Gut Health Protocol

Step 1: Fill an **enema bag** with water and then put two drops of both the **digestion blend** and **peppermint** essential oils in the enema bag.

(I use the same bag for coffee enema's weekly)

Feel free to use my code: **HAYLEY** for a discount!

Step 2: Rub both the **digestion blend** and **peppermint** essential oils generously on your belly.

Step 3: Apply a **castor oil pack** and wear it for 4-6 hours or overnight. Again, use code **HAYLEY** for a discount!

Step 4: Take 2 of the **digestion blend soft gels** (if it the bloating is excessive take 3-5)

Step 5: Take 2 **peppermint soft gels** (if the bloating is excessive, take 3 or 4)

Shop all essential oil products here: **https://doterra.me/6j-MeP**



