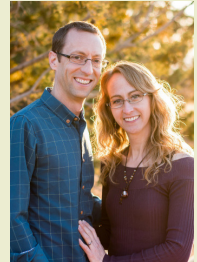


Aromatherapy for Release of Self-Destructive Patterns



PRESENTER ANGELA MELTON, EEM-CP, CNHP, WA

- Eden Energy Medicine Certified Practitioner
- Certified Natural Health Professional
- Professional educator and Diamond Wellness Advocate of largest manufacturer of therapeutic grade essential oils
- Former CFO and owner, Guardian Angels home health agency
- Former National Guardian (for adults)



Angela@Oils2EmpowerYou.com; (505) 310-1790

WORKSHOP GOALS

- Understand how aromatherapy can directly influence the limbic region of the brain and promote relaxation, manage moods and facilitate emotional release and healing.
- Be familiar with resources for current scientific research and studies showing the efficacy of using natural, plant-based essential oils to manage moods, assist with release from addictive behaviors, and enhance relaxation and recovery from emotional and physical fatigue and burn-out.
- Understand the appropriate uses for and be familiar with simple, non-intrusive techniques that can be incorporated into a treatment plan, in addition to or as an alternative for traditional talk therapy, both during therapy sessions and as an at-home coping mechanism.

WE WILL EXPERIENCE THE OILS!

- You will have the opportunity to experience essential oils today
- We will space them out so our sense of smell remains sharp
- Be mindful when sampling the oils
- Smell only
- Do not touch top of bottle
- Make notes about favorites



SAFETY CONSIDERATIONS

- Use common sense
- Follow any label instructions
- Keep out of eyes and ears
- Essential oils are 50-70 times more potent than herbs
- Use very small amount, but consistently
- Use caution with sensitive skin: dilute or neutralize with pure carrier oil (always dilute for children and elderly)
- Best to diffuse oils for children & elderly
- Avoid certain oils if you have hypertension, epilepsy or are pregnant or nursing



WORKSHOP DISCLAIMERS

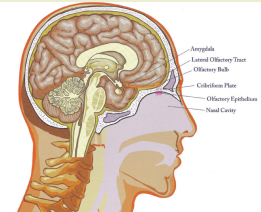
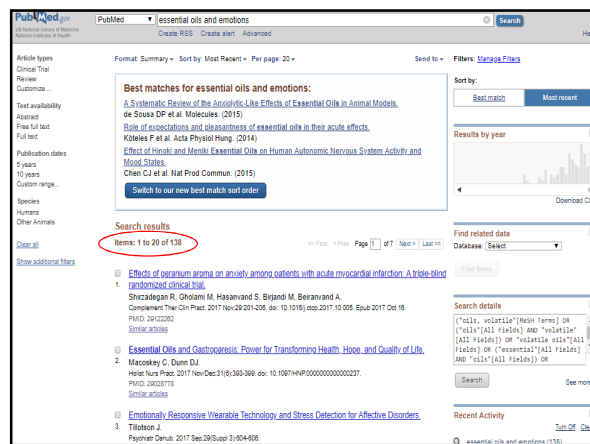
- We will not give medical advice (presenter is not a doctor, nurse or chemist). Instead, we will share information and resources
- Workshop information not approved by FDA and not intended to diagnose, treat, cure or prevent any mental or physical conditions
- Information provided is for educational purposes only



PUBLISHED RESEARCH ON ESSENTIAL OIL EFFICACY

Free websites:

- AromaticScience.com
- AromaticPlant.org
- PubMed.gov

Best matches for essential oils and emotions:

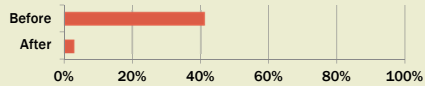
- A Systematic Review of the Anxiolytic-Like Effects of Essential Oils in Animal Models, de Sousa DP et al. *Molecules*. (2015)
- Role of expectations and disappointment of essential oils in their acute effects, Koteles F et al. *Acta Physiol Hung*. (2014)
- Effect of Hinkel and Mente Essential Oils on Human Autonomic Nervous System Activity and Mood States, Chen CJ et al. *Nat Prod Commun*. (2015)

Search results: Items: 1 to 20 of 138

VANDERBILT HOSPITAL EMERGENCY ROOM STUDY

- Citrus oils including **lemon, wild orange, lime, and Invigorating Blend** were intermittently diffused in the air.
- Before using essential oils, **41%** of staff members surveyed felt work-related stress very often. After the use of essential oils, only **3%** felt work related stress very often. **Stress experienced outside ER did not change.**

ER Stress Level

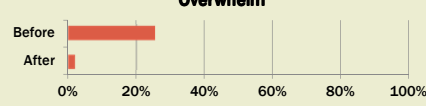


Category	Percentage
Before	41%
After	3%

VANDERBILT HOSPITAL ER STUDY

- The self-reported feelings of being overwhelmed changed from **25%** ("very often") before implementation to **2%** after implementation.

Overwhelm

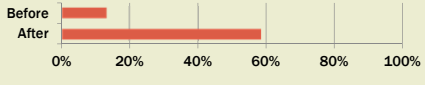


Category	Percentage
Before	25%
After	2%

VANDERBILT HOSPITAL ER STUDY

- Feelings of being well equipped to handle stressors at work changed from **13%** before implementation to **58%** afterwards.

Ability to Handle Stress

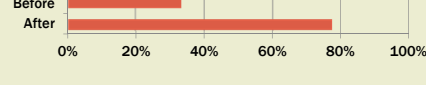


Category	Percentage
Before	13%
After	58%

VANDERBILT HOSPITAL ER STUDY

- Perceptions of optimal energy level went from **33%** before implementation to **77%** post implementation.

Energy Level



Category	Percentage
Before	33%
After	77%

VANDERBILT HOSPITAL ER STUDY

- A **36% decrease in work related stress** was reported by the ED healthcare workers, along with reduction of feeling overwhelmed and reports of greater ability to handle stressors and increased energy.
- The Wellness Committee is currently in the process of publishing their study. They are also moving forward with implementing essential oils use into direct patient care.

WHAT IS AN ESSENTIAL OIL?



- Natural aromatic compounds in the seeds, bark, stems, roots, flowers, and other parts of plants
- 1 drop = 40 million trillion molecules



HISTORICAL USES OF ESSENTIAL OILS



- Used for thousands of years in Egypt (3000 BC)
- Earliest medical writings from China refer to essential oils
- Used by Hippocrates, father of modern medicine
- Helped to fight black plague (14th century)
- Used during WWII to treat soldiers' wounds
- Widely used today in Europe, Australia and Asia; experiencing significant growth in U.S.

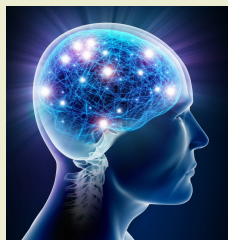
ESSENTIAL OILS ARE NOT ALL ALIKE



- Most department store essential oils are synthetic.
- Many adverse reactions to essential oils are caused by additives and/or solvents rather than the essential oils themselves.
- Virtually no drug interactions with purest essential oils
- FDA does not regulate essential oils or labeling.
- Most potent when grown in indigenous habitat
- Every person is unique—different essential oils work best for different people.

HOW CAN ESSENTIAL OILS HELP?

- When inhaled, many can pass through blood-brain barrier
- Address emotional issues and offer support for mental health and well-being
- Help gently bring unexpressed emotions to the surface for resolution
- Support healthy connections between neurotransmitters and receptors
- Provide symptomatic relief and long-term benefits



HOW ESSENTIAL OILS AFFECT MOOD

- Video by Dr. David Steuer



SELF-DESTRUCTIVE BEHAVIORS

- Excessive self-sacrifice
- Being overly sensitive
- Hiding true feelings
- Avoiding responsibility
- Not allowing others to help
- Not taking care of your health
- Excessive pessimism & self-pity
- Rejecting others to avoid being rejected
- Setting yourself up to fail (self-sabotage)
- Compulsive or addictive behaviors
- Excessive need for recognition or approval
- Having abusive relationships
- Letting others take advantage of you



EMOTIONS UNDERLYING BEHAVIOR

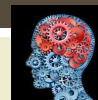
- Depression
- Anxiety/worry
- Overwhelm
- Hopelessness/despair
- Low confidence/self-esteem
- Self-judgment
- Guilt



EOS FOR SELF-DESTRUCTIVE PATTERNS

- Inhalation of specific aromas produce the neurotransmission needed to attenuate withdrawal/craving symptoms.
- Citrus oils help produce an elevation (and balance) of neurotransmitter activity.
- Studies show some EOs help modulate dopaminergic activity (clary sage, patchouli, Roman chamomile, oregano, and thyme).

SYNTHETIC VS. NATURAL CHEMISTRY



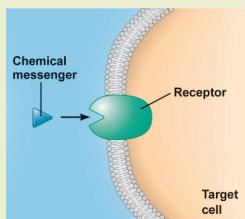
- Synthetic drugs have a singular molecular structure with a single therapeutic property.
- Therapeutic grade essential oils have complex molecular structure with multiple therapeutic properties—each oil has dozens to hundreds of chemicals, with 3 to 4 predominant compounds.
- Due to bio-diversity, our bodies are much less likely to build up resistance to effects of essential oils or experience side effects.
- Essential oils are physiologically active, which means they directly influence the body. Unique structural features of essential oils allow them to be active both on the surface of cells and within cells.

RECEPTOR SITES

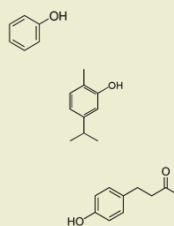
- Often times receptor sites are “pre-occupied” or blocked with toxic signal molecules

PURE essential oils will:

- Clean off receptor sites
- Support cellular communication
- Support intracellular messaging



BASIC ESSENTIAL OIL CHEMISTRY



- **Phenols:** help clean the receptor sites
- **Monoterpenes:** restore or reset DNA to “factory setting”
- **Sesquiterpenes:** delete or unscramble bad information from cellular memory; penetrate blood-brain barrier
- **Ketones:** cross the blood-brain barrier and are a more efficient fuel than glucose

MANAGE & REINFORCE MOOD

- **Manage Mood** – Use essential oils to help influence mood (for example, use a uplifting oil to elevate mood).
- **Recall/Reinforce Mood** – Use a specific essential oil when you are in desired mood (for example, use wild orange when feeling joyful); then use same oil to recall and revisit desired mood (use wild orange to help inspire joy).



USING ESSENTIAL OILS FOR EMOTIONAL HEALTH

- Choose the 3 essential oils/blends you are most drawn to (**typically issues you are comfortable addressing**)
- TAP 1 drop to palm and rub hands together (remove glasses if needed) and hold out in front of face and inhale
- Wait 5-10 minutes to take effect
- Note even small changes; if no change in 4 days, try another essential oil
- Use: intuition, bio-survey, muscle testing



USING ESSENTIAL OILS FOR EMOTIONAL HEALTH

- Read about their characteristics in book
- Drawn to = help emotional growth OR physical need
- Use for 3 months to invite emotional healing!
- Journal as to what emotions/issues surface
- Now identify the 1 oil/blend you most dislike (**issues you may be resisting?**)
- Usually the oil you need MOST ...use regularly for 3 months and keep a journal! You may come to love it!



ESSENTIAL OILS FOR SPECIFIC ADDICTIONS

General Support for Addictions

- **Bergamot**: dispels self-judgment/despair; reignites optimism/hope; supports self-acceptance
- **Frankincense**: helps align with truth; support for anxiety/deep sadness; assists in spiritual awakening
- **Peppermint**: helps rediscover joy of being alive; improves alertness/mental stamina
- **Vetiver**: reduces anxiety/anger/stress; challenges need to escape emotional pain; uncovers root of issues
- **Siberian Fir**: brings negative family patterns to light; encourages maturity and courage to refuse to participate in unhealthy generational patterns

PEPPERMINT – OIL OF A BUOYANT HEART

- Brings joy and invigorates – powerful for discouragement or depression
- Keeps you on the surface of emotional issues – a short “breather”
- Improves alertness and mental stamina

Body Systems:

- Digestive
- Immune
- Circulatory
- Nervous
- Respiratory
- Muscles, bones, skin



Usage:

- Place one drop in palm, rub hands together and inhale; or diffuse.
 - Place 1-3 drops over chest or stomach. Dilute if desired.
- Use with caution with hypertension. May reduce breast milk.



ESSENTIAL OILS FOR SPECIFIC ADDICTIONS

Alcohol addiction:

- **Basil**: Aids in overwhelm, burnout, fatigue, inability to cope; gives hope/optimism for recovery; clears negative thinking, anxiety & depression
- **Frankincense**: Helps align with truth; support for anxiety/deep sadness; assists in spiritual awakening
- **Ginger**: Addresses victim mentality, feeling powerless, blaming others, lack of control in life
- **Juniper Berry**: Helps dispel negative thinking; helps restore balance between conscious/unconscious
- **Roman Chamomile**: Helps shed what is meaningless and focus on fulfillment; helps to recognize when patterns and lifestyle not in harmony with greatest good
- **Rosemary**: Encourages to look deeper and ask more soul-searching questions & seek inspired answers; inspires trust in Higher Power

ESSENTIAL OILS FOR SPECIFIC ADDICTIONS

Drug addiction:

- **Basil:** Aids in overwhelm, burnout, fatigue, inability to cope; gives hope/optimism for recovery; clears negative thinking, anxiety & deep sadness
- **Eucalyptus:** Reveals unhealthy patterns of thinking
- **Frankincense:** Helps align with truth; support for anxiety/deep sadness; assists in spiritual awakening
- **Ginger:** Addresses victim mentality, feeling powerless, blaming others, lack of control in life
- **Grapefruit:** Elevates mood; assists with cravings, withdrawal; detox
- **Lavender:** Encourages emotional honesty; anti-anxiety
- **Marjoram:** Softens heart; heals past wounds; restores trust
- **Roman Chamomile:** Helps shed what is meaningless and focus on fulfillment; helps to recognize when patterns and lifestyle not in harmony with greatest good

ESSENTIAL OILS FOR SPECIFIC ADDICTIONS

Eating Disorders (Anorexia/Bulimia):

- **Bergamot:** Dispels self-judgment/despair; reignites optimism/hope; supports self-acceptance
- **Cinnamon:** Helps control issues caused by insecurity; encourages to be honest, vulnerable
- **Grapefruit:** Elevates mood; assists with cravings, withdrawal
- **Slim and Sassy (Metabolic) Blend:** Supports release of heavy emotions; encourages feelings of self-worth; encourages to rise above self-judgment

ESSENTIAL OILS FOR SPECIFIC ADDICTIONS

Eating Disorders (Over-Eating):

- **Basil:** Aids in overwhelm, burnout, fatigue, inability to cope; gives hope/optimism for recovery; clears negative thinking, anxiety & deep sadness
- **Grapefruit:** Elevates mood; assists with cravings, withdrawal; helps with judgments about body
- **Thyme:** Assists with fatigue/exhaustion; aids with toxic emotions (hate, rage, resentment); encourages tolerance, patience, forgiveness
- **Slim and Sassy (Metabolic) Blend:** Supports release of heavy emotions; encourages feelings of self-worth; encourages to rise above self-judgment

ESSENTIAL OILS FOR SPECIFIC ADDICTIONS

Entertainment addictions:

- **Vetiver:** Reduces anxiety/anger/stress; challenges need to escape emotional pain; uncovers root of issues
- **Serenity (Restful) Blend:** Calms feelings of hostility, fear, anger, jealousy, resentment; helps view others with tenderness, compassion; heals emotional wounds
- **Balance (Grounding) Blend:** Helps reconnect with roots; reminds to stay focused in material world; provides inner strength and fortitude

BALANCE BLEND – OIL OF GROUNDING

- Brings joy and invigorates – powerful for discouragement or depression
- Supports balance of left and right brain and to live in the present moment.
- Fosters stability, connection of lower body and earth bringing inner strength and fortitude.
- Encourages letting go of connection, commitment, inner strength, perseverance and self-contamination

Body Systems:

- Nervous
- Muscle and bone systems
- Skin
- Emotional balance

Usage:

- Best used on bottom of feet
- Inhale directly from bottle throughout day or diffuse
- Apply to spine or reflex points.
- Add 1-3 drops to bath.



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ESSENTIAL OILS FOR SPECIFIC ADDICTIONS

Hoarding:

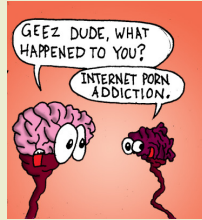
- **Wild Orange:** Inspires gratitude and abundance, fosters creativity, supports positive mood, aids in transition; encourages to let go of scarcity mindset; promotes confidence that there will always be enough to meet needs



ESSENTIAL OILS FOR SPECIFIC ADDICTIONS

Pornography addictions:

- **Frankincense:** Helps align with truth; support for anxiety/deep sadness; assists in spiritual awakening
- **Helichrysum:** Restores confidence in life and the Self; renews hope for living, healing; teaches to be grateful for life's trials as opportunities for growth; helps face adversity with determination and courage



ESSENTIAL OILS FOR SPECIFIC ADDICTIONS

Self-Injury:

- **Frankincense:** Helps align with truth; support for anxiety/deep sadness; assists in spiritual awakening
- **Oregano:** Helps persons who are unwilling to budge and are unteachable; encourages to leave behind toxic relationships, jobs, habits, patterns, behaviors



ESSENTIAL OILS FOR SPECIFIC ADDICTIONS

Sexual addiction:

- **Cinnamon:** Helps control issues caused by insecurity; encourages to be honest, vulnerable
- **Geranium:** Renews sense of trust; softens anger and assists in healing emotional wounds; facilitates emergency of grief or pain that has been suppressed
- **Sandalwood:** Helps with deep sadness and emotional release; assists in reaching beyond current confines/beliefs; teaches true humility, devotion

ESSENTIAL OILS FOR SPECIFIC ADDICTIONS

Tobacco addiction:

- **Basil:** Aids in overwhelm, burnout, fatigue, inability to cope; gives hope/optimism for recovery; clears negative thinking, anxiety & deep sadness
- **Black Pepper:** Reduces cravings; reveals facades used to hide undesirable aspects of Self; reignites motivation, energy; invites to live in integrity with Self
- **Clove:** Releases victim mentality; helps stand up for self; helps healing from trauma/abuse; assists with establishing clear boundaries
- **Grapefruit:** Elevates mood; assists with cravings, withdrawal; detox
- **On Guard (Protective) Blend:** Helps ward off energetic parasites and other negative influences; cuts away co-dependent relationships; gives strength to say "no" and stand up for self

ESSENTIAL OILS FOR SPECIFIC ADDICTIONS

Work addiction:

- **Basil:** Aids in overwhelm, burnout, fatigue, inability to cope; gives hope/optimism for recovery; clears negative thinking, anxiety & deep sadness
- **Geranium:** Renews sense of trust; softens anger and assists in healing emotional wounds; facilitates
- **Lavender:** Encourages emotional honesty; eases anxious feelings
- **Marjoram:** Softens heart; heals past wounds; restores trust
- **Wild Orange:** Inspires gratitude and abundance, supports positive mood; reconnects with inner child to bring joy/play; encourages to let go of scarcity mindset
- **Ylang Ylang:** Reconnects with heart and inner child; encourages play
- **Serenity (Restful) Blend:** Calms feelings of hostility, fear, anger, jealousy, resentment; helps view others with tenderness, compassion; heals emotional wounds

ESSENTIAL OILS FOR RELAPSE

- **Basil:** Aids in overwhelm, burnout, fatigue, inability to cope; gives hope/optimism for recovery; clears negative thinking, anxiety & deep sadness
- **Bergamot:** Dispels self-judgment/despair; reignites optimism/hope; supports self-acceptance
- **Fennel:** Provides support when feeling defeated; encourages to take full responsibility for choices; curbs cravings for experiences that dull the senses
- **Frankincense:** Helps align with truth; support for anxiety/deep sadness; assists in spiritual awakening
- **Ginger:** Addresses victim mentality, feeling powerless, blaming others, lack of control in life
- **Thyme:** Assists with fatigue/exhaustion; aids with toxic emotions (hate, rage, resentment); encourages tolerance, patience, forgiveness
- **Siberian Fir:** Brings negative family patterns to light; encourages courage to refuse to participate in unhealthy family patterns

ESSENTIAL OILS FOR WITHDRAWAL

- **Grapefruit:** Elevates mood; assists with cravings, withdrawal; detox
- **Lavender:** Encourages emotional honesty; anti-anxiety
- **Marjoram:** Softens heart; heals past wounds; restores trust
- **Wild Orange:** Inspires gratitude and abundance, supports positive mood, aids in transition; encourages to let go of scarcity mindset; promotes confidence that there will always be enough to meet needs
- **Sandalwood:** Helps with deep sadness and emotional release; assists in reaching beyond current confines/beliefs; teaches true humility, devotion

ORANGE (WILD)- OIL OF ABUNDANCE

- Inspires abundance, fosters creativity, supports positive mood, restores physical energy, aids in transitions
 - Reconnects with inner child and brings spontaneity, authenticity, joy and play
 - Encourages to let go of scarcity mindset, belief that there is not enough & need to hoard
- Body Systems:
- Digestive
 - Immune systems
 - Skin
 - Emotional balance
- Inhale directly from bottle throughout day or diffuse
 - Place 1-3 drops over stomach or just below navel. Dilute if desired.
 - Add 1-3 drops to bath. Avoid direct sunlight for up to 12 hours after applying



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USING ESSENTIAL OILS AS PART OF TREATMENT PLAN



- Best way to present to clients is to have experienced using essential oils yourself.
- Empower clients to make own choices—give info on resources where they can learn about using essential oils for mental health (books, websites).

USING ESSENTIAL OILS WITH CLIENTS



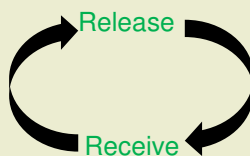
- Consider level of functioning of client.
- Inquire about history of scent or skin sensitivity.
- Obtain client's Written Consent and Release.
- Encourage client to consult with psychiatrist or medical doctor about using essential oils—don't recommend stop taking meds.
- Provide info on resources containing research on how essential oils can affect mood.
- If using during session, discuss desired effects and assist client in choosing appropriate oil to diffuse.
- Before using essential oil in diffuser, offer client opportunity to smell.

ARE THE OILS WORKING?

- Old feelings may surface and release.
- This is good! The oils are working!
- Oils foster healing, but don't do the work for us

Oils + emotional work =
successful transition

Must release trapped **negative**
emotions before you can receive
positive feelings.



IN LOVING MEMORY OF JANICE LADNIER

