WholeBody™ System Disclaimer & Release

I understand that I am not receiving a diagnosis or a prescription. I am participating in a conversation about Essential Oils that may be helpful for me.

By signing this disclaimer and waiver I agree to release liability and hold harmless the WholeBody™ Consultant, goDesana Organics, Green Organics International, and/or this facility from all causes of action, suit, penalties, losses, or actual consequential damages and actual or implied claims which may arise at any time by reason relating to or arising directly or indirectly out of any matter related to the goDesana WholeBody™ Assessment and/or application.

I have read and fully understand the above-referenced disclaimer.

I authorize and accept the proposed terms of the WholeBody™ Assessment and/or application.

If I have a physical condition that requires care, I will consult a natural health practitioner or my family practitioner who is qualified for diagnosis and prescription.

For More Information:

Name__________________________
Phone__________________________
Consultant ID #__________________
Web Address_______________________

Responsible Cautions

Resting Name ___________________ Best Phone ___________________
Best Email _______________________ 
Suggested Usage

Bath & Foot Soak

• Thoroughly mix 10 drops of your chosen WholeBody™ System blend to 1 to 1 cup of goDesana Organics Pink Himalayan Salt, Dead Sea Salt, or Clay Vitality and then add to warm bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can’t do a full bath you can do a foot soak instead.

• For a foot soak, add 8 to 12 drops of your chosen WholeBody™ System blend to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.

Compression

• For relief from tension and inflammation, massage 5 drops of your chosen WholeBody™ System blend neat (undiluted) onto skin. Apply a warm compress for 10 to 30 minutes.

Inhalation

• Rub 2 drops of your chosen WholeBody™ System blend in palms of both hands, cup hands over nose and inhale deeply.

• Diffuse 10 drops of your chosen WholeBody™ System blend in 15 minute increments throughout the day.

Massage & Topical

• Massage 3 drops of your chosen WholeBody™ System blend into spinal reflex points of the feet and/or hands.

• WholeBody™ System blends may be added to all goDesana Organics carrier oils at the ratio of 60 drops per ounce for healthy individuals over the age of 10 years.

Align

• Due to its blue color, WholeBody™ System blend Align may stain clothing or bedding.

FlexAble

• WholeBody™ System blend FlexAble is not recommended for use during pregnancy.

Osteo

• Birch, one of the primary oils in the WholeBody™ System blend Osteo, contains 90%+ methyl salicylate, the active ingredient in aspirin. Use responsibly and don’t overdo, even in topical applications. As with all goDesana Organics Essential Oils, less is better.

• When applied topically, methyl salicylate may increase the anticoagulant action of blood thinners (Warfarin, Coumadin, etc.).

• Due to its Birch content, WholeBody™ System blend Osteo is contraindicated for those facing major surgery, hemophilia, or other bleeding disorders.

• Due to its Birch content, WholeBody™ System blend Osteo is not recommended during pregnancy, while breastfeeding, for young children, or for those with methyl salicylate (aspirin) sensitivity.

General

• Keep out of reach of children and pets.

• Use as directed, and adhere to Responsible Cautions found at www.godesana.com/cautions.asp.

• Store away from sunlight, at room temperature, with lid securely tightened.

How It Works

As a person works through the WholeBody™ System application procedure, they may notice a significant change in how they feel after the application of one blend versus not much change with another. This is because the body will respond to what it needs at the moment. These responses help identify the source of the imbalance and where the body may be holding corrupted cellular information.

The blends to which you respond may change from day to day or week to week as new needs emerge and present themselves with the changing demands on your body, mind, and emotions from everyday living.

The WholeBody™ System is bio-electrically alive with high frequency energy to bring balance and harmony to your body and your life.

Most often people come to the WholeBody™ System of Essential Oils for pain relief, although it is, in fact, much more than that.

The blends in the WholeBody™ System address different areas and tissues in the body where we may experience pain such as muscles, tendons, nerve tissue, and bones as well as the emotional aspect.

Where we experience pain in the body and the location from which it originates is not always the same.

The WholeBody™ System blends communicate bio-electrically with our body’s cells, just as nature intended. Through this communication they allow balance to return to the body as well as providing energy to depleted areas.

This may be compared to defragmenting a hard drive of corrupted information, thereby allowing the computer to function properly. When areas of our body are fragmented and hold corrupted information they are unable to successfully run the life program for which they were created.

We will experience this as pain and general feelings of dis-ease.

While drugs are focused on the suppression of pain and hiding our awareness of the “feeling” of pain, our body is still “in” pain, and at the cellular level our cells are still experiencing life as being fragmented, corrupted, unbalanced, and in disharmony.

Sooner or later those cells and the tissues they are a part of will crash, and we experience what we know as disease.

Over time, this masking of pain and the avoidance of symptoms leads to much larger problems.

Pain in the body is a message, an early warning that some part of us is in need of attention.

Killing the messenger with painkillers does not change the message nor does it address in any way the body’s need for the imbalance, the source of the pain experience, to be addressed and brought back into harmony with the rest of the body.
**WHOLEBODY™ SYSTEM ASSESSMENT**

**Pain & Discomfort Level**

None | Extreme
---|---
Assessment 1: Starting Point | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
Assessment 1: Raising Arms & Legs | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
Assessment 2: Head Rotation | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
Assessment 3: Raising & Lowering Chin | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

**Degree of Change**

None | Extreme
---|---
1st Touch - Alignment | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
2nd Touch - Osteo: Skeletal System | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
3rd Touch - Sensory: Nervous System | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
4th Touch - FlexAble: Muscular System | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
5th Touch - Connect: Connective System | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
6th Touch - Circulate: Circulatory System | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
7th Touch - Clear: Emotional System | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

**Step 1: Assessment**

Before opening the WholeBody™ System blends, assess the level of pain or discomfort while standing still, and while completing the four assessments.

While standing still, notice any degree of pain or discomfort you feel. Then sit down, stand up, and walk around for 30 seconds. Note any pain or discomfort felt while sitting, standing, or walking. Under Assessment 1, circle the pain or discomfort level with “0” being none and “10” being extreme.

Next, stand straight with your arms down at your sides. Slowly raise one arm at a time, stopping when you feel stiffness, pulling, or discomfort. Then slowly lift one leg at a time out to the side, stopping when you feel stiffness, pulling, or discomfort. Note how far you were able to lift each arm and leg. Under Assessment 2, circle the pain or discomfort level felt with “0” being none and “10” being extreme.

While standing straight with your chin level, turn your head to the left and then to the right, stopping when you feel stiffness, pulling, or discomfort. Note how far you were able to turn your head in each direction. Under Assessment 3, circle the pain or discomfort level felt with “0” being none and “10” being extreme.

Finally, while standing straight, lower your chin, observing any restrictions or discomfort. Then raise your chin, again paying attention to the range of motion and any discomfort. Note how far you were able to raise and lower your chin. Under Assessment 4, circle the pain or discomfort level felt with “0” being none and “10” being extreme.

**Step 2: Application**

For each of the WholeBody™ System Blends, take a moment and inhale the oil before beginning application.

Starting with Align, apply one drop along the spinal reflex point (bottom and neck of the big toe) of the foot, rubbing it down to the arch of the foot. After applying Align, repeat each of the four assessments, paying close attention to any increase or decrease in range of motion, discomfort, and pain level.

In the Notes area, write down any changes you observe; including the level of discomfort or pain felt while performing the four assessments. Next to Align in the table at the left, circle the change in pain or discomfort felt while performing the four assessments, with “0” being none and “10” being extreme.

Repeat the same process with each of the WholeBody™ System Blends, noting any changes in range of motion, discomfort, and pain level.

**Step 3: Home Action Plan**

After applying each oil and performing the four assessments, drink a glass of water to help flush any released toxins that could result in a minor cleansing crisis such as mild headache or upset stomach.

Also check the soles of the feet after each application to ensure the oil is absorbing well. If the feel looks really shiny or the oil is pooling on the surface of the skin, real feel until it is absorbed and mark plenty of water as this can be a sign of dehydration.

**Why Apply Oils to Your Feet?**

The skin on the soles of the feet is less sensitive than skin throughout the rest of the body, allowing us to use even the “hotter” oils (Oregano, Thyme, Cinnamon, etc.) there with minimum dilution.

Some of the largest pores on our body are on the soles of the feet. This allows Essential Oils to be absorbed very quickly. When WholeBody™ System Blends are applied to the soles of the feet, they begin to absorb within just 20 seconds. That’s fast!

**Notes:**

- **Align:** 1st TOUCH
  - This is structural alignment in a bottle. It is great as a foundation oil to be used before other Essential Oils due to its ability to relax and prepare the body to assimilate other oils more effectively.
  - Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Fir, basil, Spruce, black, Frankincense, Rosewood, Tansucenth, arnica, and Jojoba

- **Osteo:** 2nd TOUCH
  - Osteo relieves pain in a non-toxic manner. Instead of just masking the pain, it has the potential to resolve the root cause of the pain. A favorite among users with conditions such as rheumatism, arthritis, and gout.
  - Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Birch, Clove Bud, Helichrysum, Rosemary ct. 1.8 cineole, and Marjoram, sweet

- **Sensory:** 3rd TOUCH
  - The nervous system is essential to any healthy body, its importance can’t be overstated. This is our most powerful blend to increase healing throughout the body and the nervous system.
  - Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Eucalyptus radiata, Helichrysum, Lemon, Ravensara ct. 1.8 cineole, Tea Tree, and Thyme ct. linalool

- **FlexAble:** 4th TOUCH
  - The perfect blend for sore and strained muscles, rheumatic pain, and anti-inflammatory benefits. This is a true therapeutic blend for all forms of bodywork, injuries, and healing.
  - Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Pinus radiata, Spruce, black Cedarwood, eucaly, Cypress, Jojoba, Magaroon, sweet, Ocean Pine, Pine, scotch, and Fir, abietin

- **Connect:** 5th TOUCH
  - Its ability to ease muscular spasms, sprains, and strains makes it a great massage choice. Also a great pick-me-up due to its fresh and distinctive aroma.
  - Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Cinnamon Bark, Cypress, Ginger, Lemongrass, Peppermint, Rosemary ct. 1.8 cineole, Tea Tree, and Thyme ct. linalool

- **Circulate:** 6th TOUCH
  - A circulatory system that functions less than perfectly may cause a selection of problems, and with that in mind we developed this powerful blend.
  - Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Cypress, Melissa, Patchouli, Geranium, rose, Sandalwood, Yang Yang Complete, and Jojoba

- **Clear:** 7th TOUCH
  - Clear’s positive, uplifting nature can also be gently energizing. The Rockrose will warm and invigorate you, Elemi will revitalize and refresh you and Black Spruce will anchor and strengthen you.
  - Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Fir, basil, Spruce, black, Clary Sage, Elemi, Geranium, rose, Frankincense, Patchouli, Lavender, etc., Ylang Ylang Complete, Marjoram, sweet Grapefruit, pink; Sage, and Spikenard

**WholeBody™ System Blends:**

1. **Clear:**
   - 1.000 
   - 0.660 
   - 0.170 
   - 0.090 
   - 0.060 
   - 0.040 
   - 0.030 

2. **Circulate:**
   - 0.800 
   - 0.660 
   - 0.170 
   - 0.090 
   - 0.060 
   - 0.040 
   - 0.030 

3. **FlexAble:**
   - 0.800 
   - 0.660 
   - 0.170 
   - 0.090 
   - 0.060 
   - 0.040 
   - 0.030 

4. **Sensory:**
   - 1.000 
   - 0.660 
   - 0.170 
   - 0.090 
   - 0.060 
   - 0.040 
   - 0.030 

Rank the oils by noting the blend to which you had the greatest degree of change in pain or discomfort in box #1, continuing to the lowest degree of change in box #4. Some individuals may need to use all seven WholeBody™ System Blends daily, while others may only need one or two.

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**ASSESSMENT 1**

Starting Point

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**ASSESSMENT 2**

Raising Arms & Legs

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**ASSESSMENT 3**

Head Rotation

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**ASSESSMENT 4**

Raising & Lowering Chin

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**Health Tips**

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