

DIGESTIVE SYSTEM GUIDE

Your digestive system does far more than just break down food—it's the foundation of your energy, immunity, and overall health. When it's thriving, you'll feel energized, clear-headed, and balanced. When it's struggling, though, it can lead to bloating, fatigue, brain fog, skin issues, and even weakened immunity.

This guide will give you the tools and tips you need to:

- Build a foundation for healthy digestion.
- Support your body's natural cleansing processes.
- Nourish your digestive system with targeted products and habits.
- Thrive with sustainable routines for long-term digestive wellness.



“SUPPORT YOUR DIGESTIVE SYSTEM NATURALLY”
TIPS, TOOLS, AND YOUNG LIVING PRODUCTS FOR LONG-TERM DIGESTIVE WELLNESS

Build Your Foundation

Focus: Laying the groundwork for healthy digestion with simple habits and foundational products.

THE DIGESTIVE SYSTEM: ANATOMY 101

The digestive system is like a well-orchestrated assembly line. Each part plays a key role:

- **Mouth:** Chewing breaks food into smaller pieces while saliva begins the digestive process.
 - **Tip:** Chew your food slowly—this activates enzymes and makes digestion easier.
- **Stomach:** Digestive acids and enzymes break food into a soft mixture for the small intestine.
- **Small Intestine:** Nutrients are absorbed here with help from the pancreas, liver, and gallbladder.
 - **Why it matters:** Proper nutrient absorption fuels energy, immune health, and growth.
- **Colon:** Absorbs water and eliminates waste.



Lifestyle Tip!

Drink half your body weight in ounces of water daily. This helps flush toxins and keeps digestion moving smoothly.



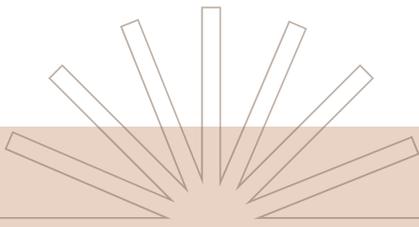
Foundation Products to Start With

LIFE 9® PROBIOTIC:

- A high-potency blend of 9 probiotic strains that promote gut balance.
- **Why it matters:** Probiotics are essential for maintaining a healthy gut microbiome. These beneficial bacteria support the breakdown of food, improve nutrient absorption, and strengthen the intestinal lining. Life 9® also plays a crucial role in immune health by preventing harmful bacteria from thriving. A balanced gut flora influences mood, energy levels, and even skin health. Without sufficient probiotics, your gut can become overrun with harmful bacteria, leading to digestive discomfort, weakened immunity, and inflammation.
- **How it supports foundational health:** A well-balanced gut flora is key to optimal digestion, regular bowel movements, and efficient absorption of vitamins and minerals. Probiotics like those in Life 9® help restore balance after disruptions caused by diet, antibiotics, or stress, creating a foundation for overall wellness.
- **How to use:** Take 1 capsule daily, preferably before bedtime.

DAILY PREBIOTIC FIBER:

- **What it is:** A plant-based prebiotic fiber supplement that delivers 6 grams of prebiotic fiber per scoop from agave, partially hydrolyzed guar gum, and prickly pear cactus extract. Naturally flavored with passion fruit powder, it's an easy, delicious way to support gut health.
- **Why it matters:** Prebiotics act as “food” for probiotics, helping beneficial bacteria thrive and multiply. This process helps maintain a balanced microbiome, which is essential for digestion, nutrient absorption, and overall wellness. Daily Prebiotic Fiber also aids in regularity, promotes healthy postbiotics in the gut, and supports feelings of fullness.
- **How it supports foundational health:** By nourishing the gut microbiome, prebiotics enhance the body's ability to maintain a healthy digestive environment, reduce bloating, and support long-term gut health. A balanced microbiome influences immune function and mental clarity, creating a solid foundation for overall wellness.
- **How to use:** Mix 1 scoop into 8 ounces of water, juice, or NingXia Red® once daily, preferably in the morning on an empty stomach.



Cleanse + Restore

Focus: Supporting your body's natural detox processes to gently cleanse the gut and restore balance.

THE IMPORTANCE OF CLEANSING + ENZYMES

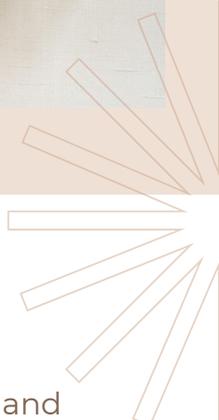
Over time, toxins, processed foods, and stress can slow digestion. Cleansing gently helps your system reset, and digestive enzymes ensure nutrients are absorbed properly.

Cleansing and enzyme support can:

- Break down food more efficiently for optimal nutrient absorption.
- Promote regular bowel movements and clear the gut of waste buildup.
- Reduce bloating, gas, and occasional digestive discomfort.
- Strengthen the digestive system to handle everyday toxins and stress.

PRODUCTS FOR GENTLE CLEANSING + ENZYME SUPPORT

- **Essentialzyme:**
 - Supports nutrient absorption and digestion with enzymes that break down proteins, carbs, and fats.
 - **Why it matters:** As we age, the body produces fewer digestive enzymes. Essentialzyme bridges this gap, ensuring your body can process food efficiently and reduce strain on the digestive system.
 - **How to use:** Take 1 tablet 30-60 minutes before meals.
- **Comfortone®:**
 - Encourages regular bowel movements with a blend of herbs and essential oils.
 - **Why it matters:** Comfortone gently stimulates the digestive tract, helping to clear out waste while soothing the intestinal lining. It's especially helpful for those with occasional constipation.
 - **Tip:** Pair this with increased water intake to support elimination.
- **ICP™:**
 - Provides fiber and essential oils to gently cleanse the colon and remove waste.
 - **Why it matters:** ICP works as an "intestinal cleanse product," scrubbing the colon with soluble and insoluble fiber. It helps detoxify and support a healthy gut microbiome.
 - **Tip:** Start slow when adding fiber to avoid bloating and drink plenty of water.
- **Digest & Cleanse:**
 - Softgels with Peppermint and Ginger oils to soothe bloating and occasional discomfort.
 - **Why it matters:** Digest & Cleanse supports the stomach lining and reduces occasional nausea. It's ideal for sensitive stomachs or when traveling.



Nourish + Support

Focus: Providing ongoing care for your digestive system with nutrition, essential oils, and supplements.

ESSENTIAL OILS FOR DIGESTIVE SUPPORT

- **Peppermint Vitality™:**
 - Soothes occasional digestive discomfort.
 - **Why it matters:** Peppermint is well-known for its calming effects on the stomach. It helps relax the gastrointestinal muscles, allowing gas and bloating to pass more easily. It's a quick and refreshing way to support a healthy digestive process.
 - **How to use:** Add 1 drop to water after meals for a refreshing boost.
- **DiGize™:**
 - Combines Ginger, Peppermint, and Fennel to support digestion.
 - **Why it matters:** This powerful blend helps to stimulate digestive enzymes and provides relief from occasional bloating and indigestion. It's an essential tool for post-meal support and travel.
 - **How to use:** Apply 1-2 drops topically to the abdomen or take internally as a Vitality™ oil.
 - **Happy Tummy Roller Recipe:**
 - 10 drops DiGize™
 - 10 drops Copaiba
 - 10 drops Peppermint
 - Fill a 15 ml roller with carrier oil. Apply to the stomach as needed.
- **Ginger Vitality™:**
 - Perfect in teas or water to soothe nausea.
 - **Why it matters:** Ginger has been used for centuries to calm the stomach. It can ease feelings of queasiness, making it a go-to for those with sensitive stomachs or during travel.
 - **How to use:** Add 1 drop to hot water with honey for a soothing tea.
- **TummyGize™ (Kids):**
 - A pre-diluted, gentle blend for children.
 - **Why it matters:** TummyGize™ is specifically formulated for little ones, offering a safe way to ease occasional digestive discomfort. The blend includes Spearmint, Peppermint, and Fennel, providing a calming effect for upset tummies.
 - **How to use:** Apply topically to the stomach area as needed.

Lifestyle Tip!

- Incorporate these oils into your daily routine by diffusing for aromatic support or using them topically and internally as directed.
- Pair your favorite digestive oils with supplements like Life 9® and Daily Prebiotic Fiber for comprehensive gut support.



Digestive Support for Kids

Focus: Gentle, natural alternatives to support healthy digestion for kids.

WHY AVOID COMMON OVER-THE-COUNTER SOLUTIONS?

Many over-the-counter solutions for occasional constipation or discomfort may provide short-term relief but can fail to address the root causes of digestive issues. Additionally, long-term use of these products may lead to dependency or disrupt the natural balance of a child's digestive system.

NATURAL DIGESTIVE SUPPORT FOR KIDS

- **MightyPro:**
 - A prebiotic + probiotic supplement that tastes like a treat!
 - **Why it matters:** This easy-to-take supplement combines prebiotics and probiotics to help balance gut bacteria, which supports digestion, boosts immunity, and reduces occasional digestive discomfort.
 - **How to use:** Tear open the packet and enjoy the powder directly or mix it into a favorite beverage.
- **MightyZymes:**
 - Chewable enzymes to break down fats, carbs, and proteins.
 - **Why it matters:** MightyZymes provides the enzymes kids need to properly digest food, especially helpful for picky eaters or those with occasional tummy troubles. Enzymes improve nutrient absorption and reduce bloating or discomfort after meals.
 - **How to use:** Chew 1-2 tablets before meals.
- **Unwind:**
 - A magnesium supplement that supports relaxation, digestion, and regularity.
 - **Why it matters:** Magnesium is critical for muscle relaxation, including the muscles in the digestive tract. Unwind supports calmness at bedtime while also encouraging smooth and regular bowel movements.
 - **How to use:** Mix it with water in the evening for a calming, digestion-supporting drink.
- **TummyGize™:**
 - A pre-diluted essential oil blend that soothes occasional digestive discomfort.
 - **Why it matters:** This gentle oil blend is perfect for easing upset tummies in kids, thanks to calming ingredients like Spearmint, Peppermint, and Fennel.
 - **How to use:** Rub a few drops directly on the stomach area as needed.



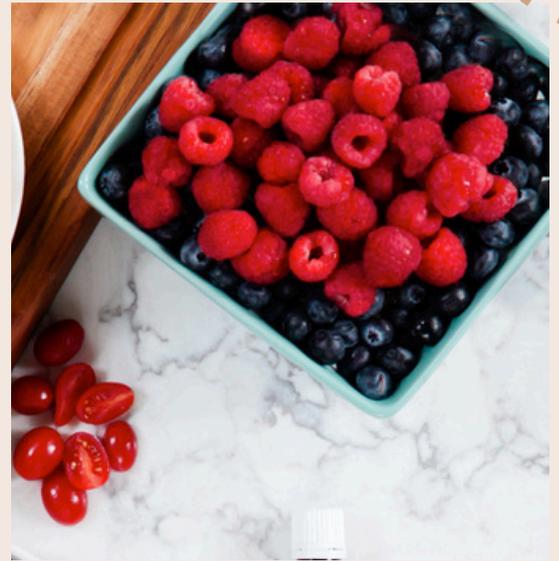


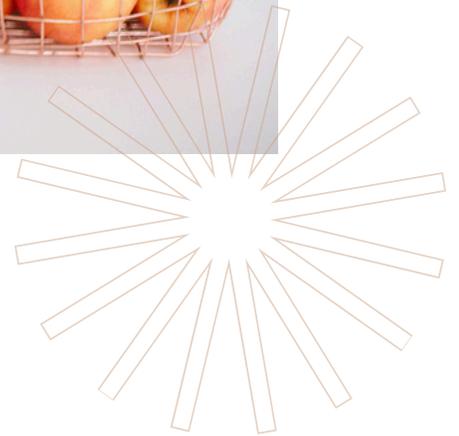
Daily Kid Friendly Routine:

- **Morning:** Start the day with MightyPro to support gut health and immunity.
- **Before meals:** Take MightyZymes to aid digestion.
- **Evening:** Relax with Unwind for magnesium support and restful sleep.
- **As needed:** Apply TummyGize™ to soothe occasional digestive discomfort.

Lifestyle Tips for Parents:

- **Encourage hydration:** Kids need plenty of water to keep digestion smooth.
- **Serve fiber-rich meals:** Include fruits, vegetables, and whole grains in their diet.
- **Model healthy habits:** Practice mindfulness around meals, like eating slowly and avoiding distractions.





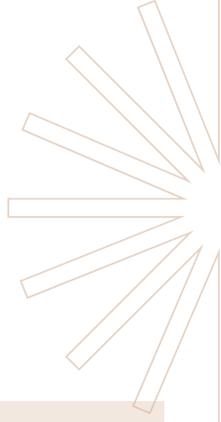
Thrive + Maintain

Focus: Sustainable habits for long-term digestive health.

HEALTHY GUT HABITS

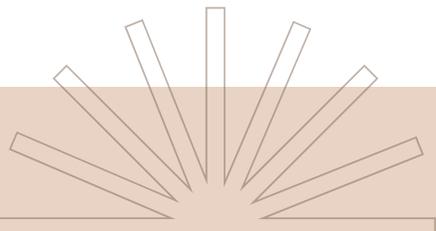
- **Hydrate:** Add **Lemon Vitality™** or **Peppermint Vitality™** to water for flavor and support.
- **Eat Real Food:** Incorporate fiber-rich foods like fruits, vegetables, and whole grains.
- **Take a Digestive Enzyme:** Enzymes help break down food more efficiently and reduce bloating or occasional discomfort. Options include:
 - **Essentialzyme:** Ideal for general digestive support; take 1 tablet 30-60 minutes before meals.
 - **Essentialzymes-4:** A dual-enzyme supplement targeting fats, proteins, and carbs; take 2 capsules with your largest meal.
 - **Allerzyme:** A gentle, plant-based enzyme for those with sensitive digestion; take 1 capsule before meals.
 - **Detoxzyme:** Supports digestion and detoxification with enzymes that aid in breaking down proteins, starches, and sugars; take 2 capsules between meals.
- **Move After Meals:** Light walking helps stimulate digestion & can help reduce post-meal blood sugar spikes.
- **Monitor Gut Health:** Pay attention to stool shape, color, and frequency.
 - **Healthy Tip:** Smooth, snake-like stool (Type 4) is ideal!

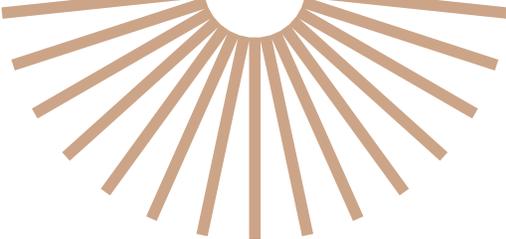
Digestive Supplements at a Glance



QUICK REFERENCE GUIDE

SUPPLEMENT	PRIMARY FOCUS	HOW TO USE
Alkalime	Balances pH, occasional heartburn	Mix with water; take between meals
Allerzyme	Gentle enzyme support	Take 1 capsule before meals
Comfortone	Encourages elimination	Take 1-3 capsules daily with water
Daily Prebiotic Fiber	Feeds healthy gut bacteria	Mix 1 scoop into water or smoothies
Detoxzyme	Detox + digestion support	Take 2 capsules between meals
Digest & Cleanse	Soothes bloating + gas	Take 1 softgel daily or as needed
Essentialzyme	Nutrient absorption support	Take 1 tablet before meals
Essentialzymes-4	Full-spectrum enzyme support	Take 2 capsules with largest meal
ICP™	Colon cleanse + fiber support	Mix 2 tsp with water; drink extra
Life 9®	Probiotic for gut balance	Take 1 capsule before bed





Digestive health is a daily practice! Start small, stay consistent, and watch your energy, mood, and wellness improve. Let's build your plan together—message me or shop here:



YOUR DIGESTIVE SYSTEM IS THE GATEWAY TO WHOLE-BODY HEALTH. BY NURTURING IT DAILY, YOU'RE CREATING ENERGY, BALANCE, AND WELLNESS THAT LASTS. I'M HERE TO CHEER YOU ON EVERY STEP OF THE WAY!

