QUICK REFERENCE SHEET

LeInsideOut

Essential Oil Blend

Anise Seed, Cardamom, Cilantro, Fennel, Juniper Berry, Kanuka, Lemon, Lemongrass, Patchouli, Peppermint Piperita, Tarragon, Thyme

APPLICATION:

Apply one drop behind the ears for nausea, motion sickness, or morning sickness. LeInsideOut can also be applied over the abdomen either by diluting with a carrier oil or as a compress.

AFFINITY FOR:

digestive system, stomach meridian

CAUTIONS:

LeInsideOut contains a small amount of Fennel which is, when used by itself, contra-indicated for use during pregnancy. This is an example of blended oils being safer to use than single essential oils. This essential oil blend is safe to use for morning sickness in the manner described, but proper care, prudence, and judgment should be exercised.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeInsideOut is primarily considered an oil which works on the physical body. Whenever you use an essential oil, you will be working on underlying emotional roots as well as physical complaints. LeInsideOut can be helpful in discovering and sorting through the emotions underlying the digestive problems. LeInsideOut can help calm the obsessive worry that sometimes contributes to digestive difficulties.

PHYSICAL ASPECTS:

LeInsideOut improves the function of the digestive system. It helps with upset stomach, belching, bloating, stomach cramps, heartburn, constipation, and diarrhea. LeInsideOut's ability to be effective for both constipation and diarrhea may seem odd; it is not. Natural remedies work with the body to return systems to balanced and healthy states. They are not the administration of an "opposing" remedy or force. This is true in every aspect of the body and mind when working with natural healers.

LeInsideOut should be used for any bout of intestinal flu or food poisoning. It is useful for most types of nausea, either by inhaling the aroma or putting a drop behind each ear. This blend should be applied over the abdomen for colon problems and for candida overgrowth. LeInsideOut has been useful in the treatment of parasites in animals and humans. For humans, place LeInsideOut on the feet and massage across abdomen. For animals, dilute a few drops in water and massage into soft tissues.

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