



**7 Day Get Started
Transform Your Gut**

NOTICE TO READER

This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made. There are no medical recommendations or claims for the *7 Day Transform Your Gut* program or for any of the vitamin or mineral regimens described in this program.

No individual should undertake the program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the *7 Day Transform Your Gut Program*.

The statements have not been evaluated by the Food and Drug Administration.

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DAY SIX

Alternatives in Healing the Gut – Essential Oils

ESSENTIAL OILS



Essential oils carry evidence of benefit to overall gut health and can facilitate gut healing. Be sure to use caution when approaching disease states. Natural products are “not intended to diagnose, treat, cure, or prevent any disease.”

Essential oils are powerful and should be treated with the respect they deserve. REMINDER: If you have or suspect a disease or chronic ailment, seek a doctor for advice.

With that out of the way, let's highlight some of the gut healing benefits of essential oils, as backed by science.

WHAT ARE ESSENTIAL OILS



Essential oils are the most powerful part of the plant.

They are distilled from shrubs, flowers, trees, roots, bushes, fruit, rinds, resins, and herbs.

Oils consist of over 100 different natural, organic compounds.

In humans, they provide support for every system in the body: your skeletal system,, your muscular system, circulatory system, endocrine system and your hormones, respiratory system and immune system. They support brain health and healthy weight. They are used extensively for emotions and spiritual support in your prayer life. Oils can be used as an alternative to toxic cleaning chemicals in the home.

Tests have shown that oils reach the heart, liver, and thyroid in 3-seconds when inhaled; they were found in the bloodstream in 26-seconds when applied topically. Expulsion of essential oils takes 3-6 hours in a normal, healthy body

ESSENTIAL OILS TO SUPPORT GUT HEALTH

Peppermint – Like its parent plant, peppermint essential oil is known for its digestive remedy capabilities.

Peppermint has long been indicated for IBS via enteric-coated capsules. This was revisited in 2013, with *coriander* and *lemon balm* also mentioned for their effectiveness.

Thyme – An antimicrobial by day and a gut healer by night, thyme is a superhero in the world of gut health. For SIBO, thymol and geraniol have been shown “effective in suppressing pathogens in the small intestine, with no concern for beneficial commensal colonic bacteria in the distal gut.” Thymol, of course, is the major component of thyme, while geraniol is found in high concentrations in *rose oil*.

Lavender – Not only have we seen lavender be effective against dysbiosis, but it is a well-reputed source of anti-inflammatory and healing properties. Additionally—perhaps not coincidentally—lavender has been one of the most effective anxiolytic (anti-anxiety) essential oils and tested as a commercial internal preparation. Whether the anxiety was calmed due to improved gut health or it’s just a convenient double purpose, lavender is a key component of nearly any healing protocol.

ESSENTIAL OILS TO SUPPORT GUT HEALTH

Cumin - A recent study on IBS symptoms and essential oil treatments evaluated a 2% preparation of cumin essential oil in 57 patients with IBS. At the end of the four-week maximum trial, symptoms including pain, bloating, and elimination problems were significantly decreased.

This is just a highlight of the digestive oils. **Ginger** stands out for nausea and initial digestive complaints. **Citrus** oils are gentle and effective for both digestion and peripheral issues like anxiety and microbial concerns. If you're serious about rebuilding your gut, essential oils should be near the top of your toolbox, researched and ready to go.

Adapted from: <http://drericz.com/healing-the-gut-with-essential-oils/>



DIFFERENT QUALITY ESSENTIAL OILS

All oils in the world fall into one of 4 categories: Grade A, Grade B, Grade C and Grade D.

Grade A is “therapeutic,” made from organically grown plants and distilled at low temperatures. In order for a bottle to be labeled as “therapeutic grade,” it must contain 100% essential oil.

Grade B is usually labeled as “pure.” For a label on the bottle to be labeled as “pure grade,” it only needs to contain 5% essential oils. These oils may contain synthetics, pesticides, fertilizers, chemical extenders, or carrier oil.

Grade C oils are perfume oils that often contain adulterating chemicals. They usually use as solvents, for example hexane, to gain higher yield of oil per harvest. Solvents can be cancerous, and are in many store bought oil. You have to be careful, because they will sometimes label these oils as “pure” because they contain 5% essential oil. They may also be diluted 80-95% with alcohol.

Grade D is called “floral water,” which is aromatic only and usually a byproduct of Grade A distillation. After all the oil is pulled out, the leftover trash water is sold to companies which will fill 5% of the bottle with this leftover trash water, fill the rest with carriers, and label them as “pure.”

ESSENTIAL OIL QUALITY & SAFETY

Grade A is the only true pure essential oil. Before you purchase, make sure to see if the company grows their own plants, owns their own fields, and controls the entire process from seed to seal--from the farm to the sealed bottle. Pesticides, pollution, previously farmed land--all of it can affect the quality of an oil.

You've probably heard the popular saying, "Quality over quantity." Well, this hold especially true when it comes to essential oils. Many people think that when they buy oils labeled "100% pure," they are getting good oils. This is often far from true.

To be truly therapeutic, an essential oil must be free of chemicals and slowly and carefully extracted through methods that keep the original compounds safe. The oils should be bottled in dark glass containers to protect them from oxidation and sunlight , and tested to meet the standards of the species.

If you are not purchasing therapeutic grade oils, you will not be receiving the full benefits (or any benefits at all) of the oil.

Ethical companies who are committed to quality will use certain guidelines and standards to make sure their oils will preserve the property and integrity of the plant. So, I encourage you to only buy from a reputable company that is known for it's quality products, has been tested or verified by a third party, and is certified therapeutic grade.

APPLICATION METHODS

Essential Oils can be used in a multitude of ways:

1. **Aromatic:** The aromatic nature of essential oils stimulate powerful mental, emotional and physiological response. Not only does the aroma stimulate the brain, but also when inhaled into the lungs, the naturally occurring chemicals can supply therapeutic benefits.
 - Open an essential oil bottle and breathe in the aroma.
 - Place a drop or two in the hands, rub together, make a cup around the nose and mouth and breathe in.
 - Place 3-5 drops into a diffuser with water. When using a diffuser, the essential oil evaporates into the surrounding environment.
2. **Topical Use:** When essential oils are applied directly to the skin, they are absorbed and enter the bloodstream (this is because the oils are fat-soluble).
3. **Internal Use:** Not all essential oils are safe for internal use! Always read the label and check specific warnings. Never ingest an oil that's not 100% therapeutic grade.
 - Put several drops of oil into an empty capsule and swallow with water.
 - Add 1-2 drops to a glass of water, almond milk or coconut milk.
 - Add 1-2 drops to 1 tsp. coconut oil and then consume.
 - Drop certain oils directly under the tongue

LEARN MORE ABOUT ESSENTIAL OILS

Want to Learn More About Natural Health & Wellness with Essential Oils for You and Your Family?

Join my FREE Essential Oils 101 online class. Learn how to...

- How to use Essential Oils & their benefits to help support your body as a NATURAL option.
- The importance of removing toxins from your home and how Essential Oils can help.
- How to get started using essential oils without the overwhelm.

Go to <http://bit.ly/IntroEssentialOils> for more information and to sign up.

If you are local to Colorado, we can meet in person for you to experience essential oils first hand. For more information email Tiffany at tiffany@dietbreakup.com

Tiffany also offers complimentary Essential Oil Wellness Consultations. You can schedule yours at <http://bit.ly/EOConsultation>

Adapted from: <http://https://www.navs-online.org/nutrition/healthissues/foodsensitive.php/>

LEAKY GUT - VEGAN LIFESTYLE



A healthful vegan diet that provides all the essential nutrients will support the health of the gut (and the rest of the body). Furthermore, avoiding food and lifestyle components that compromise gut health (refined sugars, alcohol, stress, drugs, and smoking) are important. Finally, supplements and other therapies show promise in gut healing. The main goal, of course, is to overcome your food sensitivities. But if you find that you are still responding to trigger foods, your efforts are not for naught!

Keep focusing on good health, and you might notice an enormous improvement over time.

Adapted from: <http://https://www.navs-online.org/nutrition/healthissues/foodsensitive.php/>

TODAY AND TOMORROW:

Today

You learned some alternatives to healing a leaky gut.

Tomorrow

Let's discuss how to move forward. Please contact me to set up a time to visit.

REFERENCES

- [Essential Oil Institute, Dr. Josh Axe](#)
- [Eat Dirt, Dr. Josh Axe](#)
- <http://drericz.com/healing-the-gut-with-essential-oils/>