



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare*

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## Essential Oils: SMALL INTESTINE

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.



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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.

*Dr. Susan L. Levy*

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Below you will find information related to specific essential oils for your Small Intestine and its meridian and associated emotions, and some related health conditions.

*Applying essential oils directly to the small intestine 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 Small Intestine Health:**

Basil, Caraway Seed, Cinnamon, Cumin, Fennel, Geranium, German Chamomile, Ginger, Goldenrod, Grapefruit, Juniper, Lavender, Lemongrass, Mandarin Orange, Oregano, Peppermint, Spearmint, Tarragon

## **Feeling Vulnerable or Insecure Essential Oil Blends:**

**Awaken** is an oil blend that can help people who are feeling vulnerable or insecure to awaken to their inner strength and their highest potential. This blend may also help them to forgive themselves for the uncomfortable situation they may be surrounded by.

**Di-Tone** is a simple way to tone up the digestive system. Its functions vary from coaxing parasites to leave the body, to relieving heartburn and morning sickness. In these ways, Di-Tone can help us to feel at ease with our inner self.



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**Hope** is just what we need to feel supported and to move forward towards rediscovering our inner strength.

**Joy** is a blend that reminds us that we are loved and have a great capacity to love. Joy can instill confidence in ourselves.

**JuvaFlex** is wonderful for detoxifying and cleansing the liver, the lymphatic system, and the body as a whole. It is supportive the entire digestive system. It helps people let go of addictions. Juva-flex can be calming and helps us to let go of anger. It can help overcome feeling vulnerable.

**Magnify Your Purpose** will help you defeat negative thinking, self-pity and feelings of betrayal, and rejection.

**Melrose** is useful to fight off infections from viruses, bacteria, and fungus. It also helps with tissue regeneration. All these functions that physically strengthen us can thereby help us feel less emotionally vulnerable.

**Motivation** can be used to counteract procrastination and fear of moving forward.

**Sara** is a calming and relaxing blend that helps us release trauma and difficult memories. This blend is specifically useful in cases of sexual or ritual abuse. Sara can also be used to help mitigate a deep sense of loss.

**Sacred Mountain** is an oil blend that fosters a feeling of safety and empowerment. It is grounding in balancing in times of challenge and need for spiritual reflection. This oil blend can help us with our personal introspection.

**Thieves** fights all sorts of infections including parasites, bacteria, viruses, and fungus. It is both antiseptic and invigorating. With the extensive protection that the Thieves blend provides, it is a perfect match for helping anyone feel less vulnerable.

**Valor** is a powerful oil blend that assists us in building courage and self-esteem, countering fear and opposition, and reestablishing self-confidence.

## Essential Oils for Specific Small Intestine Health Concerns:

### Gas, Intestinal Upset:

- **Single Oils:** Anise Seed, Carrot Seed Oil, Fennel, Ledum, Nutmeg, Peppermint, Tarragon.

### Diarrhea:

- **Single Oils:** Cinnamon, Clove, Lemon, Mountain Savory, Nutmeg, Orange, Oregano, Peppermint.
- **Oil Blends:** Thieves, Melrose, and Di-Tone.