



# 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](http://www.YourBodyCanTalk.com)

[YourBodyCanTalk2@Gmail.com](mailto:YourBodyCanTalk2@Gmail.com)

## Essential Oils: TRIPLE WARMER

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*

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

*Applying essential oils directly to the thyroid gland is simplified by using a rollerball application over the surface of the throat.*

## **Essential Oils for General Triple Warmer Health:**

Cypress, Frankincense, Helichrysum, Jasmine, Lemon, Myrrh, Neroli, Ylang Ylang

## **Essential Oils for Specific Triple Warmer Health Concerns:**

### **Hyperthyroid:**

- Blue Tansy, Lemongrass, Myrrh, Spruce

### **Hypothyroid:**

- Clove, Ledum, Lemongrass, Myrrh, Myrtle, Peppermint, Spearmint

### **Lack of Energy:**

- **Single Oils:** Basil, Cypress, Lemon, Lemongrass, Nutmeg, Patchouli, Peppermint, Roman Chamomile, Thyme
- **Oil Blends:** Acceptance, Forgiveness, Gathering, Harmony, Trauma Life, Three Wise Men



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## **Essential Oil Blends for Feelings of Confusion, Emotional Instability, or Paranoia:**

**Awaken** is an oil blend that can help people who are feeling depleted, tired, 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 that surrounds them.

**Clarity** is an oil blend that can dispel confusion. It is invigorating, brings oxygen to the brain, assists concentration while energizing the nervous system.

**Gathering** is an essential oil blend that can help harmonize your life and your surroundings. It can help you be focused and truly grounded and support clarity and balance in your life.

**Grounding** is a blend that helps balance our life and our perceptions as well as our hormones. It can help us have more stability and to cope and deal with our present circumstances.

**Present Time** is a perfect blend to help center yourself and focus on the present, and to help you let go of troubling situations of the past. It may help with mental clarity.

**Valor** is a powerful blend that can help foster courage and enjoyment of life, especially while achieving goals, overcoming challenges, and completing projects that empower us and foster our creativity.