



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: PERICARDIUM

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 kidney and its meridian, and some related health conditions.

The pericardium is the protective covering of the heart. Applying essential oils directly to the pericardium, and the heart is simplified by using a rollerball application over the pericardium and heart area on the surface of the chest. The pericardium meridian directly affects the hypothalamus, the pineal gland, and the pituitary gland. They are regulatory structures and glands within the brain. You can direct essential oils to the hypothalamus, the pineal gland, and/or the pituitary gland by applying the oils with a rollerball directly over the middle of your forehead.

Essential Oils for General Pericardium Health:

Basil, Black Pepper, Clove, Coriander, Frankincense, Lavender, Melissa, Nutmeg, Oregano, Vetiver, Ylang-Ylang



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Essential Oils for Specific Pericardium Health Concerns:

Hypothalamus Imbalance:

- Clove, Frankincense, Myrrh, Patchouli, Sandalwood, Vetiver

Pericarditis:

- Helichrysum, Lavender, Mint, Oregano, Wintergreen

Pineal and Pituitary Gland Imbalances:

- **Single Oils:** Cedarwood, Frankincense, Geranium, Sandalwood
- **Oil Blends:** Acceptance, Forgiveness, Gathering, Harmony, Trauma Life, Three Wise Men

Essential Oil Blends for Feeling Unresponsive, Depleted, or Suppressed:

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.

Brain Power is an uplifting oil blend that helps bring oxygen to the brain, and to the pineal and pituitary glands. It can ward off anxiety and depression while it calms, harmonizes, and uplifts the mood and mental outlook. Brain Power can assist a person achieve a meditative state.

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.

Motivation can be used to counteract procrastination and reluctance about making decisions and moving forward.

Passion is an essential oil blend that can energize our confidence and courage while balancing our emotions and moving us forward by channeling our energy with more focus.