



Welcome to...

Penny Price Academy
of Aromatherapy

Saturday Club

Sat 9th September 2023



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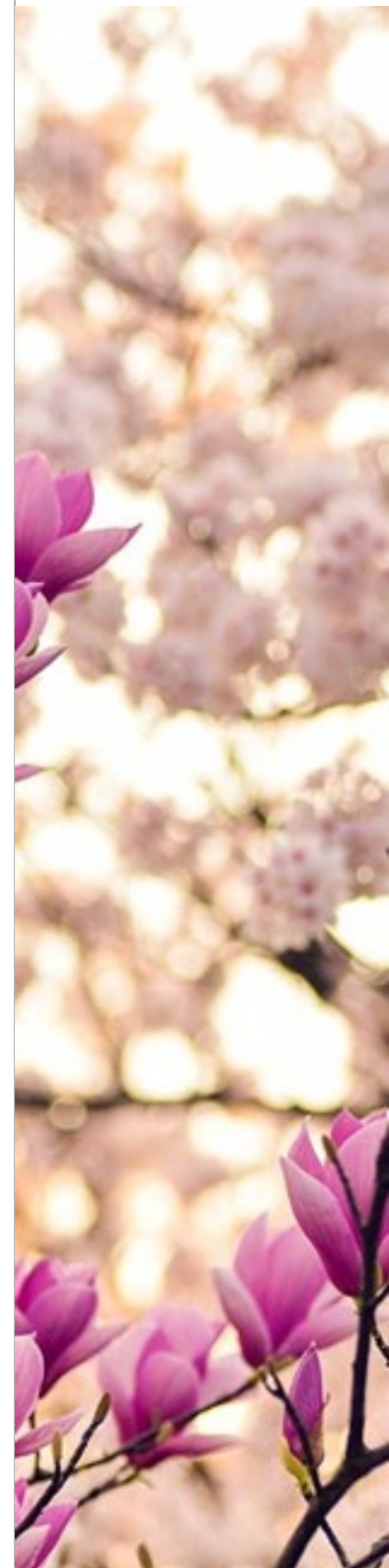
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Oils for Digestion

We all know that food, and in variety, is essential for a healthy life.... But how many of us appreciate the complexity of our digestive systems?

If our digestion is 'out of whack', this will have a knock on effect on our physical and emotional health too, so its really important we look after our gut!

Aromatherapy is all about balance, and a balanced digestion will usually be more effective and efficient....





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Digestive system- briefly!



The gastrointestinal tract is basically a tube which runs from the mouth to the anus- along the way digestion and absorption take place - food is digested both mechanically and chemically.

Enzymes are essential to the breakdown and absorption of food, by acting as the catalyst for breaking down the food particles so they can be used by our body.

The 'holding' structure of our system, the Stomach, is where a lot of the chemical reactions take place....

And where things can start to feel uncomfortable when things are not balanced.

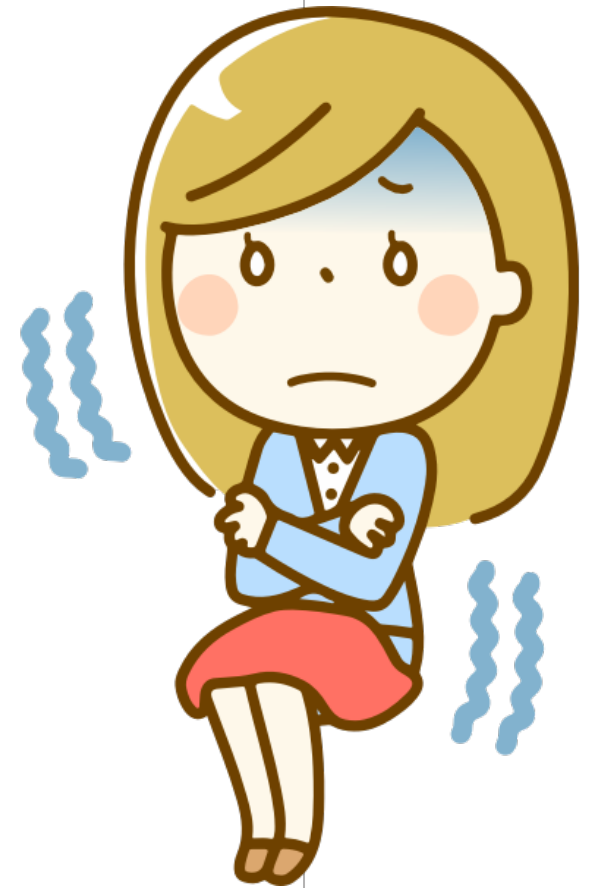
When 'full' our stomach can stretch to contain up to 4 litres of contents, and it can take 4-6

Hours to process!



When things go wrong?

From an upset tummy, wind, acid reflux,, constipation or bouts of diarrhea to more long term issues including IBS, Colitis or Crohn's disease...the range of things that can affect our digestion is as complex as the system itself. Emotional trauma can be reflected in our digestion, sometimes before we can even acknowledge that something is wrong- before our frontal brains developed, our ancient ancestors relied on their 'gut feelings'- something modern man seems to have forgotten how to do? Aromatherapy oils can offer relief, acting on the chemical and emotional effects of these imbalances. The range of oils is extensive- but here are a few suggestions.....





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Sluggish Digestion? Can lead to Constipation...

Oils to stimulate the digestion- many citrus oils, try Bitter Orange, spices including Anise Star and Ginger, and Juniper or Rosemary can be used.

Use a blend to massage in circular, clockwise motion around the abdomen- following the digestive tract, to encourage peristalsis. Start at the tummy button- easy access to the blood stream supplying the intestines- and work round (up on your right,, across the top and down on your left, easy to do for yourself)

A warm compress placed over the tummy- soak a flannel in hot water with a few drops of oil in it, or use a hot water bottle or wheat pack to ease the cramping and pain.

Many of the digestive oils have quite a strong aroma- I always ask clients to smell before using oils- sometimes other issues can influence our choices





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Indigestion

Symptoms include heartburn, abdominal pain, colic, and nausea. Stress, anxiety, over-eating and allergies can be associated with indigestion.

Calming the overproduction of stomach acids and the discomfort this can cause can be assisted by using Mandarin (or other citrus oils) Black-pepper, Peppermint or Clove.

Abdominal massage , warm compress, adding oils to the bath and taking time to relax can be helpful.





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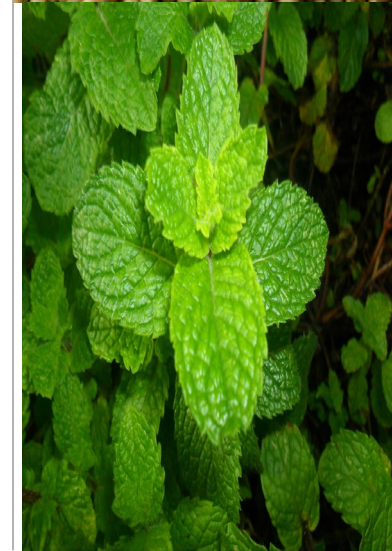
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Nausea

Starting as unsettled queasy feelings, progressing to sickness- nausea can be caused by motion, the wrong foods, or emotional stress- among many causes...

The mint family are classic cures, try combining with Coriander and Lavender? Peppermint is the classic, but how about Spearmint for added sweetness?

Inhalation can be a swift 'cure' for nausea, if the symptoms are mild or caught early- a few drops of oil on a tissue and inhaled deeply, or added to a room diffuser. Avoiding eating with nausea, however drinking is vital, especially if being sick- Mint, lemon balm or ginger teas can bring relief while keeping up hydration.





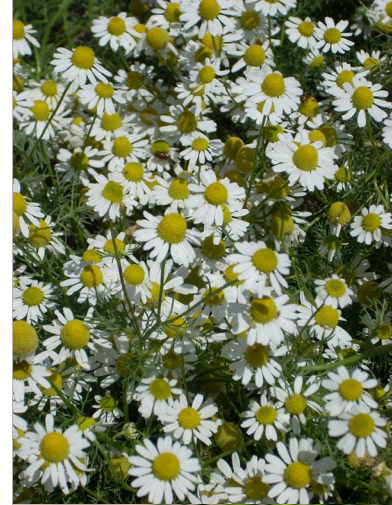
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IBS- irritable bowel syndrome

Symptoms include alternating bouts of diarrhea and constipation, flatulence, stomach pain and feelings of debilitaion. Stress, allergies and imbalances in diet can be factors. Oils which can calm and balance can be helpful- Chamomile(both Roman and German) Neroli, Petitgrain, and Marjoram may be useful.

Gentle abdominal massage, warm compress, adding oils to the bath and regular body massage can be helpful. Reducing stress and relaxation excerices can be used to keep symptoms under control, and advice on diet can be helpful- seek the advice of professionals...





Influencing factors?

Many factors can affect our digestion- emotional issues, diet, posture, exercise...the list goes on!

Digestive issues may be seen as slightly embarrassing, but we all suffer from time to time.

As there are often other factors to take into consideration, I always ask my client to smell a blend before using it, our 'gut feeling' will often tell us if an oil isn't right. Many of the oils useful for digestion have a strong aroma, listening to our clients (or our own) preference can be influential....



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Conclusion

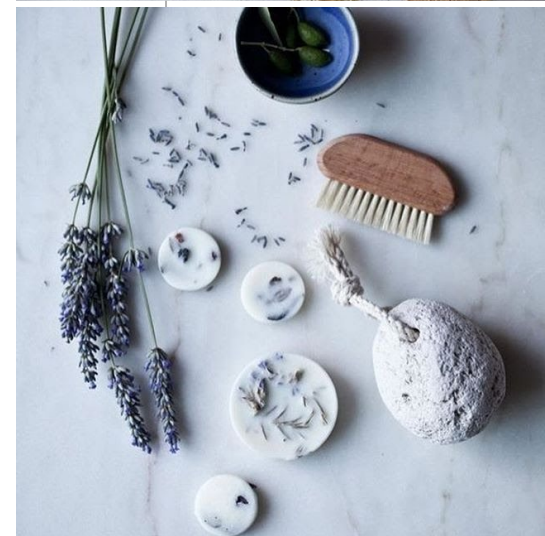
EXCLUSIVE 10% OFF ALL PRODUCTS LISTED BELOW!

- Chamomile German/roman
- Neroli
- Petitgrain
- Marjoram Sweet/ Spanish
- Coriander
- Lavender French
- Peppermint
- Spearmint
- Mandarin
- Clove Bud/ Leaf
- Black Pepper
- Ginger
- Juniper wood/Berry
- Rosemary cineole/ camphor

Use Code **septsatclub** until
30/09/23

Thank you for your continued support of
Saturday club...





Thank you...

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