

# Tummy Troubles Essential Oil Blend

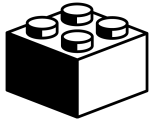
Tarragon, Ginger, Juniper Berry, Anise, Fennel, Patchouli, Peppermint, Lemongrass



Topical



Inhalation



Child Safe 6+



Pregnancy Avoid

This oil blend may be used to help with May help with digestive issues including intestinal gas, stomach cramps, flatulence, diarrhea, constipation, travel sickness, nausea, muscular aches and pains, morning sickness, joint aches and pains.

## TOPICAL:

Apply diluted to bottoms of feet or directly to area of concern.

## INHALATION:

Diffuse for a max of 15 minutes out of every hour.

## INTERNAL:

It is not advised to take essential oils internally unless under the guidance of a licensed physician who is also certified in aromatherapy.

**CAUTIONS:** Caution with blood thinners.  
Skin irritation.

Avoid during pregnancy & lactation.  
Avoid with estrogen dependent cancer.  
Avoid eyes & ear canal.



For more information and recipes, visit:



## STOMACH PAIN

3 teaspoons carrier oil of your choice  
10 drops Tummy Troubles blend  
Glass container with lid

Mix together and store in a cool, dark place. When the need arises, rub a small amount on your abdomen and cover with a warm washcloth.



These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Keep out of reach of children. Not for internal use or undiluted topically. Consult with a licensed physician before use.