

A Little Too much Birthday Cake! NOT !!

Today is my Birthday and I am going to Splurge. I only get to have real cake a few times a year!! And my Birthday is one of those special days.

Now, I'm not going to splurge. But sometimes and especially over the past Labor day weekend you may have eaten one too many hotdogs, burgers, potato salad, chips, pretzels, beer. Anyway, you get the picture. Or maybe it wasn't you but your child (not the beer part, of course) !

Your tummies are not feeling very good and you just want to hide away for a few hours. And if it's your child you want them to feel better too.

Several essential oils can help all of you feel better. Two of the most common essential oils for upset stomach is Peppermint and Ginger. But some folks find that when they smell other oils (see the list below) and blends their tummy settles down.

You do not ingest these oils, you inhale or diffuse them or you can make them into a massage oil too.

If you suffer from gas try a little Dill and Fennel blended together. Inhale or mix a little in a carrier oil and rub gently on your abdomen.

Got a hangover? Juniper, Cedarwood, Grapefruit, Lavender, Fennel, Rosemary and Lemon can sometimes make you feel better too. Smell a few of these out of the bottle and the one or two that you crave just might do the trick to helping you feel better sooner. (Remember you are inhaling these oils or mixing with a carrier oil and massaging them on to your head, neck or stomach.)

You can try the above oils if you have an upset stomach from over eating. Although it may be too late for this past holiday picnic, you have plenty of time to get a few oils ready for the next party!!

(Please note: Al and I do not drink and so cannot tell you if these oils actually work for hangovers. Since we do not have any first hand experience if they work for hangovers. But we do know they do work for upset stomachs and nausea.)

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Aromatherapy Tip of the Week

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