



Wholistic Emotional Healing: Ridding yourself of emotional baggage by eliminating false belief systems and utilizing natural solutions from Gods storehouse.

~ Joyce Harrell, RN, OCN

Disclaimer

- The advice shared has not been evaluated by the FDA. The products and methods recommended are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace proper medical help. As you look for answers, kindly understand that essential oils work to help bring the body into balance – thus helping the body’s natural defenses to restore homeostasis. Essential oils are not used to “treat” medical problems.

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Emotional Health & Mood

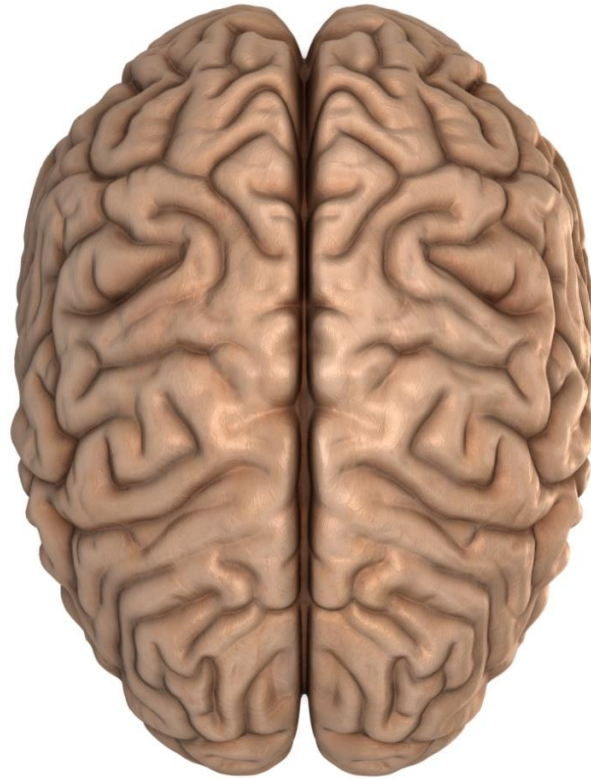




Pre-Schoolers are the Fastest Growing
Market for Antidepressants

-National Mental Health Association

Brain Chemistry



Autonomic Nervous System

Sympathetic

Fight or
Flight

Parasympathetic

Rest and
Digest

Sympathetic Response

- Stress is a result of sympathetic overload
- Stress mimics disease
- Stress is the result of conflict:
 - Emotional, Physical, Spiritual, Mental
- Negative emotions result:
 - Stressed out
 - Frustrated
 - Unhappy



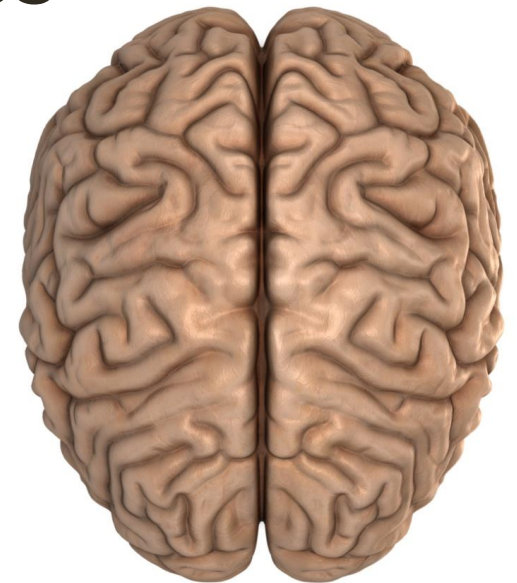
Parasympathetic Response

- Homeostasis – stable, balanced, equilibrium
- State of Well Being
 - Emotional, Physical, Spiritual, Mental
 - Positive emotions result:
 - Peaceful
 - Calm
 - Happy
 - Aligned



Blood Brain Barrier

- Serves as a barricade
- Small molecules can pass the barrier- less than 800 amu (atomic mass unit)



Essential Oils Are...



- Small & lipid molecules
- Less than 500 amu
- One drop = 40 million-trillion molecules

We have 100 trillion cells in our body. One drop of essential oil can cover every cell in our body with 400,000 molecules!

Power of Aroma

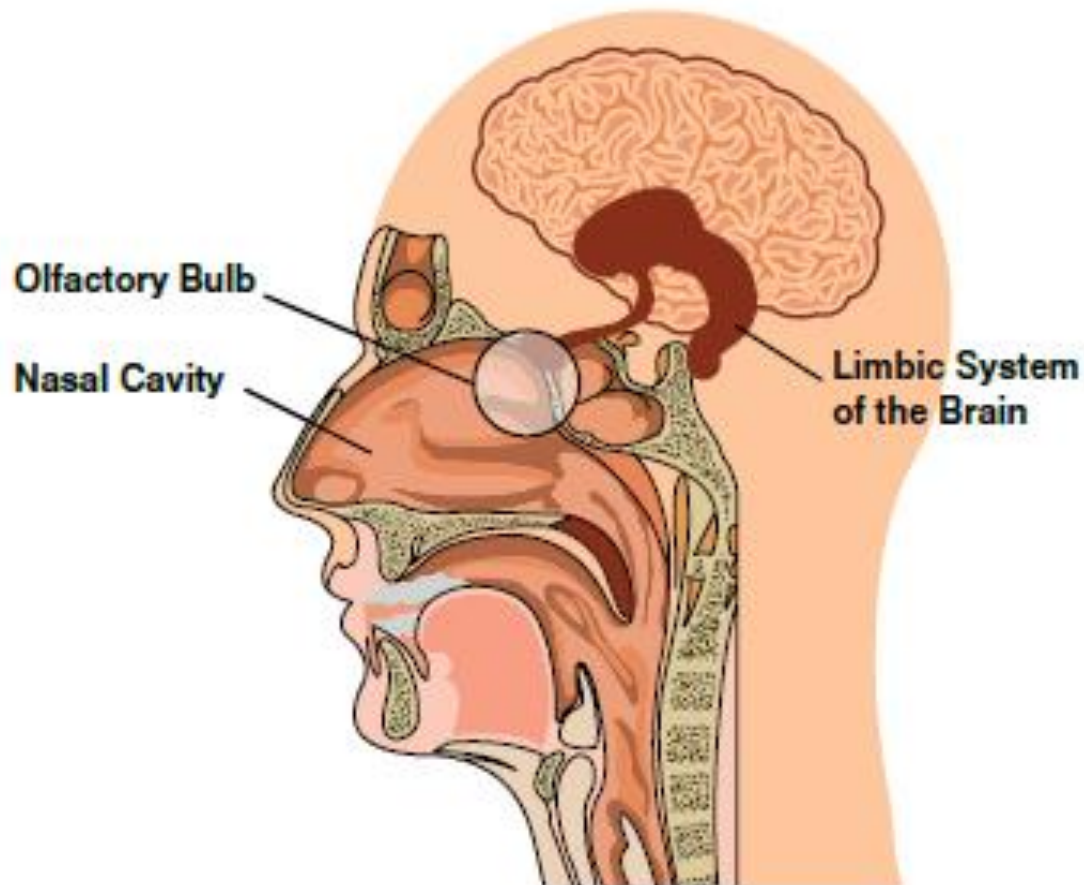


Why Diffuse?



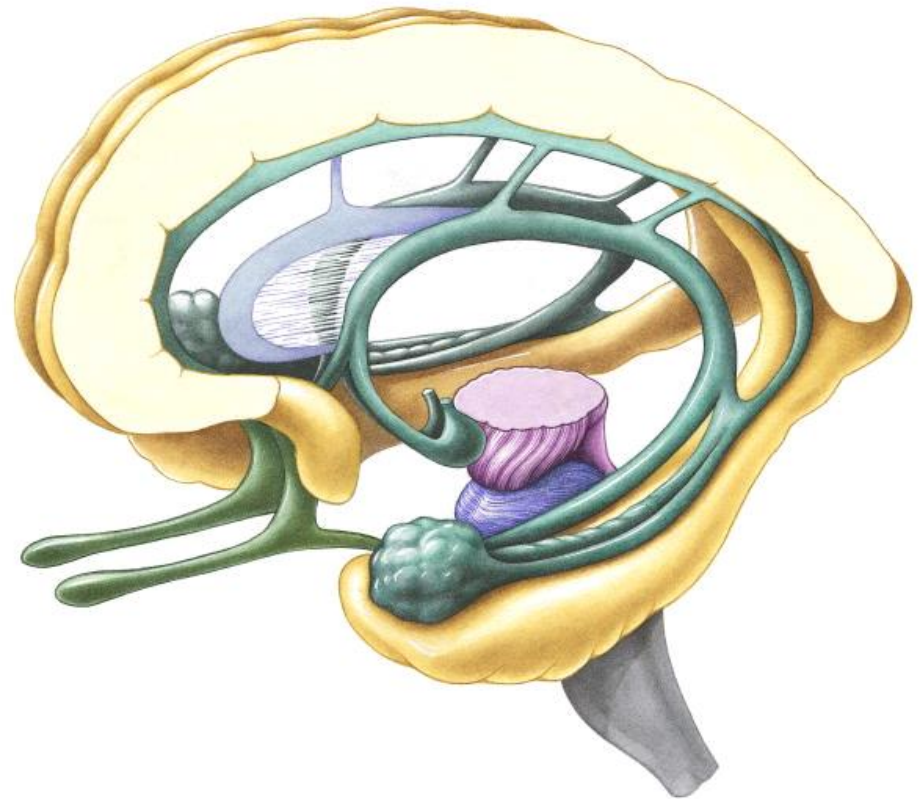
- Sense of smell- 10,000 X more sensitive than any other sense
 - Smell can...change moods, memories, and ease tension

Olfactory System



The Limbic System

- Emotions
- Memories
- Hormones
- Autonomic Influence



Mood Ailments

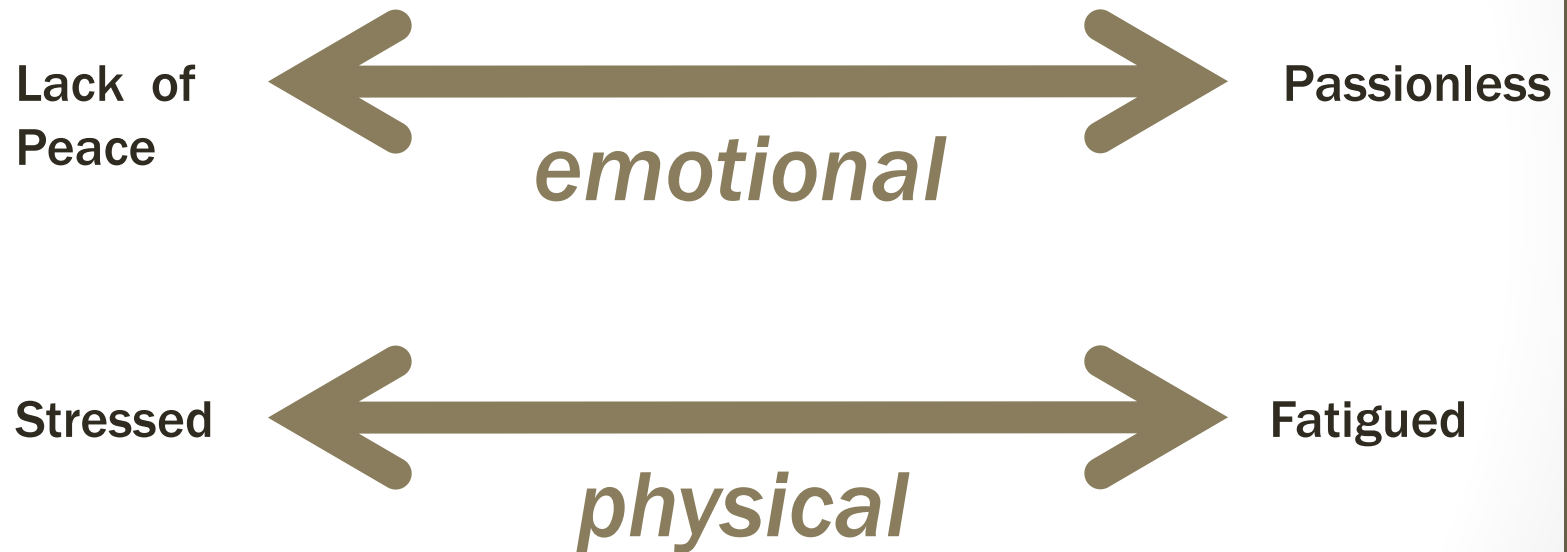
Depression

Anxiety

Stress

Our moods are a complex
interplay of emotional and
physical components

Mood Continuums



Fatigued

Calming
Composing
Placating

I



II



Invigorating
Stimulating
Motivating

No Peace



No Passion

Grounding
Reassuring
Consoling

IV



III



Inspiring
Encouraging
Cheering

Stressed

Suggested Daily Routine for Beginners:

Morning

Frankincense: put a drop on thumb and place in roof of mouth. One drop on back of neck.

Balance: one drop on bottom of feet.

Throughout the day

Citrus Oils: diffuse.

Serenity: for anxiety or stress, place one drop on earlobes , temple or back of neck.

Whisper: to balance hormones, put one drop on bottom of feet.

Night

Frankincense: put a drop on thumb and place in roof of mouth. One drop on back of neck.

Balance: one drop on bottom of feet.

Calming Oil: diffuse (i.e. lavender, sandalwood, ylang ylang)

Your Routine

- Pick oils that “speak to you”
 - Pleasing aromas
 - Journal your feelings

Resources

- Joyce Harrell's Website: <http://www.theessentialnurse.com>
- Email: joyce@theessentialnurse.com
- I recommend doTERRA Certified Pure Therapeutic Grade Essential oils. You can contact me or Laurie Jeron pertaining to essential oils. (or whoever guided you to this learning series)
- Laurie's doTERRA website is:
<http://www.mydoterra.com/lauriejeron>

