

#oilforthat



Upset stomach? Rub directly on stomach for relief (be sure to dilute for children). Need to get things moving? Apply one-two drops and rub clockwise. Need to slow things down in there? Apply one-two drops and rub counter clockwise.

Tummy Trouble Roller

Oh DiGize. How you...um...smell.

A blend of eight oils: ginger, fennel, peppermint, patchouli, juniper, lemongrass, tarragon and anise; DiGize is one of my favorites.

Struggle with indigestion?

Constipation? The 'runs'? Belly ache? It is certainly not the world's greatest smelling oil but it's a powerhouse for your digestive system!

Tummy Tamer

Use a glob (yes, official measurement for oil folks) of coconut oil.

Add two drops of DiGize, peppermint, and lavender.

Mix with a glob of coconut oil and apply to feet.

In a roller combine 10 drops DiGize, 10 drops Thieves, 10 drops Copaiba, and 10 drops oregano. Fill the roller about 1/3 with carrier oil. Rub on tummy and intestinal area to relieve troubles.



Reflux Buster

In a veggie capsule (available from Young Living) put two drops each: Di-Gize, Lemon, Peppermint, and Grapefruit.

Take 1-2 times per day.

Liver Detoxification

Did you know that besides your heart your liver is the hardest working organ in your body? Think about it...everything you put in your body has to end up going through your liver - your liver works to rid your body of ALL toxins. What toxins? Chemicals, pesticides, water contaminants, food preservatives, heavy metals, and electromagnetic radiation - all the nasty!!

The Top 10 Signs You NEED a Liver Detox

1. Abdominal bloating
2. Pain or discomfort over the liver - (right upper abdominal area under the rib cage)
3. Excessive abdominal fat; pot belly; or a roll around the upper abdomen
4. Trouble digesting fatty foods
5. Gallbladder removed
6. Acid reflux/heartburn
7. ark spots on the skin commonly referred to liver spots
8. Overheating of the body & excessive perspiration
9. Acne/rosacea or itchy, blotchy skin
10. Unexplained weight gain and inability to lose weight

Supplies: DiGize, JuvaFlex, Castor Oil, Absorbent Pads, Heating Pad

Apply 4 Drops JuvaFlex over Liver and 6 Drops DiGize over Abdomen. Pour $\frac{1}{2}$ C. Castor Oil on an absorbent pad. Place a towel over bed before laying down.

Lay down. Place castor oil pad on abdomen. Put warmed heating pad over castor oil pad on medium setting. Rest for 30 minutes. Repeat for three nights.