

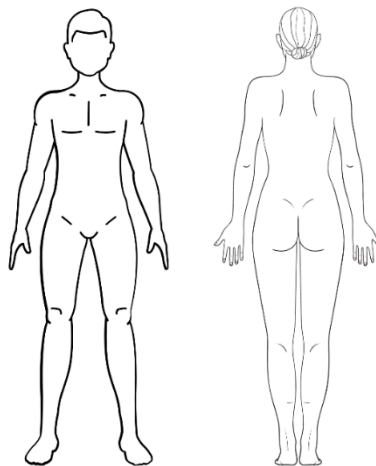


G.I. Calm

*Oils & benefits:

- **Fennel:** has been shown to help with digestion by reducing inflammation in the bowels and decreasing bacteria that cause gassiness and prevent spasms in the gut
- **Anise:** known as an antispasmodic, can help relieve abdominal spasms and cramps, can help decrease bloating and settle the digestive tract and can help relieve constipation and gas.
- **Peppermint:** Has analgesic and anti-inflammatory properties. Due to peppermint's cooling properties it can be helpful with acid reflux. Known to relieve stomach cramps and bloating, can also calm IBS (Irritable Bowel Syndrome), also beneficial for nausea and vomiting.
- **Ginger:** often known as one of the best natural remedies for colic, indigestion, diarrhea, stomach spasms, stomach aches. Ginger oil is also known to be effective for nausea.
- **Tarragon:** Known to be a digestive tonic by speeding up digestion through stimulating digestive juices (gastric juices such as acids & bile) into the stomach which can help break down food into various nutrients.
- **Basil:** Can be effective in relieving constipation, stomach cramps, gas/bloating and indigestion. Basil contains eugenol and linalool which are powerful enzymes that can decrease inflammation and can help balance the entire digestive track. Can also help restore Ph levels in the body. Also known to contain probiotic qualities.
- **Lemon:** Known to help aid in digestion and can also help with nausea. Lemon oil is also known to help with heartburn and upset stomach. Lemon is also a natural analgesic to help calm the stomach muscles.
- **Black Pepper:** Contains Piperine which is known to stimulate the production of pancreatic enzymes to aid in metabolism. Can also help significantly with diarrhea and constipation. Black pepper can act as a pre-biotic. Black pepper can help reduce cravings for sugar and carbohydrates.
- **Cinnamon:** Can help in facilitating smooth digestion. Cinnamon is imbued with cinnamaldehyde and beneficial organic volatile oils which can help treat flatulence and help remedy bloating.
- **Carrier Oil:** Pure Organic Fractionated Coconut oil

Examples for placement, typically this blend is placed directly on the affected area. Directly on stomach pain area for stomach and/or chest for acid reflux



***Caution:** When applying oils to the face/head area, use extreme caution around eyes, not to get oils into eyes or any open wounds, as it can burn or cause discomfort. Wash hands after application to prevent accidentally rubbing eyes etc. Please consult your physician for personalized medical advice. Always seek the advice of a physician or other qualified healthcare provider with any questions regarding a medical condition/concerns

***NOTE:** Oil benefits noted above are examples of benefits from the book "Essential Oils Desk Reference", by David Stewart and other various online sources

