



JuvaFlex and Di-Gize Essential Oil Blends

Tapping the healing power of plant essences, JuvaFlex and Di-Gize are essential oil blends that support the digestive system. They are particularly effective in people with chronic digestive problems and in women who are just pregnant and experiencing nausea. In men, they support the spleen and pancreas. In women, they particularly promote healthy liver function. They can even be used by children experiencing digestive problems.

We recommend applying or taking these oils first thing in the morning as a regular self-care practice.

Instructions

To Apply Externally:

Apply a drop or two of each oil to fingertips. Brush onto skin in a circle, clockwise, around the navel. Then brush in a "belt" completely around the torso between the bottom of the sternum and the midpoint between the sternum and the navel. The belt goes around the back to the spine, reaching beneath the bottom of each scapula.

To Take Orally:

Place three drops of each blend beneath the tongue or drink in a small amount of water on an empty stomach.

