

For More Information:

Name

Phone

Consultant ID #

Web Address

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes, particularly if pregnant or nursing.

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461 E Pike Street
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www.godesana.com

Suggested Usage

Bath & Foot Soak

- Thoroughly mix 10 drops of your chosen WholeBody™ System blend to ½ to 1 cup of goDésana 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 spine. 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 face and 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 goDésana Organics carrier oils at the ratio of 60 drops per ounce for healthy individuals over the age of 10 years.

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, goDésana Organics, Green Organics International, and/or this facility from all causes of action, suits, penalties, liens, judgments, liabilities, obligations, 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 goDésana WholeBody™ Assessment and/or application.

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

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

_____ *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.*
initials

Printed Name	Best Phone	Best Email
Signature	Date	

Responsible Cautions

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 goDésana 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 is 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.



YOUR BODY IS TELLING YOU SOMETHING...
ARE YOU LISTENING?

Are you experiencing stress, a sore neck, back ache, knee pain, headaches, acid reflux, ringing in the ears, heartburn, joint stress, stomach problems, foot pain, or other similar symptoms?

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 are 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	
1 st Touch - Align: Alignment	0	1	2	3	4	5	6	7	8	9	10	
2 nd Touch - Osteo: Skeletal System	0	1	2	3	4	5	6	7	8	9	10	
3 rd Touch - Sensory: Nervous System	0	1	2	3	4	5	6	7	8	9	10	
4 th Touch - FlexAble: Muscular System	0	1	2	3	4	5	6	7	8	9	10	
5 th Touch - Connect: Connective System	0	1	2	3	4	5	6	7	8	9	10	
6 th Touch - Circulate: Circulatory System	0	1	2	3	4	5	6	7	8	9	10	
7 th Touch - Clear: Emotional System	0	1	2	3	4	5	6	7	8	9	10	

ASSESSMENT 1
Starting Point

ASSESSMENT 2
Raising Arms & Legs

ASSESSMENT 3
Head Rotation

ASSESSMENT 4
Raising & Lowering Chin

NOTES:



- 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 back 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, 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.

HEALTH TIPS

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 oil application to ensure the oil is absorbing well. If the feet look really shiny or the oil is pooling on the surface of the skin, rest until it is absorbed and drink 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 to the soles of the feet, they begin to absorb within just 20 seconds. That's fast!

- 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 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 level 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.
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STEP 3: HOME ACTION PLAN

After applying the WholeBody™ System Blends one by one and performing all four assessments for each, you can rank the oils in order of your health needs and your body's response to each blend.

1.

2.

3.

4.

5.

6.

7.

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 #7. Some individuals may need to use all seven WholeBody™ System Blends daily, while others may only need one or two.

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, balsam; Spruce, black; Frankincense, Rosewood, Tanacetum annuum, 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-spasmodic benefits. This is a true therapeutic blend for all forms of bodywork, injuries, and healing. Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Fir, balsam; Spruce, black; Cedarwood, atlas; Cypress, Jojoba, Marjoram, sweet; Ocean Pine, Pine, scotch; and Fir, siberian	CONNECT: 5TH TOUCH Its ability to ease muscular spasms, sprains, and strains make 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 optimally 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, Monoi, Patchouli, Geranium, rose; Sandalwood, Ylang Ylang 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, balsam; Spruce, black; Clary Sage, Elemi, Geranium, rose; Inula, Rockrose, Patchouli, Lavender, fine; Ylang Ylang Complete, Marjoram, sweet; Grapefruit, pink; Sage, and Spikenard
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