

A Whiff of Health

by Candace Newman, MAT, LMT



In this day and age of a fast-paced, information overload, crazed culture, our neuroscientists like Candace Pert, P.H.D., are scientifically proving what our heart and soul have always known: our emotions and our bodies are intimately connected in many ways. One of these ways is in the wind ... on our breath ... through our sense of smell.

In her book entitled *Molecules of Emotion*, Candace Pert, P.H.D., shows how the neuropeptides and neurotransmitters put out in the brain are a result, or response, to our emotions. So the emotion you are feeling right now is causing the brain to put out corresponding biochemistry, which bathes the cells throughout the body. Calm emotions create calm "brain juices", which results in calm bodily tissue. Of course, the same thing happens with angry emotions creating angry tissue, and tense emotions creating tense tissue. How long can our emotions and body be angry, tense, or resentful before this turns into something harmful and unhealthy to our physical and emotional state of being?

Think of some special

moments when you were excited and happy about some event, or felt a special love for someone. How was your body reacting? These are the times of energy surges. Remember the phrase "jump for joy"? This is the physical response to the emotions.

There are many factors in life that create and shift emotions. Smell is one of the most powerful ones. Of our five senses, smell is the only one completely developed at birth, and directly connected to the brain. The nose is simply a passageway; the true organ of smell is the brain.

Due to olfactory physiology, the olfactory nerves pick up the smell molecules like a lock and key. They shoot directly into the part of the brain called the limbic system, the "emotional brain". This is the seat of our memories, feelings, appetites, emotions ... the autonomic nervous system. So smell shifts the emotions, the emotions cause the brain to put out certain biochemicals, and the cells in the body receive this message. The result is the corresponding physical state of the body.

Deepak Chopra says when we smell something, our body chemistry shifts in less than one tenth of a second. Helen Keller says: "Smell is a potent wizard that transports us across thousands of miles and all the years we have lived."

Hippocrates' had a prescription for preventive medicine which was a scented bath and an aromatic massage everyday. Imagine for a

moment ... how soothing and happy this could make us feel, and how it would change our daily thoughts and emotions.

The strongest purest smell is nature's pure essential oils, like a fine wine. The finer the oil, the healthier the results. Our heart and soul recognize the power and the beauty of purity.

Due to our individual life path, we each have our own unique memory and emotional bank stored in our brain. Essential oils force us to honor the individuality in each of us. The optimum situation would be for each of us to let our nose pick out our personal health oil. The "nose knows" what we need to balance out our system. This will change as our life changes. When in doubt, or not having the person with you, choose Lavender. It is the most universally accepted essential oil for stress and balance.

There are many ways to use essential oils for the enhancement of our health on all levels. The simplest way is to carry around a little vial of "your oil" to help with emotional shifts throughout the day at home and at work.

A shift in health can be a whiff away. Breathe deeply and experience the peace.

Our soul knows about this. It pleases our heart.

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