Step

Now that you are a little clearer on what is affecting your skin health, what practical steps can you take to work toward your goal of healthy, radiant skin?

List steps you can do in the next 30, 60 and 90 days.

Next 30 days:

Next 60 days:

Next 90 days:

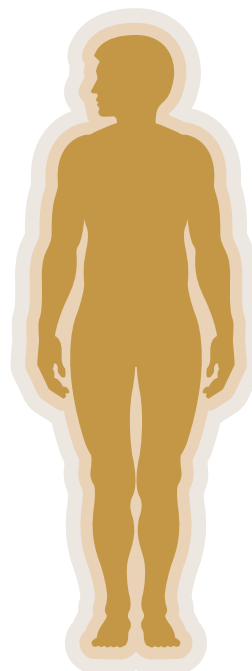


Reflection Question

As you review the list above, rate each factor on a scale of 1 to 10 regarding how much you think it is affecting your skin health (where 1 is “not very much” and 10 is “extremely affecting it”).

Now, on a scale of 1 to 10, how much do you think your gut health is affecting your skin health (where 1 is “not very much” and 10 is “extremely affecting it”)?

- Based on your ratings, what are the top factors affecting your skin health?



Final Thoughts:

THE SYMPHONY OF ABUNDANCE

I think you have grasped onto the idea by now that living life more abundantly is not a one-hit wonder.

It's not about just cleaning up your eating, or working on your relationships, or reducing the number of pharmaceuticals you use, it's a glorious symphony of all of it. And the incredible part is that each aspect is intricately connected to all the others. As you change your eating habits, you get more energy to move your body. As you move your body, your mood is improved. As your mood is improved, you care for yourself more. As you learn to care for yourself, you like yourself more when you look in the mirror. As you like yourself more, you make better food choices. As your diet continues to improve,

your mind clears and you begin to shift your negative thought patterns. As you shift your thinking, your heart begins to be less skeptical and more trusting. As you learn to trust more, you give more. As you give more, your joy abounds in greater measure. As your joy abounds, your relationships improve. And on and on the beautiful cycle of abundance goes.

The path to abundance is not a course that has an ending. It's a life-long journey. I am grateful that I have been part of your journey and I bless you as you put these lessons into practice, day by day, week by week and year by year, and as you continue to watch your life take the beautiful upward spiral toward having life and having it more abundantly.





LET'S CONNECT

ABOUT YOUR HEALTH:

You've done a lot of work on your physical and mental health during this course, but we all need some extra help sometimes. If you are needing some help with a specific area of your physical or mental health, book a free wellness consult with me here:



Kimm.Me/Connect-Health



ABOUT YOUR FUTURE:

If you are ready to make a change and want to start working toward your dreams, you may want to learn how I've used my business model to help launch thousands of people toward their goals. If you'd like to learn about partnering with me in my business, let's set up a time to chat:



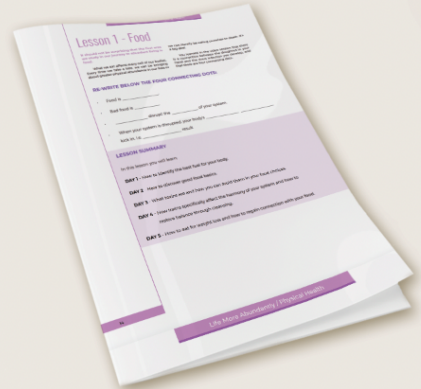
Kimm.Me/Connect-Future



KIMBERLEY MILOUSIS
EMPOWERED LIVING

READY TO TAKE YOUR ABUNDANCE TO ***THE NEXT LEVEL?***

ACCESS THE FULL LESSON FOR ANY
OF THE 10 AREAS FOR ONLY \$11 EACH



Full Lessons available at: www.Kimm.Me/lma

PHYSICAL HEALTH

1. FOOD
2. FITNESS
3. PHARMACOLOGY
4. PHYSICAL APPEARANCE

FINANCIAL HEALTH

5. FINANCES
6. PHILANTHROPY

EMOTIONAL HEALTH

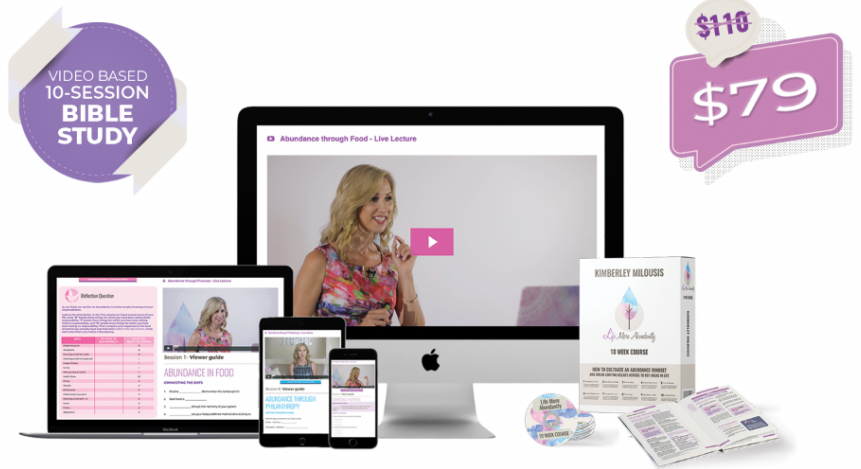
7. FOCUS (AND MINDSET)
8. FAMILY (AND RELATIONSHIPS)

SPIRITUAL HEALTH

9. FAITH
10. FUTURE



For a limited time,
receive the **ENTIRE** *Life More Abundantly* course
for only \$79!



That's less than \$8 a lesson
to create fulfillment and abundance
in every area of your life!



KIMBERLEY MILOUSIS
EMPOWERED LIVING

Use code **GETMORE**
for \$31 off the entire course at
www.Kimm.Me/lma