



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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Essential Oils: KIDNEY

Your Powerful Sense of Smell

By Dr. Susan L. Levy

Your sense of smell is distinctly unique and quite powerful. Your sense of smell is the most ancient of your senses and is considered by some to be a primitive sensory function. You have about 400 olfactory sensory receptors that can potentially identify up to 1,000 distinct smells. The data about smells and fragrances moves directly from outside your body to the olfactory lobe of the brain before proceeding to the more advanced parts of the brain for processing. You can think of your olfactory lobe as a preliminary processing center for smell. And it can immediately interact with your limbic system and activate memories and their emotional connections.

All your sensory abilities bring information of the outer world into your brain for processing and help guide your nervous system and your cognitive decision-making functions. Your other senses of sight, hearing, taste, and touch bring information into the cortex of your brain for processing. Your senses connect you to the outer world and help regulate the inner functions of your body, your decision-making, and your ability to seek safety.

Your sense of smell directly affects your limbic system, your brain's hormonal and emotional center of function. Because of this, the aroma of essential oils can directly impact your neurological, emotional, and behavioral balance. Essential oils are quite helpful for stress, anxiety, issues of the autism spectrum, cerebral palsy, brain trauma, cognitive issues, strokes, and hyperactivity or ADHD.

In the aging population, the non-traumatic loss of the sense of smell is considered predictive of oncoming dementia and may portend death within 4 years. (Please reference pages 157-158 and the related research in endnote #1 in chapter 8 of **YOUR AGING BODY CAN TALK.**) In the general population, the recent onset of loss of smell and taste is a screening criterion for considering viral infection. Your sense of smell is more important to you than you may have thought.

Your amygdala is a small almond shaped area of your brain's limbic system that stores emotional memories and emotional triggers. It directly links to other areas of your brain that affect your basic physiology such as heart and respiratory rates, blood pressure regulation, and hormonal regulation.

Your amygdala can also interact with your stress coping mechanisms, traumatic memories, your moods, and your emotional responses. Your brain's amygdala is involved with fear, anxiety, depression, PTSD, cognitive and memory dysfunctions, and substance abuse. A great deal of study has been performed to demonstrate that the amygdala is the center of the brain's fear processing functions. It can then activate your autonomic nervous system and guide you to either stay and fight, or to run from imminent danger.

Your amygdala also contributes to the experience of joy, contentment, and happiness. May you be blessed with an abundance of these emotional states.

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Below you will find information related to specific essential oils for your kidney and its meridians, and some related health conditions.

Applying essential oils directly to the skin above the KIDNEYS and the Ureters, is simplified by using a rollerball application over your back over the lowest 4 or 5 rib areas (ribs 9, 10, 11, and 12). You will probably need to ask someone to do this for you. Another option is for your helper to apply the chosen essential oil(s) directly over your lower back, (especially covering the lower rib cage region) and then applying a warm castor oil pack over the area for at least 30 minutes each application.

Essential Oils for General Kidney Health:

- Fennel
- Idaho Tansey
- Helichrysum
- Juniper
- Lemongrass
- Rosemary

Essential Oils for Specific Kidney Health Concerns:

- **Kidney Imbalance (or ankle swelling):**
Single Oils: Clove, Geranium, German Chamomile, Grapefruit, Juniper, Ledum, Nutmeg
Oil Blends: Aroma Life. Cypress with Helichrysum. Cypress with Lemongrass. Tangerine and Cypress. Tangerine and Lavender.
- **Kidney Infection:**
Single Oils: Cypress, Juniper, Myrrh
Oil Blends: Thieves
- **Kidney Stones:**
Single Oils: Birch, Wintergreen
Oil Blends: Geranium with Juniper and Eucalyptus Radiata. Rosemary with Juniper, Geranium, or Lemongrass



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Essential Oil Blends for Feeling Fear, Dread, or Terror:

- **Forgiveness** is often the first step on the path to emotional healing, releasing, letting go, and improving our moods and attitude. This oil blend is especially effective when massaged clockwise around the navel area and the heart area.
- **Hope** is an oil blend that supports us physically and emotionally by giving us grounding, strength, and a positive outlook.
- **Stress Away** is exactly what is needed in times of feeling fearful or frightened.
- **Surrender** is an oil blend that can help us get in touch with our calm and quiet inner strength rather than exuding an overbearing or excessively rigid persona (that one might perceive as being a show of their strength). Sometimes the best way to move forward is to first soften and surrender, taking a deep breath and calmly but gently moving forward.
- **Tranquil** is a calming essential oil blend that contains chamomile, lavender, and cedar. While mildly invigorating, it is a relaxing formula that can help one overcome fear or dread.
- **Trauma Life** is both calming and replenishing. This blend helps us to overcome various types of traumata and begin healing from them on a deep level. It is uplifting and fosters healing on a cellular level.
- **White Angelica** is a comforting, embracing blend that is protective. Some consider it to act as a guardian angel would. It promotes emotional cleansing and the release of negative or distressful feelings. It also helps balance hormones and several organs, including the kidneys.