

Doterra Oils & Supplements



# Oils for Crohn's & Colitis



# The Ultimate Gut Health Kit



This kit includes the items & Oils you need to start your journey (Phase 1)

## **What's included?**

Essential oils & all the items needed for safe application

# Why most Doterra Oils (have the option) to be taken internally

## Regular essential oils

Essential oils are known to never be taken internally!



## Doterra Oils

doTERRA has created a quality assurance process: CPTG Certified Pure Therapeutic Grade®. To be safe and effective, especially for internal use, essential oils must have the proper chemical profile and also be free of any impurities or adulterations. doTERRA uses a canon of third-party analytical methods to ensure that every bottle meets our high standards of composition and safety.

Please note: Each bottle is clearly labeled if that particular oil can be consumed internally or not

# Crohn's & Colitis Kit (Click here for link)



1

## Digestzen (Oil)

Doterra's description: Aides in digestion, calms occasional gastric upsets, keeps stomach jitters at bay, and maintains a healthy digestive system. Balances either diarrhea or constipation.

2

## Zendocrine (Oil)

Doterra's description: Opens detox pathways to properly eliminate & remove toxins

3

## Copaiba (Oil)\_(CB2 Receptor)

Doterra's description: Calms & Supports the nervous system, and supports a healthy inflammatory response.

Signals pathways to promote healthy liver, digestive, kidney, heart, and brain function

# Crohn's & Colitis Kit (Oils Included)



4

## Cardamom (Oil)

Doterra's description: A close relative to Ginger it soothes the GI tract, bringing down inflammation and keeping the digestive system healthy. Helps Digestion.

5

## Peppermint (Beadlets)

Doterra's description: Helps create a healthy oral microbiome, Alleviates occasional stomach discomfort, and can help calm cramps, spasms & GI Tract imbalance.

# Crohn's/Colitis Oil Protocol Phase 1



## **Wake up**

**Zendocrine** Drop 1-2 drops in water upon waking, on an empty stomach and sip until breakfast, to detox and open the pathways, balance, etc... **If you tend to have diarrhea and this product flushes you out too much, then apply topically on the body instead of taking it internally**



## **Breakfast**

**Digestzen** Put 1 drop of in veggie caps and drink with a meal or rub on belly

**Cardamom** Put 1-2 drops in a Doterra Veggie Cap or drops in water & sip through the meal (can take it with your other supplements & probiotics)



## **Lunch (or as needed through day for pain & stress)**

**Copaiba** Add one to two drops of water, juice, or tea. (can be added in with lemon water)

Place one to two drops of Copaiba under the tongue to encourage when stressed or nervous. Apply topically with fractionated coco oil on areas of pain

# Crohn's/Colitis Oil Protocol Phase 1



## **Bed**

**Digestzen** Rub on belly & let soak while you sleep :)

**If constipated Repeat Zendocrine before bed (and can be taken with mucosal healing tea)**

Drop 1-2 drops in water of upon waking, on empty stomach



## **As Needed through the day or for pain/upper GI distress**

**Peppermint Beadlet** Take on beadlet before a meal as needed for pain and digestion

**Digestzen** Put 1 drop of in veggie caps and drink with a meal or rub on belly (can take before every meal)

**Cardamom** Put 1-2 drops in a Veggie Cap or drops in water & sip through the meal-helps digest food

**If you are highly sensitive to new products or looking for all the ways of use :)**

**Tips & Tricks to using oils**  
(click here for more info)



**Apply to the bottom of your feet**

**Apply 1 drop under tongue**

**Apply topically with barrier oil as needed**

**Diffuse in the air or sniff**

**We recommend starting low & slow!**

For internal use: start with just 1 drop in water and sip to get the body acclimated, or 1 drop under the tongue, then increase to the capsules

For topical use: always dilute with a carrier oil as doTERRA's fractionated coconut oil to avoid or lessen possible skin irritation



# Additional Helpful Oils & Tips



1

## **Yarrow Pom (Potential Help for bleeding)**

Doterra's description: Helps with internal wounds and bleeding. So can be used for bleeding from IBD

Helps energetically balance you.

2

## **Trieze Capsules (Potencial Help for allergies)**

Doterra's description: Protects against seasonal/environmental allergens & promotes healthy respiratory organs

3

## **Frankincense (King of all Oils)**

Doterra's description: Diffuse when meditating to comfort the body. Superior cellular support when taken internally

# Additional Helpful Oils & Tips



4

## Cyrpress or Helichrysum

### (Potential Help for Hemorrhoid's Kit)

Doterra's description: Antispasmodic qualities, and can aid with hemorrhoids. This link is the hemorrhoid kit! Many have used these oils topically and externally on the hemorrhoid-always dilute with a carrier oil such as coconut oil to avoid irritation.

5

## Clary Calm (Potential Help for PMS & Menstruation)

Doterra's description: Soothing and calming when applied topically

6

## GX Assist (Phase 2)

Doterra's description: Contains essential oils and caprylic acid to create an unfriendly environment for potential threats (pathogens) that can disrupt digestive immunities and cause digestive upset

## Important Tips:

1. The protocols given in this guide are from a CCL member's personal journey with them and the relief that was gained from them. Each person is different and responds differently :)
2. Never use or get oils on sensitive body parts, in the eyes, directly in the nose, etc...
3. Less is more! These oils are strong Even 1 drop sometimes can be enough. 1 drop of peppermint oil is equivalent of 28 drops of peppermint tea!
4. **VERY IMPORTANT:** If you do get oils in a sensitive region or the eyes, or an area you don't want it, or if you get a reaction, etc...

**DO NOT APPLY WATER TO DILUTE-That will put the oils into the area deeper. Instead, apply a buffer oil such as coconut oil jojoba oil, or olive oil to diffuse the oil from the area.** And call a medical professional if needed.



**Need a hand?  
Got a Question on how to use  
your oils? Ready for phase 2?**

**Reach out to Linsy  
Head of Partnership Operations**

[linsy@crohnscolitislifestyle.com](mailto:linsy@crohnscolitislifestyle.com)



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