



Digestive Health

START HERE :

Choose either the Healthy Start Kit or the Healthy Home Kit. They contain the top 10 essential oils and blends—the “feel your best” essentials PLUS the Brevi diffuser and more! Both include a FREE Essential Oils Guide.

Top 10 Essential Oils: dōTERRA Breathe®, Deep Blue®, dōTERRA DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree (Melaleuca)



Healthy Start

Healthy Home

THEN ADD :

- dōTERRA Lifelong Vitality Pack® essential oil supplements
- PB Assist®+ (probiotic)
- DigestZen TerraZyme®
- DigestTab®
- DigestZen® Softgels
- Wild Orange
- Clove
- Ginger
- Copaiba
- Coriander
- Veggie Caps



dōTERRA® is the registered trademark of dōTERRA Holdings, LLC.

US_110519

Digestive Bomb

2 drops DigestZen®
2 drops Frankincense
2 drops Peppermint

In a veggie cap twice daily or as needed.

Shot:

3 drops DigestZen®
3 drops Peppermint

In a shot glass of warm water and drink quickly.

Stop Running

1 drop Tea Tree
1 drop DigestZen®

Under tongue every 30 minutes until relief.

Stop Running 2

10 drops Tea Tree
10 drops DigestZen®
+FCO in 5mL roller

Roll stomach as needed.

All Heart, No Burn

10 drops DigestZen®
10 drops Peppermint
10 drops Lavender
+FCO in 5mL roller

Roll on chest bone and stomach as needed.

Unstop the Block

3 drops Wild Orange
3 drops Coriander
3 drops Lemon
3 drops DigestZen®
3 drops Ginger
3 drops Copaiba
+FCO in 5mL roller

Roll on tummy until movement occurs.

It takes gall, I say!

3 drops Clove
3 drops DigestZen®
3 drops Tea Tree
3 drops Coriander
3 drops Copaiba
+FCO in 5mL roller

Roll over gall bladder & bottoms of feet.

DigestZen® Softgels daily.