

Essential Oils & Cravings Cliffs Notes

Essential oils have been studied and found effective at weight support.

They are also one of the easiest ways to sustain your metabolism and curb cravings.

Start with a few that interest you.

You can apply topically such as with a rollerball, diffuse to cleanse your environment or (you can add to drinking water, smoothies or sauces.

They are really spectacular.

Cassia to promote satiety, stabilize blood sugar

Bergamot to reduce cortisol, anxiousness and emotional eating

Fennel to balance blood sugar, cravings, improve digestion

Ginger to support cortisol, reduce inflammation, supports healthy digestion & reduce bloating and gas

Grapefruit and Lemon to help resist sugar cravings and bingeing

Lavender to help calm you mind and reduce stress, anxiety and lower cortisol

Peppermint to decrease gas, bloating, suppress appetite and cravings