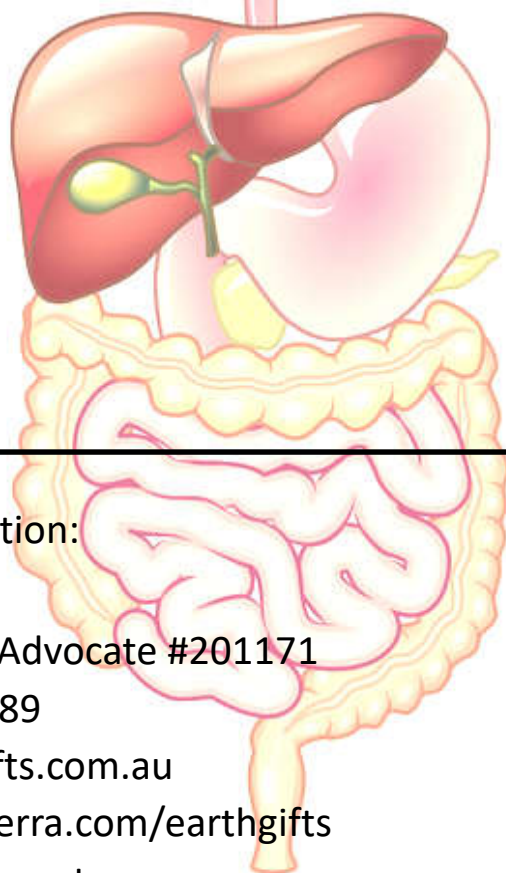


The Digestive Tract and Essential Oils

Including stomach, intestines, liver, kidneys, and gallbladder.



For further information:

Val Leighton

Diamond Wellness Advocate #201171

Phone: 0412 32 80 89

Email: val@earthgifts.com.au

Web: <http://mydoterra.com/earthgifts>

Research: <http://sourcetoyou.com>

DIGESTIVE TIPS:

- Take DigestZen internally after meals to promote digestion. Take one to three drops in water or one softgel.*
- Soothe occasional stomach upset by applying a drop of DigestZen, Lemon, Fennel, or Ginger to abdomen and massage gently.
- Ease digestive discomfort after eating by chewing a DigestTab®.*
- Support a healthy digestive tract with PB Assist® + Probiotic.*

Although the digestive system is often just associated with the stomach and intestines, it's actually a lot more complicated than that. To function at the optimal level, the digestive system requires peak performance from all of the parts of the GI tract (including stomach and intestines), as well as the liver, kidneys, and gallbladder.

Symptoms of digestive distress may include stomach or abdominal discomfort, belching, gas, feeling over full, and other issues. Many essential oils support healthy digestion and ease discomfort.* Fennel, Ginger, and Peppermint are popularly used around the world for their digestive benefits. DigestZen® Digestive Blend is a wonderful companion to aid in the digestion of food, soothe occasional upset stomachs, and reduce uncomfortable gas and bloating.* In addition, DigestZen nutritional supplements provide targeted solutions for optimal digestive function and comfort.*

Compromised digestive function can result in energy deficiencies, lowered immunity, weight gain, and gastrointestinal discomfort. You can support your digestive system by eating a healthy diet high in fibre, and by drinking plenty of water. Taking a good probiotic (such as PB Assist®+) can also be helpful.

The pancreas makes enzymes that the small intestines uses to break down food. If you don't make enough enzymes, you may experience discomfort. Taking DigestZen TerraZyme with meals supports digestion and metabolism of enzyme-deficient, processed foods.*

*These statements have not been evaluated by the FDA (USA) or TGA (Australia). These products are not intended to diagnose, treat, cure, or prevent any disease.



THE DIGESTIVE SYSTEM

The gall bladder stores the bile created by the liver and releases it through the biliary ducts into the duodenum to promote digestion. Bile is extremely important for fat digestion and absorption of vitamins A, D, and E.

When bile contains excessive cholesterol, bilirubin, or bile salts, gallstones can form. Stones made from hardened cholesterol account for the vast majority of gallstones can form while stone made from bilirubin, the brownish pigment in bile, constitute only about 20 percent of gallstones.

When the bile flow is obstructed due to gallstones, serious consequences can ensue, including poor digestion, jaundice, and severe abdominal pain.

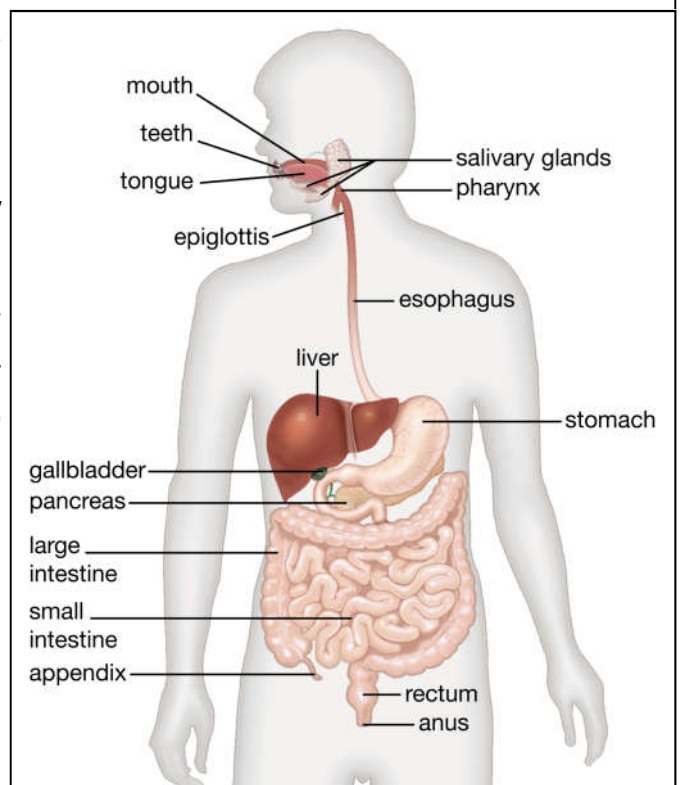
Gall stones can block both bile flow and the passage of pancreatic enzymes. This can result in inflammation in the gallbladder (cholecystitis), pancreatitis, and jaundice. In some cases, gallstones can be life threatening, depending on where they are lodged.

Several Japanese studies show that limonene, a key constituent in orange, lemon, and tangerine oils, can effectively dissolve gallstones with no negative side effects.

Essential oils can help assist gallbladder congestion and support a gallbladder cleanse. Lemon, Orange, Grapefruit, and Lime essential oils are great, due to their cleansing nature, and Rosemary is another great essential oil for gallbladder congestion, thanks to its anti-stringent and digestive.

Carrot seed oil is traditionally used for kidney and digestive disorders and relieve liver congestion.

Helichrysum essential oil is traditionally used in many European countries treat gall-bladder disorders. The gall-bladder inflammation and pain can be relieved by the use of this oil. It can be also used it in treating digestive disorders, which are mainly caused by liver dysfunction



Zendocrine® Detoxification Complex

doTERRA Zendocrine Detoxification Complex is a proprietary blend of whole-food extracts in a patented enzyme delivery system that supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.*

Description

doTERRA Zendocrine is a proprietary blend of whole-food extracts formulated to support the healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.* Each whole-food botanical extract was selected specifically to support organ capacity to both provide protective cleansing and filtering functions for the body and to support the organ's own capacity to rid itself of stored toxic waste products.* Zendocrine also uses an enzyme support system to help with whole-food extract absorption and is packaged in SLS-free vegetable capsule.

Directions for Use

Take 2 capsules daily, one each with morning and evening meals. For optimal benefits, avoid increased toxic load to your organs via your food supply by reducing the amount of foods prepared with artificial colors, preservatives, and sweeteners, and by increasing your consumption of pure water throughout the day. Zendocrine's benefits can be enhanced by taking with Zendocrine Blend or Softgels.

Cautions

Pregnant or nursing women and people with known medical conditions should consult a physician before using. Does not contain ingredients made from animals.

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