



## Lesson Six *Digestive System*

### **Digestive System**

Your solar plexus, which is the chakra that governs your stomach and digestive organs, has the largest group of nerves besides your spine, which has the most number of nerves. It corresponds with the element of fire. Too little fire, and our digestion is sluggish. Too much fire, and we experience heartburn, frustration and anger.

### **Digestive System Function:**

- Ingestion
- Digestion
- Absorption
- Elimination

**Fermented foods** are wonderful for restoring gut bacteria. A small portion of fermented foods such as sauerkraut restores the gut better than probiotics. Adding a small amount of good quality apple cider vinegar to your glass of water is also helpful.

**Bitters** are cooling and greatly supports the liver and your digestive system. Common herbs used for a bitters tincture is:

- Burdock root
- Chicory root
- Dandelion root

*Please refer to the remedy book for details on how to make bitters.*

if your digestion is sluggish, then drinking ginger tea and/or adding ginger and warm spices to your meals will help increase your fire element.

### **Common Disorders:**

**Constipation** - Lack of water and also stress.

**Oils** - Use fennel, black pepper, parsley, celery seed

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### **Diarrhea**

**Oils** - Peppermint, roman chamomile, eucalyptus, tea tree, cypress, lavender.

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## **Indigestion**

**Oils** - Chamomile, lavender, fennel, peppermint, dill celery seed, ginger, cyprus

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**Gastritis** - inflammation of stomach lining.

**Oils** - **Chamomile, peppermint, lavender, dill, fennel.**(all cooling oils)

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**IBS**(inflammatory bowel syndrome)

**Oils** - Peppermint, lavender, chamomile

**Application** for most digestive disorders is to make a **strong massage oil** with the suggested oil or oils and massage the abdomen. Another excellent way for treating digestive disorders is to make a **foot bath**.

*Please refer to the remedy book for making a foot bath.*

### **Inner Alchemy Viewpoint:**

Questions that I think about when someone suffers from digestive disorders is their quality of life. Have they had events in their life that have been difficult to digest? I first look at diet and question whether there are allergies, but then I ponder the deeper questions. Digestion is a core process - it's your gut - so I will look at "gut responses" - is there fear of survival? the root chakra, the sacral chakra, the solar plexus - all the chakras that relate to our earlier years of life - more primal feelings - fear?, safety? Anxiety?

Then I choose the sacred oils that help with fear and safety - some of the protective oils such as myrtle, yarrow and palo santo are helpful. Some of the oils made from resins, are very grounding as are the evergreen oils and can help relieve fears.

Often with chronic constipation, fear and lack of safety since childhood and/or even birth creates a clenching that leads to constipation.

Chronic diarrhea is often also a childhood fear of rejection and a "running away" from the fear.

IBS - Irritable bowel syndrome is often accompanied with long-term anxiety. As with other digestive issues, it's most often stemming from a core survival fear from childhood.