
TOP 10 USES FOR DIGESTZEN[®] OIL

- 1. Digestion:** Apply 1-2 drops DigestZen on the tummy, the wrists and/or drink 1-2 drops with water for indigestion.
- 2. Soothes Stomach Lining:** 1-2 drops of each of DigestZen, Oregano and Lemongrass in capsules 3-4 times a day to support the body's healing ability for soothing stomach lining.
- 3. Hangovers:** 2-3 drops in water and rubbed on tummy to soothe hangovers.
- 4. Large Intestine Lining Support:** 3 drops DigestZen, 2 drops Lavender, 2 drops Melaleuca
- 5. Head Tension:** When our body is dealing with winter challenges, our head may experience head tension. Apply DigestZen to bottoms of your feet, especially the big toe and the bones behind the ear (remember to dilute with coconut oil if very sensitive skin) on the head points of the hands and wrists.
- 6. Germ-destroying & Cleansing:** Take 2-3 drops DigestZen 2-3 times a day with water.
- 7. Menstrual Cramping:** Mix 3 drops each of DigestZen, Whisper, and Marjoram together and rub on the stomach area and lower abs as needed. Try rubbing on before sleep.
- 8. Morning Sickness & Occasional Nausea:** Dilute DigestZen with coconut oil and massage into tissue of the outer ear gently, and drink plenty of water.
- 9. Sinus Support:** Rub 1-2 drops of diluted DigestZen on the forehead and on the sides of your nose (i.e Sinus Meridian) This will help open up the airways. Sinus issues is a gut issue.
- 10. Lower Back Discomfort:** DigestZen applied around the core of the stomach and on the low back for support. After elimination of our bowels, we may find that our back tensions have been alleviated.

Peppermint



Anise Seed



Tarragon



Caraway



Coriander Seed



Fennel



Ginger



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

