A few articles to get you thinking about the potential of adding aromatherapy to your life:

- Association of stress related disorders with subsequent autoimmune disease
  [https://jamanetwork.com/journals/jama/fullarticle/2685155](https://jamanetwork.com/journals/jama/fullarticle/2685155)


- Fatigue in systemic lupus: the role of disease activity and its correlates
Welcome

Julie Folger, RN BSN, Certified Professional Aromatherapist
Disclaimer

This presentation is not intended to be a substitute for professional medical advice and I am not a doctor. Products discussed here are not intended to diagnose, treat, cure or prevent any diseases. The information presented today has not been evaluated by the Food and Drug Administration.
I’m passionate about sharing and teaching because they have been life changing for me and my family!
Let’s learn more about:

Aromatherapy
How are they produced?
How does it work?
Influence of aromas:

Scent travels until it reaches the olfactory bulb. Via the olfactory bulb, the aroma is sent directly to the center of the brain, to the limbic system, where it is processed and releases neurochemicals that can be relaxing, stimulating, sedative, etc. depending on the essential oil being used.

Limbic system of the brain

Olfactory bulb

Nasal cavity

Fragrance enters through nasal passage

Olfactory neurons
But how do I use them?
Topically

- Massage
- Acupuncture
- Warm or cold compresses
- Layering methods
- Baths
- Rollerballs
- Neat
Aromatically

- Diffusers
- Directly from the bottle
- Cupping your hands
- Personal inhalers
- Hot water steam
- Diffuser jewelry
Internally

- In your beverages
- Teaspoon of honey
- Homemade cough drops
- Recipes
- Vegetable capsules
- Sublingual
Who would benefit from essential oils?
Brain & gut connection:
“All disease begins in the gut”
–Hippocrates
HOW **STRESS** AFFECTS THE BODY

**BRAIN**
Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

**CARDIOVASCULAR**
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

**JOINTS AND MUSCLES**
increased inflammation, tension, aches and pains, muscle tightness

**IMMUNE SYSTEM**
decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time

**SKIN**
hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

**GUT**
nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

**REPRODUCTIVE SYSTEM**
decreased hormone production, decrease in libido, increase in PMS symptoms
Just breathe:
In the final analysis, it is the patient who restores his or her own balance and harmony. Natural medicines (such as aromatherapy) have the ability to support us in taking the necessary actions in our life to restore the balance we temporarily lost, even help us to make the changes in our ways of living and believing that are necessary.

J. R. Millenson, Mind Matters
Thank You!
"Julie Fleming-Folger

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