

Essential Oil Therapies

Digestive Health During the Holidays



The holidays are no time to allow a queasy stomach to get the best of you. These special moments can quickly lose their luster if heartburn, indigestion and stomachaches are continuously keeping you up at night. Defense against these party crashers could be your solution to a more enjoyable celebration spent with family and friends.

Early signs of enzyme deficiency include upset stomach, heartburn, chronic fatigue, headaches, joint pain, stiffness, and many more. For many people, suffering from any of those conditions above is a result of eating the nutrient deficient, standard American diet.

If you are one who is affected by digestive problems, you can maintain your healthy balance this holiday season by simply taking a few minor precautions. Young Living's unrivaled line of products includes remedies for these disconcerting digestive symptoms. Essentialzymes-4, spearmint essential oil and fennel essential oil work together synergistically to help relieve symptoms and prevent digestive distress.

Digestive Wellness

A healthy digestive system is one of the leading determinants of how healthy we can be.

Our body's ability to digest the foods we eat ensures that we get the nutrients we require for exceptional health. Some symptoms of digestive distress that may hinder a healthy digestive system can be caused by:

- Eating or overindulgence
- Smoking
- Excessive caffeine or alcohol intake
- Stress
- Being overweight



DISCLAIMER: These statements have not been evaluated by the Food and Drug Administration. The information contained in this newsletter is intended for educational purposes only. It is not meant to substitute for medical care or to diagnose, treat, cure, or prevent any specific health condition or disease. The author, publisher and subscriber assume no responsibility to or liability for any loss, damage or injury resulting from the use or misuse of information in this newsletter.

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Spearmint

Spearmint essential oil's sweet, minty fragrance may help lift the spirits and support digestion, whether it is diffused, taken internally, or diluted and applied directly. Spearmint may also be useful for supporting metabolism and healthy respiratory and nervous systems, as well as releasing emotional blocks.

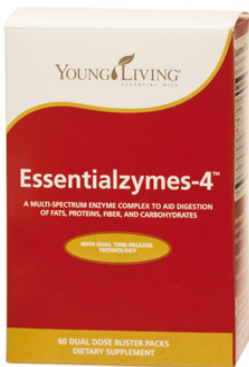
How to Use: For dietary, aromatic or topical use. When using as a supplement, put one drop in a capsule or in 4 fl. oz. of soy or rice milk. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc.



Fennel

With its uplifting, anise-like aroma, fennel has been used for centuries to maintain digestive health and comfort. In many parts of the world, fennel seeds are chewed after meals to support digestion. Fennel may be inhaled, diffused, taken internally, or diluted and applied topically to the abdomen to directly support digestive comfort.

How to Use: Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years



Essentialzymes-4

Combining four naturally derived enzymes to support the proper breakdown of fats, carbohydrates, fiber, and proteins, Essentialzymes-4 is an advanced multi-spectrum complex that boosts the function of enzymes with herbs and essential oils. This synergistic, time-release formula works to support normal nutrient absorption, vibrant intestinal flora, and digestive comfort.

How to Use: Take two capsules (one dual dose blister pack) two times daily with largest meals (four capsules total). Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.



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