



Back to You: Feel Good From the Inside Out

Reconnect. Restore. Digest with Ease.

After a season of fun and celebration, it's time to come back to center. Your gut plays a powerful role in how you feel every day — from energy and immunity to mood and balance. Nearly 70 million Americans experience digestive issues, but simple, natural support can make all the difference.

1. Restore Balance with PB Restore



doTERRA Tip: Take PB Restore daily to reset your gut microbiome.

This unique formula delivers beneficial bacteria where your body needs them most, supporting digestion, energy, and immunity.

2. Quick Relief When You Need It



doTERRA Tip: Keep these on hand for fast-acting digestive support.

- **PB Assist+ ProBiome Gut Complex** – Great-tasting probiotic + prebiotic powder for the whole family.
- **DigestZen DigestTab** – Chewable tablets with Peppermint and Fennel to ease discomfort and gas after meals.

3. Everyday Oils for Gut Harmony



doTERRA Tip: Add these to your wellness rituals.

- **Peppermint** – Soothes bloating and cools the digestive tract.
- **Ginger** – Promotes motility and eases queasiness.
- **Coriander** – Calms occasional discomfort.
- **Cardamom** – Supports balance and healthy processes.
- **Fennel** – Encourages regularity.
- **DigestZen Blend** – A powerful mix for soothing and balance.

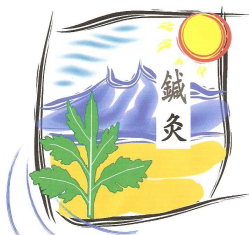
4. Daily Digestive Ritual



Try this morning practice:

- Take one capsule of **PB Restore** with your other supplements.
- Sip warm water with 1 drop **Ginger or Fennel**.
- Breathe in **Peppermint or Ginger** for clarity.
- Ask yourself: “*What part of me is asking to be restored today?*”

✨ *Feel lighter, clearer, and more in sync — from the inside out.*



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