



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Essential Oils: Liver

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 actually 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 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.



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

Dr. Susan L. Levy

Below you will find information related to specific essential oils for your Gall Bladder and its meridian, and some related health conditions.

Applying essential oils directly to the Liver is simplified by using a rollerball application over the right lower rib cage. Another option to assist the Liver and digestive system may be facilitated by applying the chosen essential oil(s) directly over the abdomen, (especially the right upper area and right lower rib cage) and then applying a [warm castor oil pack](#) over the area for at least 30 minutes each application.

Essential Oils for General Liver Health:

Achillea, Cardamom, Cedarwood, Citrus Hystrix, Frankincense, Geranium Sage, Idaho Tansy, Ledum, Thyme

Essential Oils for Specific Liver Health Concerns:

Hepatitis:

- **Single Oils:** Celery Seed, Ledum, Ravensara
- **Oil Blends:** Di-Tone, EndoFlex, ImmuPower, Juva-Flex, Release, Thieves

Liver Congestion and Toxicity:

- **Single Oils:** Cardamom, Carrot Seed Oil, Citrus Hystrix, Geranium, Helichrysum, Ledum
- **Oil Blends:** Di-Tone, EndoFlex, Juva-Flex

Liver Spots:

- **Single Oils:** Idaho Tansy



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Essential Oil Blends for Feelings of Anger, Frustration, Irrational Behavior, and Rage:

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.

Gratitude is an essential oil blend that allows us to acknowledge our thankfulness for our good circumstances, or blessings, and our good fortune. Gratitude is the first step towards forgiveness, self-esteem and building positive relationships.

Harmony is what we all hope for, and all aspects of our life and our relationships. This oil blend brings balance, emotional healing, inner peace, and relaxation. This oil blend can help us feel in harmony with ourselves, our spirituality, and humankind.

Peace and Calming is a perfect essential oil blend for fostering tranquility, relaxation, and peace. It can allow us to calm ourselves and to be in touch with our inner sense of joy.

Present Time is a perfect blend to help center yourself and focus on the present, and to help you let go of irritating situations of the past.

Purification is an excellent oil blend for cleansing, both internally and externally. Well often used as an antiseptic, this blend has properties that help detoxify this human body as well. Letting go of anger and purification or detoxification do go hand in hand.

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 withdraw from anger.

Transformation is an oil blend that helps with moving forward and walking beyond the past.