



Tummy Cuddles™ eases stomach upset, bloating or colic for tiny tummies

Studies estimate that up to 20% of all infants experience colic.¹ Gastrointestinal infections and “tummy aches” are perennial problems in children. Stomach problems are unpleasant at any age but parents and practitioners alike are left with few treatments that are safe and effective. Tummy Cuddles™, a natural and safe clinical aromatherapy product from Aroma MD™ will help soothe infantile colic and mom and dad’s nerves.

Tummy Cuddles™ is a pediatrician formulated clinical aromatherapy solution for infantile colic and stomach upset from infection, inflammation and other problems in children and adults of all ages. Unlike gripe formulas that may contain grain alcohol, Tummy Cuddles™ is alcohol free. Unlike other colic formulas, Tummy Cuddles™ supports relief of the main symptoms and causes of colic and stomach discomfort.

CONDITION SPECIFIC SUPPORT AND MODIFICATION

Digestive Support:

In a randomized placebo controlled trial, 65% of infants given fennel essential oil experienced resolution of colic by Wessel criteria.² Fennel³ and cardamom⁴ have been shown to relieve bowel spasm in vitro. Roman chamomile has been clinically shown to relieve overactive bowels in children.⁵

Bloating, Gas:

Fennel, cardamom,² ginger, and galbanum have

been used for thousands of years to relieve the symptoms associated with bloating and gas.

Nausea:

Ginger has been clinically proven to relieve nausea.⁶⁻⁸

Emotional Upset, Overactive Nervous System: Roman chamomile and galbanum induce relaxation.⁹

Aromatherapy is a natural healing method which has been used for 5,000 years. Recently, interest in medical aromatherapy has grown tremendously among both patients and practitioners. Until now, it has been hard to find authoritative sources for medical aromatherapy blends and dosages. Aroma MD’s™ specially pre-blended products make patient compliance easy. Each product contains age-based dosing and clear usage instructions. Practitioners can rest assured that patients are benefitting from the most therapeutic oils at safe and effective doses.

Aromatherapy has many advantages as a treatment modality. The concentrated nature of essential oils allows for very small doses to be given. The gentle nature of essential oils allows for safety across a broad range of clinical conditions and ages. The attractive scent of essential oils increases patient compliance with treatment regimens.

Tummy Cuddles™



The organic medical aromatherapy solution for infant and child stomach discomfort*



“My family has been using Tummy Cuddles™ since my daughter was six weeks old. As a vegetarian who eats a diet high in fiber, I have repeatedly found it difficult to breast-feed without anticipating a fussy baby. I simply rub a small amount of Tummy Cuddles™ on my daughter’s stomach after nursing. She laughs aloud when she sees the container. Moments later she is kicking, cooing, and being a content, happy baby. Tummy Cuddles™ is light, non-greasy and smells great, too. My family agrees—Tummy Cuddles™ is a lifesaver!”

– A.B., Louisiana

Aroma MD™
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Medical Quality Essential Oils in Tummy Cuddles™

Support and Modification	Roman Chamomile	Cardamom	Sweet Fennel	Ginger	Galbanum
Colic	✓	✓	✓	✓	✓
Diarrhea, Stomach Flu	✓	✓	✓	✓	✓
Gas, Bloating	✓	✓	✓	✓	✓
Healthy Digestion		✓	✓	✓	✓
Nausea		✓	✓	✓	
Teething	✓	✓	✓	✓	

APPLICATIONS

Colic, Indigestion, Stomachaches and Gastroenteritis:

Internally: All ages, as directed to support discomfort, spasms and diarrhea

Topically: Rub on the baby's gums or around the areola before breast feeding or mix into infant formula or food; can also be applied to the abdomen to soothe cramps

Bath: Add to a warm bath to soothe abdominal cramps or spasms

SUGGESTED USAGE

INTERNAL: Ages 2-11 months, 1-2 drops in formula, on areola when nursing, or rubbed onto baby's gums; ages 1-4 years, 2-4 drops; ages 5-11, 3-8 drops; ages 12 to adult, 5-10 drops every 4 hours.

TOPICAL: All ages, apply below nose and on stomach as needed.

Use in conjunction with internal use for best results.

BATH: All ages, 2-20 drops stirred in bath.

**Kamyar Hedayat, MD, FAAP**

Aroma MD™ Founder and President, Dr. Hedayat is a Stanford-trained critical care physician, board-certified pediatrician and clinical aromatherapist. His training also includes a preceptorship with Dr. Andrew Weil. Dr. Hedayat is the Medical Director of

Full Spectrum Health Center for Integrative Medicine in San Diego, CA. He is the author of numerous scholarly articles on critical care and clinical aromatherapy, and is an international speaker on integrative medicine and aromatherapy. Dr. Hedayat is available for clinical aromatherapy workshops for health professionals.

For more information on Aroma MD™ products or to order, contact:

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PRECAUTIONS

Use as directed. Consult a healthcare professional before use if you are currently taking medications, if you are allergic to ragweed, or if you are pregnant. Keep out of the reach of children. Do not use near eyes or genitals. Use with caution on face or other sensitive parts of body. Do not use in infants less than 2 months of age. Internal use not recommended during pregnancy or in patients with cancer. Do not use internally for children under 6 months of age unless under the supervision of a qualified healthcare provider. Discontinue daily internal use after 3 days in children under 15 years of age, and after 2 weeks in adults. Seek professional help

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