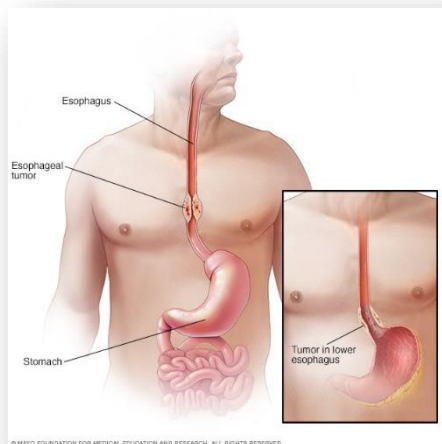


Barratts syndrome and Acid Reflux

Barrett's esophagus is a serious complication of GERD, which stands for gastroesophageal reflux disease. In Barrett's esophagus, normal tissue lining the esophagus -- the tube that carries food from the mouth to the stomach -- changes to tissue that resembles the lining of the intestine. About 10% of people with chronic symptoms of GERD develop Barrett's esophagus. (WebMD Medical Reference Reviewed by Nayana Ambardekar, MD on September 11, 2017)

There are specific essential oils which can help treat symptoms of Gastric reflux, IBS and Barratts syndrome.



Essential oils must be diluted with a carrier oil or mixed with a dispersant to dilute the oils in a bath. Essential oils can be inhaled via drops on a tissue or the use of an aromatherapy diffuser.

Essential Oils which have been shown to help relieve symptoms (consult a professional Aromatherapist)

Tarragon – *Artemisia dracunculus*
Ginger- *Zingiber officinale*
Peppermint-*Piperita mentha*
Juniper berry- *juniperus communis*
Star Anise- *Illicium verum*
Sweet Fennel – *Foeniculum vulgare*
Lemongrass - *Cymbopogon*
Patchouli – *Pogostemon cablin*

These oils to relieve acid reflux and heartburn.

Ginger essential oil helps eliminate bacteria that can cause acid reflux, while tarragon oil has “antispasmodic, antiparasitic, anti-fermentation and digestive aid properties”

Digestion

Ginger, peppermint, tarragon, fennel, caraway, coriander, and anise essential oils, all of which work together to restore balance in the digestive system. Fennel oil has long been used to treat stomach disorders like indigestion and acid reflux.

Peppermint oil in combination with caraway oil in a carrier oil to the body, may reduce feelings of fullness and mild gastrointestinal (GI) spasms.

Lemon Oil

Lemon oil’s antibacterial properties may be effective against *H. pylori* bacteria in the stomach. Application of lemon essential oil in a carrier oil to one’s stomach may temporarily sooth the stomach and has the potential to reduce the excretion of digestive acids associated with heartburn.



Please email info@ascent-therapies.co.uk for further information