

Single Note Essential Oils for Digestive Problems

	Abdominal Cramps	Constipation	Diarrhea	Gas	Indigestion	Irritable Bowel Syndrome	Nausea & Vomiting	Periodontal Disease
Basil	X						X	
Bergamot	X					X		
Black Pepper	X	X	X	X	X		X	
Black Spruce	X							
Cardamom				X	X		X	
Carrot Seed		X	X					
Cinnamon Bark		X	X	X	X			
Clary Sage	X	X		X	X	X		
Clove Bud								X
Cypress			X					
Eucalyptus dives			X					
Eucalyptus globulus			X					
Eucalyptus radiata			X					
Frankincense	X			X	X			
Geranium						X		
German Chamomile			X	X	X	X	X	X

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Ginger			X	X	X		X	
Green Myrtle		X		X	X			
Lavender	X			X		X		X
Lemon (Steam Dist.)								X
Lemon Myrtle	X		X			X		
Lemongrass	X		X					
Lime	X			X	X		X	
Mandarin	X		X	X	X			
Melissa				X	X			
Myrrh								X
Neroli			X		X			
Nutmeg	X			X	X			
Orange	X	X	X	X	X	X	X	
Peppermint	X	X	X	X	X	X	X	X
Ponderosa Pine		X						
Roman Chamomile	X		X	X	X	X	X	
Rosemary		X			X			
Spearmint				X	X		X	
Spikenard	X							

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Sweet Marjoram	X	X		X	X			
Tea Tree								X
White Fir	X							
White Spruce	X							