



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: SPLEEN PANCREAS

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 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, moods, and 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 the stomach and its meridian and emotional correlate, and some related health conditions.

Applying essential oils directly to the SPLEEN and PANCREAS is simplified by using a rollerball application over the middle and left upper abdominal areas.

Essential Oils for General SPLEEN and PANCREAS Health:

Basil, Coriander, Fennel, Fenugreek, Frankincense, Geranium, Grapefruit, Lemon

Oil Blends for Feeling Low Self-Esteem or Helpless:

Hope is an oil blend that helps us to feel supported and able to rediscover our inner strength.

Magnify Your Purpose is a blend that helps you defeat negative thinking, self-pity and feelings of betrayal, and rejection. Using this blend could help you be more in touch with your higher purpose. They can help you visualize and then achieve your goals.

Motivation helps us move forward with purposeful creativity.

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.



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Valor is a powerful oil blend that assists us in building courage and self-esteem, countering fear and opposition, and reestablishing self-confidence.

Essential Oils for Specific SPLEEN and PANCREAS Health Concerns:

Diabetes:

- **Single Oils:** Coriander, Cinnamon, Fennel, Dill, Cypress, Rosemary CT Cineol, Pine, Ylang-Ylang
- **Oil blends:** Thieves alone or Thieves combined with Cypress, Lavender, or Helichrysum

Hypoglycemia:

- **Single Oils:** Lavender, Cinnamon, Cumin, Clove, Caraway, Thyme, Lemongrass, Geranium, Coriander, Dill
- **Oil Blends:** Thieves blend alone or combined with Lavender or Ylang-Ylang

Pancreatitis:

- **Single Oils:** Lemon or Marjoram

Support for Spleen:

- **Single Oils:** Lemon or Thieves
- **Oil Blend:** Purification or ImmuPower