



How to Use Essential Oils
to Reboot your Mood,
Energy, Sleep and Libido

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Have you ever asked yourself, “So what’s aromatherapy and what can it do for me?”

Besides the fact that it may smell good, what benefit can it possibly have to address the myriad of problems that we all face just living in this stressful world? Aromatherapy, also



called Essential Oil therapy is an art and science that utilizes aromatic essences distilled from plants. The essential oils promote health of our body through physiological and psychological processes. Rene-Maurice Gattefosse coined the term “aromatherapie” in 1937. As a French chemist he experienced firsthand the incredible healing benefits of lavender after receiving severe burns in a laboratory accident.

Essential oils (EO) have been used for hundreds of years for their beneficial antiseptic, anti-inflammatory, and hormone balancing qualities. They have a strong, positive influence on our central nervous system providing assistance with reducing pain, enhancing muscle relaxation and up-lifting our emotions. Aromatherapy does not depend upon olfactory perception (Hongratanaworakit, 2004). Those who have lost the ability to perceive odors (anosmia) will receive the benefit of the oils as well (Nasel et al., 1994). Chemically, the structure of essential oils allows them to penetrate our cell membranes and enter into our system. There they can interact with our neurotransmitters and cells to provide positive outcomes. Although essential oils are derived from herbal (plant) sources they can be 100-10,000 times more concentrated than the herb itself. Therefore, just 1-3 drops may be all that is used. The benefits of essential oils can be acquired by inhaling, applying topically and in some cases ingested. Just be sure that you are using 100% essential oil without other substances added. Steam distillation or cold pressed extraction methods without the use of solvents is a safe method for the production of the EO’s. Unfortunately, commercialization has added to the adulteration of many oils.

Essential oils are composed of dozens to hundreds of compounds. Lavender for instance has at least 200 compounds. The chemical formula of a synthesized oil does not equate to the same effect as an oil produced by nature. According to Dr. David Stewart, essential oils are “vehicles of living energy”, and are much more than just chemistry. Dr. Stewart (B.S. in math and physics,

and Ph.D. in geophysics) has studied the effects of essential oils from a quantum physics perspective. EO molecules are composed of aromatic rings but are not just molecules of matter. They are energetic waveforms. Quantum physics deals with things smaller than an atom and that are beyond our five senses. In quantum physics the experimenter is always part of the experiment. This is an interesting point when we begin to use essential oils in our daily life. Because EO's are living energy, the human intent and decision can affect the frequency of the EO. You may be familiar with Masaru Emoto's work in his book *Messages from Water (1999)*. He found that holding beautiful thoughts toward H₂O created beautiful crystal formations in the H₂O. When thoughts of anger or hate were held, then ugly chaotic formations developed. Another researcher Franklin Loehr performed experiments in "mind over matter". In his book *The Power of Prayer on Plants (1969)*, he showed that human thought affected the binding angle between hydrogen and oxygen in the water molecule. He showed how prayer also positively affected the growth of plants. So what does this have to do with essential oils and their effects on your stress points in life? The chemistry of the oil may **define** the possibility but the **intent** from the person using or delivering the oil will **manifest** that possibility. Therapeutic essential oils are composed of chemical compounds produced by nature. There are known physiological and psychological possibilities when inhaled or applied. These include:

- Antimicrobial
- Hormone balancing
- Frequency elevation
- Anti-oxidant (clove oil is nature's most potent anti-oxidant)
- Emotional release
- Spiritual support- may increase intuitive power

It's no wonder that sanctuaries burn incense to enhance prayer and meditation. Inhaling essential oils stimulates our limbic system, which may elevate our mood. It also stimulates our pineal gland located in the center of our brain causing our conscious mind to let go of worries and concerns.



When we are dealing with hormones that may need “resetting”, we want to look at the root cause of the problem, not just mask the symptoms with medicine or oils. I like to find solutions to many problems by tweaking as few factors as possible. That’s a formula for success. I am trained as an M.D. in Physical Medicine and Rehabilitation with a focus on integrative approaches to health. The common thread weaving together all the complaints of my patients is poor sleep quality. Now we know how critical it is to nourish our bodies with high quality food, pure water and nutrients. However, restorative sleep is so vital to our vitality that without it, all the organic food, spring water and positive mantras we chant won’t matter much. I believe that sleep is to optimal health, as location is to real estate. So here goes: Sleep, Sleep, Sleep is the key to feeling fantastic. Why is sleep the key? Because all the symptoms that we complain about can be linked back to sleep deprivation. And, sleeping extra hours on the weekend won’t make up for the deficits we incurred throughout the week. Our source of strength comes from our sleep. A lack of sleep leads to a kaleidoscope of complaints. Without restorative sleep the following symptoms may and can develop:



- Low energy/fatigue
- Depression/anxiety
- Moodiness/irritability
- Weight gain
- Pain
- Brain fog/poor attention & memory
- Stress
- Low libido

What factors determine restorative sleep? “Restorative” refers to uninterrupted sleep with appropriate cycling of stages. Optimal time is 8 hours per 24 hours. Now, I know many of us have circumstances that make this a challenge. Family, children, work, committees, commuting, homework, illness, you name it. But, sleep is required. How can we optimize sleep to get the best quality? First, having a regular bedtime is very helpful. I would suggest making a list of the responsibilities and things you do on a daily basis. We often repeat the same actions day in and

day out. Preparing a list of items you “need” to do the next day can eliminate wasted time in the morning. Prepping your day the night before will easily allow you extra shut-eye. Something as simple as getting your clothes together at night will eliminate the conversation in your head “what should I wear today?” Let’s face it, sometimes our memory isn’t as good as we’d like. Consistently placing items in one location will eradicate the false belief that your keys grew wings. Looking for glasses, keys, etc. is a waste of time. That precious time adds up and could allow you more sleep. Also, consider these techniques for successful sleep habits:

- Proper hydration (water, not alcohol or coffee)
- Avoid stimulants
- Shut TV and computer off at least one hour before bedtime
- Lights out at night (black-out curtains/sleep mask)
- Use the bed for sleep/sex (not homework, eating, TV)
- If you can’t fall asleep, get out of bed and read or try meditation
- Regular exercise during the week (even a 15 minute walk daily)

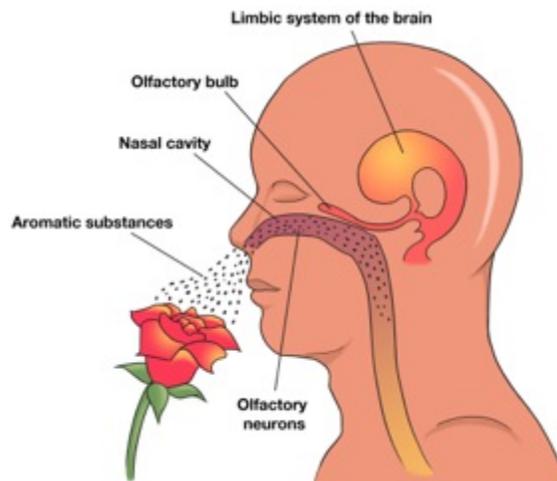
The frustration associated with lack of focus, mood swings, weight gain, pain, low libido and stress in our lives is really a vicious cycle perpetuated by sleep deprivation. So, the imbalance really can be leveled when you realize just how important sleep is to your health. Sleep is not optional and should not be placed on the back burner of importance. In fact, as reported in the January 2007 Harvard Heart Letter, it is well established that poor sleep increases levels of C-reactive protein, interleukin-6 and tumor necrosis factor-alpha. These are markers of inflammation and inflammation is a key player in developing heart disease and diabetes. Another study showed that insufficient sleep for just one night could be as detrimental to your driving ability as having one alcoholic drink. Just makes you want to pull the covers over your head right now.

So now that you’ve heard the skinny on sleep, how do essential oils factor into the formula for success in the arena of your life? The benefits of using essential oils via diffusing (inhalation) or topically are plentiful. And the positive effects of oils can cross-pollinate and impact many problems. So how do these essential oils really produce results?

Emotional Connections with Smell

Scents can evoke memories and emotions before we consciously think about it. Our sense of smell is the only sense that does not have an “editing team” to make conscious decisions. Our senses of sight, touch, hearing, and taste all pass information through our thalamus in the brain, which relays messages to our cerebral cortex. This allows our thought center to participate in our response.

When we smell essential oils, the molecules are tapping on the door of our limbic system. Remember- the limbic system is a powerful mediator of emotions. When the nasal lining is greeted by pleasant scents, we can have profound physiological and psychological benefits. The sense of smell is much more powerful than auditory or visual input. A study by Herz (2004) showed that the memories recalled by odors had significantly more emotional and evocative content than memories elicited by sight or sound. This explains the visceral responses we may have to smelling cookies baking or cut grass. Takes you right back there. Hopefully they are good memories.



The Nose to Brain Connection

The limbic system communicates with parts of our brain that control blood pressure, heart rate, and stress levels. This can have many positive effects on our health. The limbic system can

directly activate the hypothalamus, our master gland. The hypothalamus acts as our hormonal control center.

The hypothalamus is responsible for the production of growth hormones, neurotransmitters such as serotonin (the happy molecule), thyroid hormones, and sex hormones. Essential oils when inhaled can help to alleviate stress, negative feelings, and bring energy to your day.

Studies have also documented that essential oils may reduce appetite due to their influence on the hypothalamus. A section of the hypothalamus regulates satiety after a meal. This is all good news! Our brain is a magnificent masterpiece.

So let's take a look at some of the essential oils that are often used to help alleviate the common but troublesome complaints that I mentioned. First, since lack of sleep is often an inciting culprit, let's line up a few of the most effective EO's that we can use to induce sleep. The benefits of oils will be named but this is not a complete list of all the positive influences. The oils may have more uses. Some essential oils are applied directly and others may be diluted with carrier oil before application. Almond oil and Jojoba oils are examples of a carrier oil.

Oils to Promote Sleep/Relaxation

LAVENDER (*Lavendula augustifolia*)

Nicknamed "the Swiss army knife of oils" for its versatility.

Benefits:

- Relaxant/calming
- Analgesic
- Anti-inflammatory
- Improves cognitive performance
- Improves depression/anxiety



Two key constituents in the EO include linalyl acetate and linalool. Steam distillation of the flowering bud yields the essential oil. Sleep research with lavender reveals that lavender improved sleep quality in healthy students (Hirokawa 2012) and midlife women with insomnia

(Chien 2012). Oral lavender preparations – Silexan (80mg/day) showed a significant benefit on quality and duration of sleep without causing unwanted sedative effects in people with mixed anxiety disorder. Placing 1-2 drops of lavender on your hands or cloth and inhaling it aids sleep, but taking too much can have the opposite effect. You may also want to combine it with chamomile for added benefit.

VALERIAN (*Valeriana officianalis*)

Benefits

- Sedative to the central nervous system
- Improves insomnia and anxiety
- Emotionally balancing



Two key constituents are bornyl acetate and camphene. The oil is extracted by steam distillation of the root. The smell of valerian may not be pleasing to some but it can decrease theta waves and increase beta waves in the brain promoting a sedative effect. Directly inhale, diffuse or apply 2-4 drops to location. The German Commission E reports that valerian is an effective treatment for restlessness and for sleep disturbances resulting from nervous conditions.

YLANG YLANG (*Cananga odorata*)

Benefits

- Reduces anxiety
- Improves depression
- May reduce blood pressure
- Balances energy
- Anti-inflammatory



The flowers are steam distilled and are picked early in the morning to maximize oil yield. Key ingredients include Germacrene D, Alpha Farnesene and Benzyl Acetate. Directly inhale, diffuse or apply 2-4 drops to location diluted 1:1 with carrier oil.

ORANGE (*Citrus sinensis*)

Benefits

- Reduces insomnia
- Anti-depressant
- Relaxant



The main constituent responsible for its effects is limonene. It is cold pressed from the rind. The oil can be inhaled, diffused or applied topically. If applied to the skin it is photosensitizing, so avoid the sun on any exposed skin areas that you may have applied the oil. A 1995 study from Mie University revealed that citrus fragrances boosted immunity, induced relaxation and reduced depression.

Incorporating any of these oils listed above with the pointers outlined to improve your sleep hygiene should provide help for sleep problems. Here's to good sleep and not counting sheep!

Oils to Diminish Pain and Headaches

PEPPERMINT (*Mentha piperita*)

Benefits

- Pain reliever
- Digestive stimulant
- Diminishes musculoskeletal pain and headaches



Extracted from steam distillation of the leaves and stems. Its key ingredients are menthol and menthone. Caution should be taken to avoid contact with the eyes/mucus membranes/wounds. It is quite volatile so inhalation should not be done too close to the eyes. Placing 1-2 drops on the temples or sore muscles, inhaling, or diffusing can provide relief. Caution for use in people with hiatal hernias as it may relax the esophageal sphincter and aggravate GERD.

HELICHRYSUM (*Helichrysum italicum*)

Benefits

- Anesthetic
- Antispasmodic
- Stimulant



Helichrysum is steam distilled from the flowers. Its top constituents are neryl acetate, gamma curcuneme, and limonene. 2-4 drops applied to temple, back of neck or location of pain. It may also be diffused.

WINTERGREEN (*Gaultheria procumbens*)

Benefits

- Analgesic/anesthetic
- Anti-spasmodic
- Anti-inflammatory



The main constituent methyl salicylate is commonly used in linaments for musculoskeletal pain. It is steam distilled from the leaves and bark. It can be used for arthritis, muscle and nerve pain. Directly inhale, diffuse or dilute 1-2 drops with carrier oil such as almond or jojoba and apply to the location of discomfort.

GERMAN CHAMOMILE (*Matricaria recutita*)

Benefits

- Powerful antioxidant
- Anti-inflammatory
- Relaxant
- Anesthetic



The key constituents are bisabolol oxide A and trans-beta-farenesene. It is used in arthritis pain, carpal tunnel and headaches. It relieves nervous tension. Apply 2-4 drops with a carrier oil to the location needed. It can also be directly inhaled or diffused. Use 2-3 times per day.

Oils for Focus and Memory

ROSEMARY (*Rosmarinus officinalis*)

Benefits

- Enhances mental clarity/concentration
- Improves recall
- Improves memory



Rosemary is steamed distilled from the leaves. Its main constituents are 1,8 cineol (eucalyptol), camphor, and alpha-pinene. Study by Moss (2003) showed an improvement in memory and recall.

PEPPERMINT (*Mentha piperita*)

We already learned how peppermint is used to alleviate pain and headaches, not to mention its benefit for digestion. Did you ever wonder why you see those mints displayed at restaurants? Well, peppermint is one of those incredibly versatile oils. A study by Dr. William Dember at the University of Cincinnati showed that inhaling peppermint oil increased mental accuracy by 28 percent.



VETIVER (*Vetiveria zizanioides*)

Benefits

- Used to improve attention in ADD and ADHD
- Decreases anxiety
- Relaxant



Key constituents include isovalencenol and khusenol.

It is steam-distilled from the root. Studies by Terry Friedman, M.D. showed significant improvement in performance within 60 days after inhaling vetiver, cedarwood and lavender twice per day.

LEMON (Citrus limon)

Benefits

- Improves memory and relaxation
- Improves microcirculation
- Improves concentration



Cold pressed from the rind. The key constituents are limonene, gamma-terpinene, and beta-pinene. Lemon has many uses. With its calming and anti-depressant effects, mood and focus can be improved. Lemon can be diluted 1:1 with a carrier oil and applied to the skin. Avoid sun exposure for 24 hours to areas applied as citrus oil can photosensitize the skin. Lemon essential oil is wonderful inhaled or diffused!

Oils to Enhance Libido

GERANIUM

Benefits

- Used for hormone imbalances
- PMS
- Menstrual problems
- Anti-oxidant
- Anti-inflammatory



Key constituents are citronellol and nerol, citronnelyl formate and geraniol. It is steam distilled from the flowers and leaves. 2-4 drops topically, inhale or diffuse.

YLANG YLANG

Benefits

- Used to combat anxiety and depression
- Balances energy
- Restores sense of peace



We already saw that this help with sleep and relaxation. The term Ylang Ylang means “flower of flowers” and has been used historically to cover the beds of newlyweds. Diffuse, inhale, or apply diluted with 1 part EO to 1 part carrier oil.

JASMINE (*Jasminum officinale*)

Benefit

- PMS
- Uplifting
- Decreases anxiety
- Stimulating



The flowers are picked at night to maximize fragrance. Jasmine has been nicknamed the “queen of the night.” It has been treasured for its seductive scent. Applied topically, inhaled or diffused. Its constituents include benzyl-acetate and benzoate.

Uplifting Oils to Reduce Stress

FRANKINCENSE (*Boswellia carteri*)

Benefits

- Anti-depressant
- Immuno-stimulant
- Muscle relaxant



The fragrance is believed to increase spiritual awareness, attitude, and uplift spirits. It is also known as the “oil from Lebanon”. It has been used in religious ceremonies for millennium. It is a resin that is distilled from the frankincense tree. Key constituents include alpha-pinene, limonene, sabinene, and myrene. Frankincense contains sesquiterpenes, which stimulate our limbic system in the brain. This is the center for our emotions and memory. Frankincense also stimulates the hypothalamus, pineal and pituitary glands. This is a powerful essential oil to target stress and anxiety. Apply 2-4 drops topically, directly inhale or diffuse.

LAVENDER (*Lavendula angustifolia*)

We have reviewed the fact that this is the “Swiss army knife of oils”. Inhaling, diffusing and applying topically are all beneficial to achieving a state of relaxation when stressed. Diluting and spraying lightly on bed linens may also induce a soporific state.



SANDALWOOD (*Santalum album*)

Benefits

- Stimulates the limbic system (emotional center)
- Used to enhance meditation
- Grounding



Steam distilled from wood. Key constituents include alpha-santalol and beta-santalol. Used for centuries in Ayurvedic medicine. It is high in sesquiterpenes that stimulate the pineal gland which is responsible for producing melatonin – the hormone which controls our circadian rhythm. Sandalwood can be directly applied topically, inhaled or diffused.

Overall, the essential oils are chemical formulations that nature made and humans have discovered and converted into aromatherapy. The benefits are plentiful. The laws of quantum physics apply. That is, possibilities abound by the nature of the chemistry of the oils, but it is when you concentrate and visualize the results that you desire that you can manifest an outcome that truly brings results.

RECIPES FOR BLISS

It is my belief that rituals that enhance how we feel are not categorized in the pamper file but rather “essential for health”. That is why I encourage my patients to diffuse essential oils in their home and office, get daily exercise, eat nourishing foods, take in lots of water, and be with people that boost your joy juice. Epsom salt soaks are very uplifting to your mood and definitely

soothe aching muscles. Epsom salts are comprised of magnesium sulfates. Magnesium is vital to muscle relaxation. It works!!

I'm going to include a few recipes for how you can brighten up your mood, soothe tired muscles and just feel better. Remember, you can easily do these throughout your week. No need to wait for a special occasion.

Herbal Bath Fizzy

Collect the following ingredients:

- | | | |
|----|-------------------------------|----------------|
| 1. | Cornstarch | 4 tablespoons |
| 2. | Baking soda | 10 tablespoons |
| 3. | Citric acid | 4 tablespoons |
| 4. | Fine mineral salts | 4 tablespoons |
| 5. | Water | 2 tsp |
| 6. | Sweet almond or
Jojoba oil | 2 tsp |
| 7. | Lavender | 6 drops |
| 8. | Lemon | 4 drops |
| 9. | Sandalwood | 3 drops |

(You can combine any three oils that you feel will delight you)



Combine the dry ingredients (salts, baking soda, citric acid and cornstarch) in a bowl and use a whisk to stir them together. Add the wet ingredients to the dry ingredients and gently whisk together until the consistency of mildly wet sand. There will be bubbles formed due to the presence of the baking soda and citric acid. If there are clumps then work them out by using your fingers. Avoid too much water. Place the mixture in fun silicone molds like hearts or stars. The mold size should be comparable to a clamshell or computer mouse. This should make about 8 fizzies. Allow 2-4 hours to dry. Flip the molds over and allow another couple of hours to fully dry. You can place actual petals (i.e., rose or lavender) in the mold before adding the mixture to give it a beautiful look. Great idea for a group activity or just to make as gifts for yourself or friends. Drop one fizzy in the bathtub and enjoy! WARNING: You may not want to leave.

DIFFUSER: Place about 10-12 drops of the oil(s) of your choice into the diffuser using purified water. Most diffusers can be programmed to go on intermittently so you can enjoy the benefits all day long. A diffuser in your home will have the added benefit of helping your whole family, including the dog.

Some nice combinations are:

1. Ylang Ylang, Neroli, Patchouli
2. Rose and Jasmine
3. Peppermint, Orange and Lemon
4. Frankincense and Peppermint



Brighten your Day Room Spray

Combine two ounces of water, five drops of Ylang Ylang, 10 drops of Orange and 2 drops of lemon. Use amber or blue glass spray bottles for essential oils. EO's should not be stored in plastic and should be kept out of bright light.

I hope that this introduction to the benefits and use of Essential Oils will encourage you to incorporate these gifts of nature into your personal health cabinet.



Remember to always use therapeutic essential oils that are free from adulteration by synthetic chemicals. Nature did a perfect job in creating them. We just need to listen to her wisdom and reap the abundant benefits.

Happy Diffusing!

For more information, ideas and guidance for learning or acquiring therapeutic essential oils, please visit me at:

www.AromatherapyDoctor.com

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Please add the following book

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