



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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

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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 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 heart and its meridian, imbalances of joy and happiness, 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

Excess Joy or Lack of Joy Essential Oil Blends:

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.

Hope is an oil blend that supports us physically and emotionally by giving us grounding, strength, and a positive outlook.



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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 help the heart centered emotion of joy for you. This blend contains essential oil of damask Rose, one of the purest and most sought-after scents.

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.

Longevity blend promotes a little useful appearance of skin and may be able to enhance the body's own regeneration process. It is said to be one of the most appropriate blends for the heart.

Valor is a powerful blend that can help foster courage and enjoyment of life, especially while achieving goals, overcoming challenges, and completing projects that are near and dear to our hearts.

Essential Oils for Specific Heart Health Concerns:

Angina: Ginger or 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:**, Marjoram, Helichrysum, or Orange combined with Goldenrod, Ylang-Ylang.

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.