



The Intuitive Connection

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Oil Spotlight: DigestZen®



As the year comes to a close, the holidays quickly approach where family and friends gather together in celebration. A good portion of the celebration involves food as we feast on our favorite holiday meals and desserts. It’s quite easy to overindulge in all the richness, so sometimes we need a little extra help to ease digestive discomfort.

Meet DigestZen®, dōTERRA’s Digestive Blend. This is a proprietary blend of essential oils that provides natural and effective relief for occasional stomach discomfort, indigestion, gas, and bloating. A much better alternative than the pink stuff, DigestZen® is a go to in our family for all of our tummy woes, including the dogs and horses. The blend includes Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Anise. Let’s take a brief look at the science behind each individual oil and some of their therapeutic properties that aid the digestive system.



Peppermint: This oil has 10-30% menthone and 20-60% menthol, both of which are scientifically tested to be analgesic (aka pain), anti-inflammatory, antibacterial, antispasmodic, cooling and soothing to tissues. This is a great oil for a range of digestive problems such as spasms, colic, irritable bowel and nausea.



Coriander: Rich in alpha-pinene (5-20%) and gamma-terpinene (1-10%), Coriander has the following therapeutic properties: analgesic, anti-inflammatory, antibacterial, antispasmodic, antiviral, carminative (relieves gas) and sedative. It is often used to relieve constipation, gas, bloating, indigestion, and IBS.



Ginger: High in Sesquiterpenes (about 51%), Ginger is a strong ally in supporting a healthy digestive tract. The main components in the Sesquiterpene family include: Curcumene, Sesquiphellandrene and Zingiberene. They help give Ginger the healing benefits of : analgesic, antiemetic (relieves nausea and vomiting), anti-inflammatory, antispasmodic, antiulcerogenic (prevents ulcers), carminative, and warming (relieves diarrhea)



Caraway: This oil has strong antiseptic properties which aid the colon, as well as the digestive tract by inhibiting the growth of microbes, bacteria, fungi, wounds and ulcers. It also has antispasmodic, aperitif (stimulates digestive juices/eases constipation), carminative, stimulant, stomachic (supports healthy stomach), and vermifuge (kills intestinal parasites). Its flavonoids, fatty acids and triacylglycerols help in reducing inflammation in the intestines and relieving smooth muscle contractions induced by spasms.



Cardamom: This oil has two main components: Terpinyl Acetate (25-50%) and 1,8-Cineole (25-50%) which provide the following therapeutic benefits: analgesic, anti-inflammatory, antispasmodic, carminative, and antiemetic. It has been used for centuries in India to relieve gas, nausea, heartburn and diarrhea.



Fennel: The two main chemical components of Fennel are Trans-Anethole (50-90%), and alpha-Pinene (1-15%). This gives Fennel the following abilities: anti-inflammatory, antibacterial, antiemetic, antispasmodic, and carminative. This oil is a great digestive aid to help relieve nausea, gas, indigestion, and general digestive discomfort. It can also be used to help decrease appetite.



Anise: And last, but not least Anise essential oil is high in Trans-Anethole (85%). The benefits of this oil include: analgesic, anti-inflammatory, antispasmodic, carminative, and digestive aid.

These oils are potent and effective all by themselves, but combining them makes them even better as part of a synergistic digestive package. The Fennel and Anise scent really comes through, giving this oil blend a sweet, yet hint of spicy licorice. DigestZen® is safe to use aromatically, topically and internally. Try adding 1 drop to 4 ounces of water and drink, or add 2-3 drops into a veggie capsule and take once daily.

If you don't like taking oils internally, instead apply 1-2 drops topically to abdomen. Another great tip is rub some oil on your stomach before flying or driving long distances to help keep you calm and keep stomach jitters and motion sickness at bay. In addition, it is great to apply some DigestZen® after a big or heavy meal to promote proper digestion and prevent stomach upset.

Another great use for this blend is related to congestion. Rub a small amount (diluted with carrier oil or use the DigestZen® Touch) onto the sinus area and/or bottoms of feet just before bedtime during seasonal changes to relieve seasonal discomfort.

Diffuse or inhale (put a drop on your hands and breathe deeply), when emotionally overstimulated, to digest and assimilate new information/emotions, or when experiencing feelings of being stuck to create freedom of movement for your thoughts and emotions.

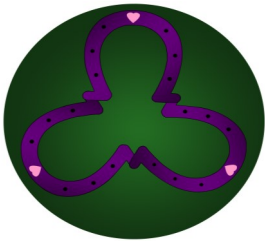
Contact me at contact@trinityhealingconnection.com if you'd like to add DigestZen®, DigestZen® Touch or DigestZen® Capsules to your medicine cabinet.



Check out our alpaca inspired lip balm flavor of the month featuring Lillianna!

“She’s the essence of sweet that will fill your heart with warmth and coziness”

Orange Spiced Vanilla



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in person or remotely*

Referrals

Needing a service I don't provide? I recommend the following:

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