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Overview

Recently, Dr. David Hill of Young Living™, spoke to hundreds of Young Living distributors about the vital importance of restoring the health of your digestive system. As the stomach is the entry point for your body's fuel and first responder to ingested microbes, it needs powerful, natural support to fulfill its essential role in your health.



PUT OUT THE **FIRE** of heartburn, indigestion, ulcers

Watch television for just one hour and you'll notice that soothing American stomachs of **indigestion, heartburn, acid reflux** is big business. The more digestive disturbances, the more prescription drugs and over-the-counter remedies multiply, some of which can have unexpected adverse effects.

According to the National Digestive Diseases Information Clearinghouse (NDDIC),

60-70 million people are affected by diseases that involve the digestive tract

20% of the US population have acid reflux symptoms at least weekly

14.5 million people suffer from peptic ulcers.

Who's the culprit?

The occasional upset stomach can be virtually guaranteed for those who eat on the run, live a stressful lifestyle and consume unhealthy foods such as soft drinks and sweeteners, according to Dr. Hill.

Soft drinks are suspect

Carbonated soft drinks may add to acid reflux symptoms. People who drank one or more servings of soft drinks daily were 31% more likely to have heartburn at night compared to those who avoided those beverages, according to a May, 2005 study.

Fructose intolerance widespread

High fructose corn syrup (HFCS) is used to sweeten everything from beverages to bread.

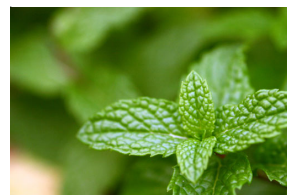
And HFCS is wreaking havoc on digestive systems everywhere. In one study at the University of Iowa, 73% of 183 people with unexplained GI symptoms tested positive for fructose intolerance.

High fructose corn syrup consumption has **increased more than 1000%** between 1970-1990.

Avoiding these and other synthetic foods will reduce the stress on your digestive system.

Ahhh! Relief is on the way!

For minor stomach disturbances that do not require the attention of a physician, this select group of Young Living products will help relieve your symptoms today and avoid upsets tomorrow.



Antacids No Match for Acid Reflux - Essential Oils Cool It

"I had problems with acid reflux for many years. I was eating Tums™ and Rolaids™ daily to alleviate the burning in my esophagus.

Now, first thing in the morning, I drink a glass of water with a few drops of **Peppermint** and **Lemon** oil in it. After a meal, I



drink a small glass of Peppermint in water.

My digestive system hasn't been this healthy for years, and as a result, I feel GREAT! Young Living therapeutic-grade essential oils have changed my life!"

Patti Cook



Stop the Fire Before it Starts

Proactively take Young Living products which build and support your digestive health and you can feel great, too.

AlkaLime® and Essentialzyme™

nutritional supplements are formulated to do just that, working synergistically with Young Living essential oils for maximum effectiveness.

AlkaLime between meals

This precisely-balanced alkaline mineral and essential oil powder is formulated to safely reduce the acidity of the digestive system. It also helps preserve the body's proper pH balance—the cornerstone of health. Take in water one hour before meals or at bedtime. Not for salt-restricted diets.



Essentialzyme with meals

One of several Young Living enzyme products, Essentialzyme is an advanced, multi-enzyme complex that promotes complete digestion and assists in the assimilation of nutrients. Take capsules with meals, especially high-protein meals after 3 p.m., as it will help lessen the burden on the digestive system.



Ease Digestive Distress with Essential Oils Indigestion

Think Thanksgiving: After a bit of overindulgence, Peppermint and Di-Gize™ essential oils are unbeatable for easing that upset, stuffed feeling.

Simply add a drop or two of either oil to a small glass of water and drink and/or rub four to six drops over your stomach and around navel. Peppermint works, in part, by accelerating the gastric emptying rate.



Nausea



Ginger essential oil is remarkably effective for calming nausea. Apply topically to stomach and/or diffuse. Di-Gize® can be used for nausea also, as this blend contains ginger and peppermint essential oils. Rub a drop or two on outer ear to alleviate morning sickness.

Heartburn & Acid Reflux

Heartburn is a burning pain felt behind the breastbone. It is most often the result of acid reflux, that is, when stomach acid rises up the esophagus where it irritates the lining. **Lemon** is one of the best remedies for heartburn, as it causes the stomach to stop excreting digestive acids.

Ulcers

The Centers for Disease Control studies indicate that over 80% of ulcers are caused by a bacteria (*Helicobacter pylori*). Because animal studies show that this bacteria does not become resistant to Lemongrass essential oil, this painful condition may be soothed by ingestion of this blend of therapeutic-grade essential oils.



Lemongrass blend

10 drops Lemongrass
2 drops Oregano
2-3 drops Peppermint
Take 22 drops in 00 capsules daily.

These oils are Generally Regarded As Safe (GRAS) for ingestion. Discuss this and any other supplements you are taking with your healthcare provider first.

Product Name	Code # Size	Prices Wholesale Pref Cust Customer	Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Alkalime supplement	#3199 8 oz	\$26.75 \$30.97 \$35.20	Peppermint essential oil	#3614 15 ml	\$19.75 \$22.87 \$25.99
Essentialzyme supplement	#3272 100 tabs	\$26.75 \$30.97 \$35.20	Lemon essential oil	#3578 15 ml	\$9.50 \$11.00 \$12.50
Lemongrass essential oil	#3581 15 ml	\$10.00 \$11.58 \$13.16	Ginger essential oil	#3557 5 ml	\$10.75 \$12.45 \$14.14
Oregano essential oil	\$3605 15 ml	\$23.00 \$26.63 \$30.26	Di-Gize essential oil blend	#3324 15 ml	\$30.00 \$34.74 \$39.47

This newsletter is being sent to select Young Living members within the Zia Essential Oils organization. As a member of your Young Living upline, I have produced this newsletter for purposes of education and not solicitation. Previous newsletters and other information is available on my website www.ZiaEssentialOils.com. If you would like a free informational packet or I can be of service to you, please let me hear from you.

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