

# 21<sup>st</sup> Global Nursing Education Conference

4<sup>th</sup> International Conference on

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## Holistic Medicine and Nursing Care

March 25-26, 2019 | Orlando, USA

WORKSHOP | DAY 1

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### Phyto-aromatherapy for the gastrointestinal health: Clinical phyto-aromatherapy for physiological and psychological gastrointestinal imbalances

An integrative approach to gastrointestinal health issues with phyto-aromatherapy and botanical remedies. Having personally battled Crohn's, colitis and IBS over the last 20 years, Jennifer has much experience, wisdom and integrative natural remedy solutions to share. Gastrointestinal (GI) issues affect millions of people, worldwide, in women and men equally, from youth to senior. As Hippocrates said, the root of disease begins in the gut. It is grand central station when it comes to microbiota-gut-brain axis communications, immunity, nutrient absorption, and optimal elimination. In this workshop we

will explore the inter-relations of the physiology and functions of the gastrointestinal tract, how it interacts with the rest of the body, various GI health concerns along with common triggers, influences, and remedies. You will gain a deeper understanding of the role and interaction the microbiome plays in relation to gut health, immunity, cellular function, hormone and blood sugar regulation, and overall mind-body processes. We will discuss the importance of the gut-brain connection, cognitive, mental and emotional disharmonies, the impact on the circadian rhythm, along with clinical-based remedies, herbal and phyto-aromatic recipes and case study review.

### Biography

Jennifer Pressimone is a certified Clinical Phyto-aromatherapist practitioner, herbalist, product formulator, author, international educator, and guest speaker. She is the founder of JennScents®, Inc. and the JennScents® Aromaversity® providing education, specialty aromatherapy products, custom blending and consulting services. JennScents is a NAHA approved Level 1, 2 & 3 Professional & Clinical Aromatherapy



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Certification School, and offers CEU's to Licensed Massage Therapists. She is the formulator and creator of a full-line of aromatherapy-based health remedies, offers personal wellness consultations (specializing in gut-brain health) and professional business development consulting services. She is a graduate of the University of Central Florida with a Bachelor Degree in Psychology and Diplomate in Spiritual PhytoEssencing. She is a Professional Member, Director and Vice President of the National Association of Holistic Aromatherapy (NAHA.org). As a gifted, intuitive master aromatherapy formulator and blender, she has been an advocate for integrative aromatherapy for over 18 years. Jennifer is passionate about empowering others—physically, mentally and emotionally..

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