

# Why doTERRA Essential Oils for Health & Wellness?

- CPTG: CERTIFIED PURE TESTED GRADE ESSENTIAL OILS
- Sourced from a global network of growers to ensure the most pure, potent and efficacious essential oils.
- Rigorously tested for purity and potency. Free from fillers or artificial ingredients. Free from harmful contaminants.
- 3rd Party Tested with results at [sourcetoyou.com](http://sourcetoyou.com)



## (A) AROMATICALLY

Smell from the bottle, put a drop in your hands or add to a diffuser.



## (T) TOPICALLY

Apply directly to area of concern (head, stomach or muscle) or on bottoms of feet.



## (I) INTERNALLY

Put 1-2 drops in an empty capsule or glass of water. Check the bottles for Supplement Facts to indicate an oil is safe to use internally.



# doTERRA®

Learn More: [www.theoilkings.com/science](http://www.theoilkings.com/science)

Address constipation effectively with Digestzen, digestive enzyme Terrazyme, PB Restore Probiotic, and Lemon essential oil. This combination supports digestive health, enhances enzyme activity, promotes gut flora balance, and aids in natural digestion.



## Manage Constipation with doTERRA

### Manage CONSTIPATION with these 4 steps:

- **Step 1**
  - Drink 1-2 drops of DigestZen essential oil in a shot of water to soothe upset stomach & bowels and/or rub 2 drops below belly button over intestines to maintain a healthy GI tract and reduce risk of constipation 1-3/day.
- **Step 2**
  - Take 1-3 **Terrazyme** capsules with meals throughout the day to support digestive enzymes and help digest food.
- **Step 3**
  - Take 1 capsule of PB Restore Probiotic each morning to support gut health and maintain proper bacteria balance. Avoid taking with high-temperature foods or beverages.
- **Step 4**
  - Drink 2-3 drops of **Lemon Oil** essential oil in a glass of water 2-3/day to support digestion and natural cleansing.



*Solutions for Constipation*

Tip: Stay hydrated by drinking plenty of water throughout the day. Proper hydration is crucial for maintaining regular bowel movements and preventing constipation.

