



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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## Essential Oils: LARGE INTESTINES

### 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.

*Dr. Susan L. Levy*



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Below you will find information related to specific essential oils for the large intestines and their meridians, and some related health conditions.

*Applying essential oils directly to the LARGE INTESTINES 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 Large Intestine Health:

- Anise Seed
- Clove
- Fennel
- Ginger
- Oregano
- Peppermint
- Tarragon

## Essential Oils for Specific Large Intestine Health Concerns:

- **Colitis and Constipation:**  
Single Oils: Anise Seed, Fennel, Peppermint, Spearmint, Tarragon  
*Oil Blends: Thieves or Di-Tone*
- **Diarrhea:**  
Single Oils: Cinnamon, Cloves, Lemon, Mountain Savory, Nutmeg, Orange, Oregano, Peppermint
- **Diverticulitis:**  
Single Oils: Anise Seed, Fennel, Mountain Savory, Oregano, Patchouli, Peppermint, Rosemary, Tarragon, Thyme
- **Gas, Intestinal Upset:**  
Single Oils: Anise Seed, Carrot Seed Oil, Fennel, Ledum, Nutmeg, Peppermint, Tarragon
- **Hemorrhoids:**  
Single Oils: Basil, Birch, Cypress, Helichrysum, Myrtle, Wintergreen



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## Essential Oil Blends for Feeling Stuck or Defensive:

- **Acceptance** helps us to accept our current circumstances and helps us move forward in life. This blend can lend a feeling of security while helping us move through procrastination.
- **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.
- **Harmony** is what we all hope for, in all aspects of our life and 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.
- **Hope** is an oil blend that supports us physically and emotionally giving us grounding, strength, and a positive outlook.
- **Into the Future** can give us that knowledge to fearlessly move forward and find our future. Read more about this blend in the nutritional tidbits of the [January 2021 newsletter](#).
- **Joy** is an oil blend that brings us back to the carefree joy of living. It is balancing, soothing, and uplifting. The essential oil blend Joy may be just the ticket to move a person out of their “stuckness” and defensive behavior patterns.
- **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.
- **Sacred Mountain** is an oil blend that fosters a feeling of safety and empowerment that could transform the feeling of resistance and even backward motion to that of forward motion in life. This oil blend can inspire us to use introspection and reconsider our situation.
- **Surrender** is an oil blend that can help us get in touch with our calm and quiet inner strength rather than exuding an overbearing or excessively rigid persona (that one might perceive as being a show of their strength). Sometimes the best way to move forward is to first soften and surrender, taking a deep breath and calmly but gently moving forward.



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