



**ESSENTIAL OIL
SOLUTIONS**
with doTERRA

Gut Health for the Holidays

Why are the holidays so hard for your gut?

What three doTERRA products are Tracey's favorites to use to support her gut health?

Which oils are her favorite to create a positive environment?

What other products does she also like to use?

How does Tracey work those products into her daily routine?

Which product are you most excited to try to support your gut this holiday season?
