

Product Information and Traditional & Alternative Uses

Ginger essential oil has nearly identical health benefits of fresh ginger. The most potent form comes from the essential oil. Due to it containing higher concentrations of gingerol, a relative of capsaicin and piperine. The essential oil is the best way to use ginger and today; the essential oil is used alternatively for a variety symptoms such as of nausea, upset stomach, menstrual disorders, inflammation and respiratory conditions.

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| ① NAUSEA | ⑤ STRENGTHENS HEART HEALTH |
| ② INDIGESTION | ⑥ IMPROVES LIVER FUNCTION |
| ③ UPSET STOMACH | ⑦ VOMITTING |
| ④ REDUCES INFLAMMATION | ⑧ FLAVORING AGENT |

Primary Use - Relaxing & Detox:

NAUSEA: Put one drop on the back of the hand and lick it off (lick trick). Enhance by rubbing Aeroma di-gest and fennel in a clockwise motion on the abdomen.

VOMITING: 2 drops to 8 oz of water drink slowly. Enhance by rubbing Aeroma di-gest and fennel in a clockwise motion on the abdomen.

FLAVORING AGENT: substitute one drop of oil for 1–2 Tbsp of dried herb and one drop for two tsp of fresh herb.

IMPROVES LIVER FUNCTION: Add one drop to your Defend liver cleanse to enhance your liver cleanse experience.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Consult your primary care provider before making any changes to your current dietary regimen. Many essential oils may enhance or decrease the effectiveness of prescription drugs.

