



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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Essential Oils: STOMACH

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 the stomach and its meridians, and some related health conditions.

*Applying essential oils directly to the STOMACH and digestive system may be facilitated by applying the chosen essential oil(s) directly over the abdomen, and then applying a **warm castor oil pack** over the area for at least 30 minutes each application.*

Essential Oils for General Stomach Health:

- Anise Seed
- Chamomile
- Fennel
- Ginger
- Lavender
- Orange
- Peppermint
- Tarragon
- Thyme

Essential Oils for Specific Stomach Health Concerns:

- **Gastric Ulcer:**
Single Oils: Cinnamon, Clove, Oregano, Rose, Sage, Thyme, Vetiver
Oil Blends: Exodus II, Legacy, R. C., and Thieves
- **Heartburn:**
Single Oils: Basil, Chamomile, Idaho Tansy, Lemon Oil, Sage, Sandalwood
Oil Blends: Di-Tone
- **Indigestion:**
Single Oils: Grapefruit Seed Oil, Marjoram, Nutmeg, Orange, Peppermint, Tangerine, Tarragon, Sage
Oil Blends: Thieves or Di-Tone



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Essential Oil Blends for Feeling Disgust, Despair, or Egoistic:

- **Humility** helps us find a more balanced and productive perspective and drop our feelings of disgust.
- **Joy** helps is an oil blend that brings us back to the carefree joy of living. It is balancing, soothing, and uplifting.
- **Motivation** is a blend that can be used to counteract feelings of disgust and despair and move us forward to being creatively productive and less prideful. Using the motivation blend may move us to be more open, compassionate, and giving.
- **Passion** is an essential oil blend that can assist us in overcoming emotional blockages, reestablishing a positive attitude, and moving on to achieve our goals.
- **Peace and Calming** is a perfect blend for allowing us that quiet space needed to calm ourselves and regain our sense of balance.