



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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Essential Oils: LUNGS

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 lungs and their meridians, and some related health conditions.

Applying essential oils directly to the LUNGS, the bronchioles, and the respiratory system is simplified by using a rollerball application over the bronchial and lung areas on the surface of the chest. When applied as aromatherapy, the essential oils come into the respiratory system and can immediately influence the lungs.

Essential Oils for General Lung Health:

- **Myrrh** is effective for throat problems and hoarseness.
- **Pine** dilates and opens bronchial tubes.
- **Raven** strengthens the respiratory system, dilates, and opens the pulmonary tract, and fights respiratory infections.
- **Rose, Sage, and Sandalwood** help chronic lung dysfunctions.
- **Fresh Essence** and **Fresh Essence + oral rinse** are effective for killing a broad spectrum of viruses and bacteria.

Essential Oils for Specific Lung Health Concerns:

- **Asthma:**
Single Oils: Eucalyptus Blue, Eucalyptus Radiata, Frankincense
Oil Blends: R. C., Breath Again Role-On, Sniffle Ease, Valor
- **Bronchitis:**
Single Oils: Black Spruce, Dorado Azul, Eucalyptus Blue, Eucalyptus Globulus, Eucalyptus Radiata, Lavender, Northern Lights, Ravensara
Oil Blends: Raven, R. C., Purification, PanAway, Thieves
- **COPD:**
Single Oils: Eucalyptus Blue, Eucalyptus Globulus, Eucalyptus Radiata, Marjoram, Peppermint, Wintergreen
Oil Blends: Raven, R. C., Breath Again Roll-On, Thieves



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Essential Oil Blends for Grief:

- **Acceptance** is one of the **five stages of grief** and is the culminating step of the grief healing process. This oil blend is perfect for those who are grieving.
- **Believe** is a blend to help support you in your beliefs and generally in your belief of a better future to come.
- **Envision** is an oil blend to help with our inner vision, our ability to see a better future, and helps us direct ourselves to achieving our goals. This is an excellent essential oil blend to help one move through the grief process.
- **Into the Future** inspires us to move forward.
- **Joy** brings balance and harmony to our emotions and helps us find joy in the memories of our lost one and fosters hope in the joy of our own recovery.
- **Peace and Calming** is a perfect blend for allowing us that quiet space and allow us to calm ourselves, even in the wake of grief or other intense emotion.
- **Sacred Mountain** is an oil blend that fosters a feeling of safety and empowerment. It is grounding and balancing in times of challenge and spiritual reflection. This oil blend can help us with our personal introspection. Sacred Mountain also is specifically soothing for the lungs and bronchial tubes as well as being antibacterial.
- **Transformation** is a beneficial oil blend for those who have suffered a loss. After the loss of a dear loved one, our life does transform in many aspects. Calling on the help of the Transformation formula to ease that change can be beneficial.