

OILS FOR APPETITE SUPPRESSION

Inhaler or Diffuser



Oil Blend One

40 Drops Orange
20 Drops Lemon
12 Drops Ginger
12 Drops Peppermint
6 Drops Thyme

Oil Blend Two

10 Drops Neroli
5 Drops Ginger
5 Drops Grapefruit
5 Drops Cinnamon
6 Drops Thyme
2 Drops Black Pepper



Blend oils in a glass container, ramekin, or even a clean baby food jar will work.

a. Diffuser: Follow manufacture guidelines on the number of drops that can safely be placed in your diffuser. Inhale for 20 minutes before you eat your meal.

b. Inhaler: Leave the oil in the glass container and drop an organic cotton wick into the liquid. Using tweezers, move the wick around to soak up the oil. Cover the container with a lid for an hour. Ensure the liquid has been absorbed and place the wick in a tube with tweezers. Snap shut and inhale 20 minutes before you eat your meal. *Amazon carries essential oil inhaler tubes*

WARNING: DO NOT USE OILS IN A DIFFUSER IF AROUND CHILDREN OR PETS. ENSURE YOU HAVE NO ALLERGIES TO THE OILS PRIOR TO USING, AND DISCUSS WITH YOUR PHYSICIAN IF NEW TO USING OILS

Integrative Nutrition Coaching