



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc 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: GALL BLADDER

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.

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Below you will find information related to specific essential oils for your Gall Bladder and its meridians, and some related health conditions.

Applying essential oils directly to the Gall Bladder is simplified by using a rollerball application over the right lower rib cage. Another option to assist the Gall Bladder and digestive system may be facilitated by applying the chosen essential oil(s) directly over the abdomen, (especially the right upper area and right lower rib cage) and then applying a [warm castor oil pack](#) over the area for at least 30 minutes each application.

Essential Oils for General Gall Bladder Health:

- Carrot Seed
- Celery
- Cineol
- CT
- Eucalyptus Radiata
- Geranium
- German Chamomile
- Juniper
- Lavender with Geranium
- Ledum
- Roman Chamomile
- Rosemary

Essential Oils for Specific Gall Bladder Health Concerns:

- **Gall Stones:**
Single Oils: Grapefruit, Lemon, Orange, Tangerine
Oil Blends: Forgiveness, Juva-Flex, Rosemary with Nutmeg



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Essential Oil Blends for Feelings of Resentment, Indecisiveness, Depression, or Emotionally Repressed:

- **Clarity** is an oil blend that can dispel confusion. It is invigorating, brings oxygen to the brain, assists concentration while energizing the nervous system.
- **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, 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.
- **Joy** brings balance and harmony to our emotions and helps us find joy in the memories of our lost one and fosters hope in the joy of our own recovery.
- **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.
- **Tranquil** is a calming essential oil blend that contains chamomile, lavender, and cedar. While mildly invigorating, it is a relaxing formula that can help one let go of resentment.