



## Supporting Your Digestive System Plus All About Balsam Fir

How can the holidays be hard on your digestive system?

---

---

---

What tips did Samantha give to help support your digestive system through the holidays?

---

---

---

Which dōTERRA products can help with digestive discomfort?

---

---

---

Which essential oils did Samantha recommend you can use to support your digestive health?

---

---

---

What's a fun fact you learned about the balsam fir tree?

---

---

---