



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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Essential Oils: HEART

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 heart and its meridians, and some related health conditions.

Applying essential oils directly to the HEART can be simplified by using a rollerball application over the surface of the chest.

Essential Oils for General Heart Health:

- Cyprus
- Frankincense
- Goldenrod
- Helichrysum
- Jasmine
- Lemongrass
- Marjoram
- Rose

Essential Oils for Specific Heart Health Concerns:

- **Angina:**
Single Oils: Ginger, Goldenrod
- **Arrhythmia:**
Single Oils: Idaho Tansy, Marjoram, Rosemary, Verbenon, Ylang-Ylang
• *Oil Blends: Aroma Life or Joy combined with Ylang-Ylang or Marjoram*
- **Atrial Fibrillation:**
Single Oils: Helichrysum, Marjoram, Ylang-Ylang
Oil Blends: Orange combined with Goldenrod
- **Heart Attack:**
Single Oils: Clove, Cyprus, Goldenrod, Helichrysum, Idaho Tansy, Lavender, Lemon, Marjoram, Peppermint, Roman Chamomile, Rose, Solidago Canadensis
Oil Blends: Aroma Life, Harmony, PanAway, Peace and Calming, Valor, or Relieve It combined with single oils indicated above



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Essential Oil Blends for Feeling Low Self-Esteem or Helpless:

- **Hope** is an oil blend that helps us to feel supported and able to rediscover our inner strength.
- **Magnify Your Purpose** is a blend that helps you defeat negative thinking, self-pity and feelings of betrayal, and rejection. Using this blend could help you be more in touch with your higher purpose. They can help you visualize and then achieve your goals.
- **Motivation** helps us move forward with purposeful creativity.
- **Passion** is an essential oil blend that can help us with our confidence and courage while balancing our emotions and moving us forward by channeling our energy with more focus.
- **Valor** is a powerful oil blend that assists us in building courage and self-esteem, countering fear and opposition, and reestablishing self-confidence.