LeInside-Out

Improves the function of the digestive system; helps with upset stomach, belching, bloating, stomach cramps, heartburn; also useful for morning sickness (a drop or two behind the ears). Useful in treatment of parasites in animals and people (on the feet and massaged across abdomen).

Ingredients: Fennel, Juniper, Lemongrass, Lemon, Peppermint, Thyme, Patchouli

Affinity for: digestive system

Application: Apply 1 drop behind each ear for morning sickness. Apply topically over the stomach or as a compress over the abdomen; see general notes above.

Resonance: physical and emotional

Cautions: This blend contains a small amount of fennel - though great for morning sickness, should be used prudence and caution.

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