



Adaptiv





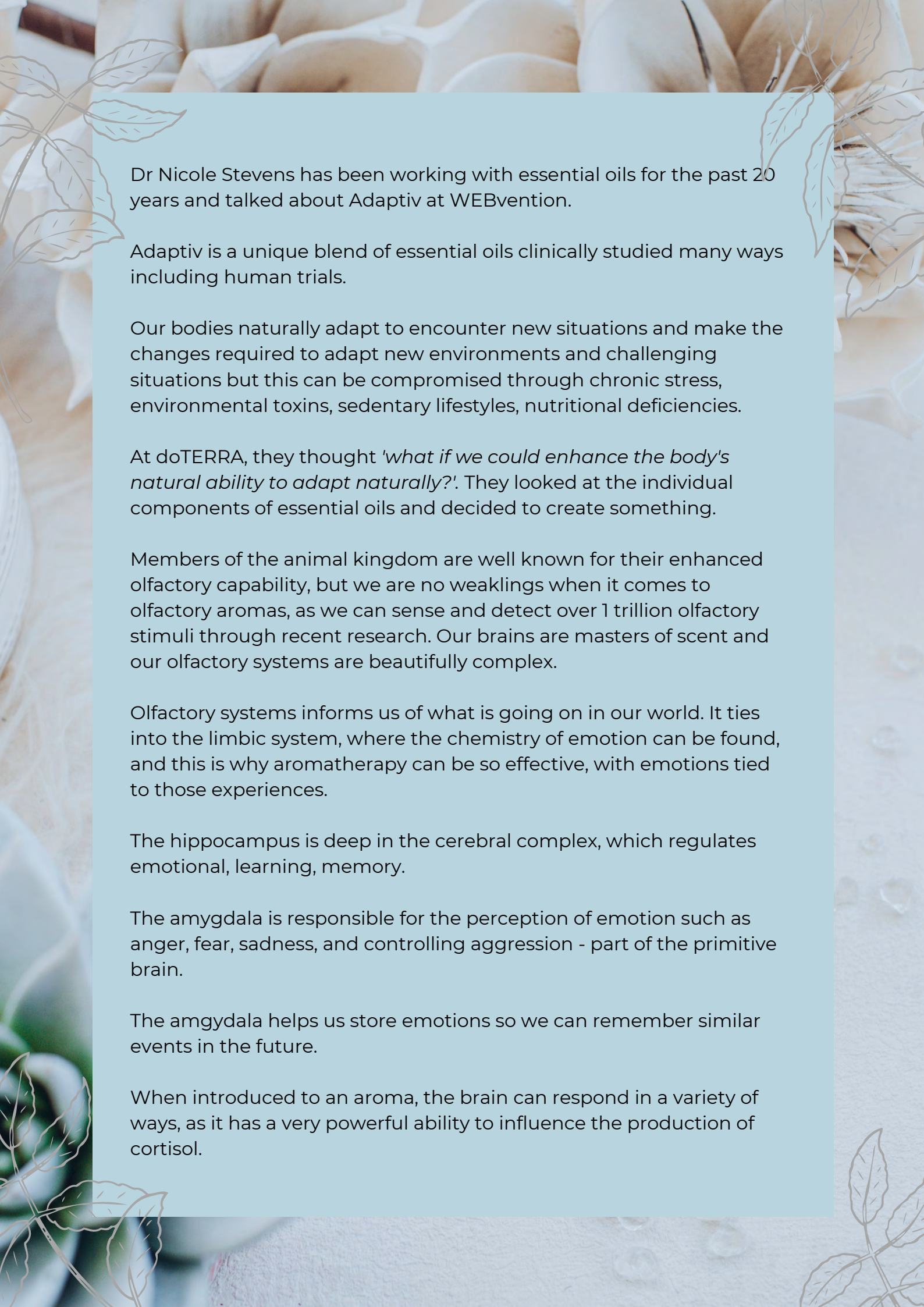
## *Introducing Adaptiv*

One of the most well-researched benefits of essential oils is their ability to influence our moods and emotions. To promote a calming and relaxing environment you should diffuse a floral oil—especially something with high concentrations of linalool or linalyl acetate.

If you need to be uplifted or energised, a few drops of Wild Orange in the palms and directly inhaling will do the trick. Everyone has their favourite single oils, but it is in blending, creating a mixture of volatile aromatic compounds that is unique to your specific needs, that the real power of aroma can be experienced.

Experimentation is the best way to find out what works for you, but science provides some compelling evidence that the way aroma influences our mood is not exclusively individual. Formulated with precise amounts of many of nature's most profound mood influencing aromas, the NEW Adaptiv blend can be your go-to to promote the soothing and uplifting feelings you need to get through the day.

The Adaptiv blend can help the body and mind stay balanced during life's stressful moments. The Adaptiv blend is an effective answer to reducing tension and helping to empower and encourage when adapting to difficult situations or acclimating to new surroundings.



Dr Nicole Stevens has been working with essential oils for the past 20 years and talked about Adaptiv at WEBvention.

Adaptiv is a unique blend of essential oils clinically studied many ways including human trials.

Our bodies naturally adapt to encounter new situations and make the changes required to adapt new environments and challenging situations but this can be compromised through chronic stress, environmental toxins, sedentary lifestyles, nutritional deficiencies.

At doTERRA, they thought '*what if we could enhance the body's natural ability to adapt naturally?*'. They looked at the individual components of essential oils and decided to create something.

Members of the animal kingdom are well known for their enhanced olfactory capability, but we are no weaklings when it comes to olfactory aromas, as we can sense and detect over 1 trillion olfactory stimuli through recent research. Our brains are masters of scent and our olfactory systems are beautifully complex.

Olfactory systems informs us of what is going on in our world. It ties into the limbic system, where the chemistry of emotion can be found, and this is why aromatherapy can be so effective, with emotions tied to those experiences.


The hippocampus is deep in the cerebral complex, which regulates emotional, learning, memory.

The amygdala is responsible for the perception of emotion such as anger, fear, sadness, and controlling aggression - part of the primitive brain.

The amygdala helps us store emotions so we can remember similar events in the future.

When introduced to an aroma, the brain can respond in a variety of ways, as it has a very powerful ability to influence the production of cortisol.





Cortisol is a very powerful hormone, which is part of our body's fight or flight system that is a response to fear or stress; that helps us counter inflammation, it'll suppress our immune system, more glucose if available and fatty acids heightened.

It's bad when it encourages disease susceptibility; muscle wasting; increased blood sugar levels and weight gain and appetite stimulation occurs under stress. When there's no car crash in site - but our brain can't tell the difference. We need to find ways to manage the stress, and the cortisol levels along with it.

**Enter Adaptiv** - with research already backing it, the oils have been chosen for their ability to support relaxation and calming and supporting a healthy lifestyle. Some of the oils are intuitive, others might be new. Drawing from multiple categories, doTERRA created a blend that was both calming and gently uplifting, helping with the fluctuations of emotion. It had to be powerful, gentle, strong, but beautiful.

The chemistry of this blend is important. Each of the oils would be contributing its own unique complexity with key constituents: linalool, for anxiety, feelings of stress, and you can research these in papers released to the public; beta caryophellen for its ability to support the body, and limonene to uplift the mood.

An essential oil blend is dozens of different constituents. The blends are remarkably complex. One of the molecules is carvone and has been researched for its powerful soothing abilities, and tested amongst the research team, which has been tweaked and refined.

They then wanted to test the oil blend in a pilot clinical trial to see what the outcome would be. Could diffused blends help test takers feel less anxious? They were told they could be product testers, but they needed to firstly take an assessment test, and they were looking for certain characteristics.

And Adaptiv would be diffused in some rooms and not in others. This was a new type of trial, with a psychological element, and induced stress with 10 scientists. Diffusers were set up in rooms - one with Adaptiv - one with water only.

It was randomised, single blind, and placebo controlled, and then took the other form of the test in a crossover.

Participants wore a temperature strip and they measured their pulses with a pulse oximeters, and they had some stress with scientists walking around and a countdown in the room. They were timed for 12 mins, so an average of 48 seconds per question was offered with 5 puzzles with math problems.

Sounds fun?

Stressful?

Following the exam, they asked the participants to fill out the survey. When they analysed the data, they had a pilot trial so there was not statistical differences.

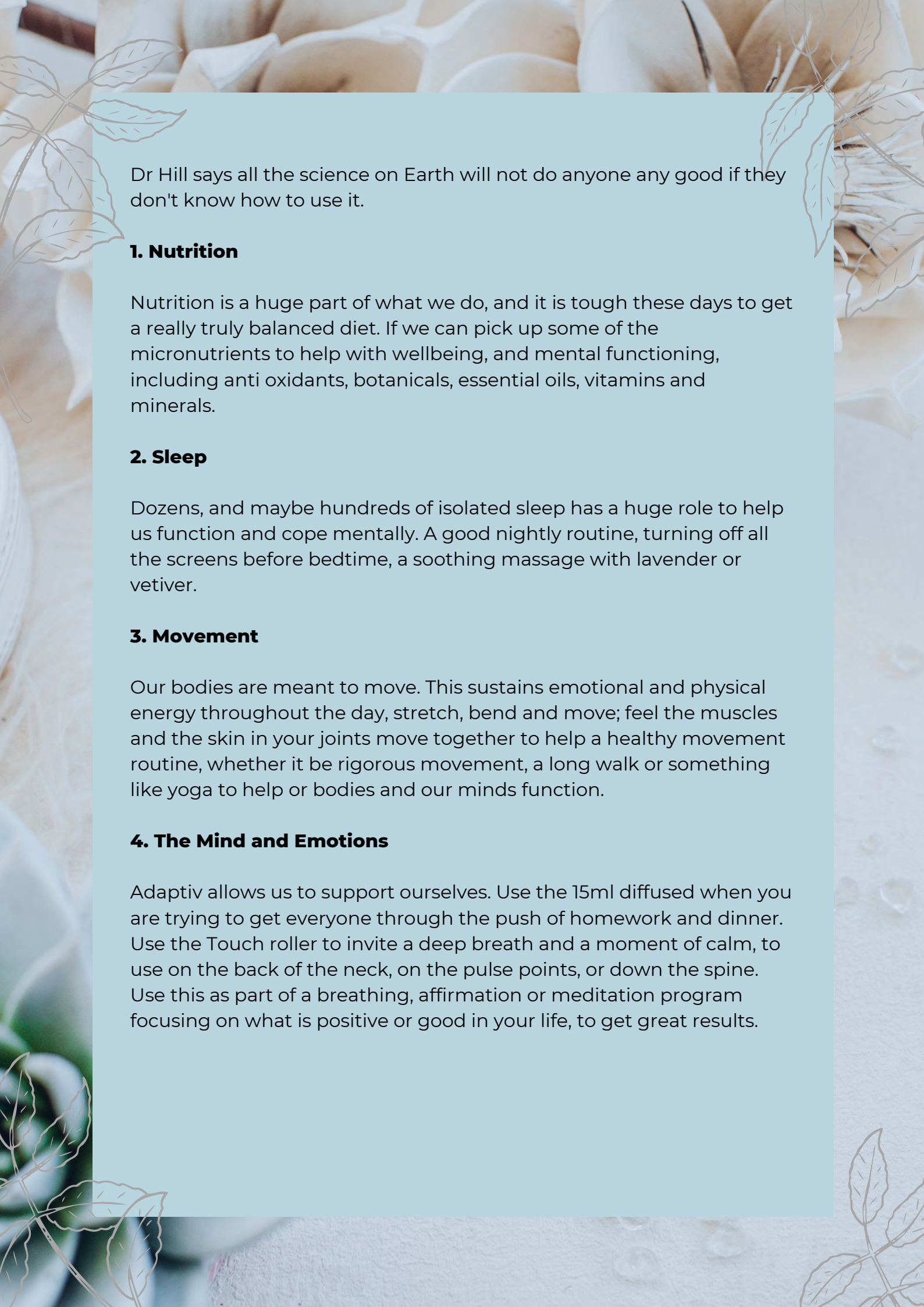
There was about 60 people in the trial with interesting results worthy of further review. The participants that had the higher results in the exams came from the room with Adaptiv running, and their stress levels and anxious feelings were lower than those inhaling the water placebo.

They came in later, and evaluated the aroma and were blinded as to which one was Adaptiv and they were asked about the aroma the effects were rated very highly, and a few participants asked if it was the one that was being diffused. It was the aroma memory that was very powerful.

They were also given open ended questions about the blend, blindly, so they could find out how their bodies reacted to the smell.

**They said it helped them feel calm, refreshed, happy, energised and positive.**





Dr Hill says all the science on Earth will not do anyone any good if they don't know how to use it.

### **1. Nutrition**

Nutrition is a huge part of what we do, and it is tough these days to get a really truly balanced diet. If we can pick up some of the micronutrients to help with wellbeing, and mental functioning, including anti oxidants, botanicals, essential oils, vitamins and minerals.

### **2. Sleep**

Dozens, and maybe hundreds of isolated sleep has a huge role to help us function and cope mentally. A good nightly routine, turning off all the screens before bedtime, a soothing massage with lavender or vetiver.

### **3. Movement**

Our bodies are meant to move. This sustains emotional and physical energy throughout the day, stretch, bend and move; feel the muscles and the skin in your joints move together to help a healthy movement routine, whether it be rigorous movement, a long walk or something like yoga to help our bodies and our minds function.

### **4. The Mind and Emotions**

Adaptiv allows us to support ourselves. Use the 15ml diffused when you are trying to get everyone through the push of homework and dinner. Use the Touch roller to invite a deep breath and a moment of calm, to use on the back of the neck, on the pulse points, or down the spine. Use this as part of a breathing, affirmation or meditation program focusing on what is positive or good in your life, to get great results.



# The Essential Oil Science Behind Adaptiv

## **Wild Orange**

Wild Orange is commonly used in essential oil blends aimed to promote emotional well-being because of its uniquely energising yet calming aroma. Clinical research has shown that due to its concentration of limonene, aromatic and topical application of Wild Orange promotes a positive mood and supports a relaxing environment.

## **Lavender**

The calming and relaxing aroma of Lavender essential oil is often considered the root of modern aromatherapy and the past century has provided a significant amount of evidence to support it. Whether applied topically or used aromatically, numerous human clinical trials have validated the ability of Lavender's aroma to improve mood, reduce feelings of stress, and create a restful environment.

## **Copaiba**

As the essential oil with the highest known concentration of beta-caryophyllene, Copaiba's spectrum of benefits is almost endless. While it is primarily known for being powerfully antioxidant and being great for the skin topically, the rich concentration of beta-caryophyllene also imparts an uplifting aroma.

## **Spearmint**

The dominant volatile aromatic compound in the chemical composition of Spearmint essential oil is the monoterpene ketone, carvone. Along with having numerous benefits when applied topically (specifically, cleansing properties), human clinical research has shown that essential oils high in carvone (Spearmint and Dill) have an uplifting and arousing aroma that are particularly beneficial for those with active lifestyles.





### **Magnolia**

Magnolia has one of the highest concentrations of the monoterpene alcohol, linalool. Along with its many benefits when applied topically, essential oils rich in linalool have been shown in experimental research to promote a calm environment and feelings of relaxation.

### **Rosemary**

Rosemary has a unique chemical composition, including significant concentrations of 1,8-cineole, camphor, and alpha-pinene. The combination of these three monoterpenes creates a distinct aroma that has been shown in clinical research to increase feelings of alertness and focus, and reduce feelings of stress.

### **Neroli**

Neroli is unique in that it has many of the mood-modulating characteristics of essential oils rich in linalool and linalyl acetate, but being derived from a citrus tree (*Citrus aurantium*), it also has significant concentrations of limonene. A breadth of clinical research validates the ability of Neroli essential oil to provide calming feelings when experienced aromatically.

### **Sweetgum**

Liquidambar, more commonly referred to as “sweetgum”, produces a resinous sap (liquid amber) that can be steam distilled to produce an essential oil with a wide spectrum of benefits. The resulting substance is a unique combination of volatile aromatic compounds that are not commonly found in other essential oils, and emit a unique aroma with pine, floral, and spicy notes. While it is primarily known for its benefits when applied topically, sweetgum essential oil is also commonly used to promote a calm and restful environment.

Source: <https://www.doterra.com/US/en/blog/science-research-news-science-behind-adaptive-calming-blend>





# Adaptiv

Adaptiv Calming Blend is perfect for when you need a calming environment. Useful when a big meeting is coming up, or for other important events, Adaptiv Calming Blend helps improve sustained attention while easing the body and mind. Use Adaptiv to help get comfortable with new surroundings or situations. In preliminary studies, the scent of Lavender, a main ingredient of Adaptiv, has been found to contribute to an environment conducive to performing tasks requiring sustained attention.

Lavender, Magnolia, Neroli, and Sweetgum provide calming effects while Wild Orange and Spearmint energise and uplift. Copaiba and Rosemary soothe feelings of worry to round out the calming blend. Whether you're feeling fatigued or restless, indecisive or irritable, Adaptiv Calming Blend is part of the toolbox to help the body and mind to stay balanced.

## Uses

- Soak in a relaxing Epsom Salt bath by adding three to four drops to bath water.
- Mix three drops with Fractionated Coconut Oil for soothing massage.
- Diffuse the oil in a room diffuser to promote a centered and calm mindset.
- Apply one drop to hands, rub together, and inhale deeply as needed throughout the day.



# Diffuser blends

## **Chilled Morning**

2 drops Adaptiv  
2 drops Siberian Fir  
2 drops Copaiba

## **Self Love**

3 drops Adaptiv  
3 drops Bergamot  
1 drop Lime

## **Blissfully Calm**

3 drops Adaptiv  
2 drops Citrus Bliss  
2 drops Peace

## **Grounded and Peaceful**

3 drops Adaptiv  
2 drops Balance  
1 drop Frankincense

## **Calm Evening**

3 drops Adaptiv  
3 drops Lavender Peace  
1 drop Vetiver

## **Sweet and Spicy**

3 drops Adaptiv  
1 drop Cinnamon Bark  
1 drop Cardamom





# Adaptiv Touch

Adaptiv Touch Calming Blend is an on-the-go solution when you are out and about and need to create feelings of calm. We all need this from time to time, adapt and center, and Adaptiv Touch Calming Blend helps to do just that.

Lavender, Magnolia, Neroli, and Sweetgum provide calming effects while Wild Orange and Spearmint energise and uplift. Copaiba and Rosemary soothe feelings of worry to round out the blend. When feeling fatigued or having difficulty staying on task, Adaptiv Touch Calming Blend helps create a sense of balance.

## Uses

- Apply to pulse points to help with feelings of balance.
- Use to massage shoulders and neck to ease tension.
- Apply one drop to hands, rub together, and inhale deeply as needed throughout the day.
- Roll on wrists and temples whenever you feel the need to gain composure quickly.

## Primary Benefits

- Helps boost mood
- Increases feelings of tranquility
- Soothes and uplifts



