

A few articles to get make you think 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>
- Think twice: How the Gut's "Second Brain Influences Mood and Well-Being <https://www.scientificamerican.com/article/gut-second-brain/>
- Fatigue in systemic lupus: the role of disease activity and its correlates
<https://www.ncbi.nlm.nih.gov/pubmed/30580659>

Welcome



Julie Folger, RN BSN, Certified
Professional Aromatherapist



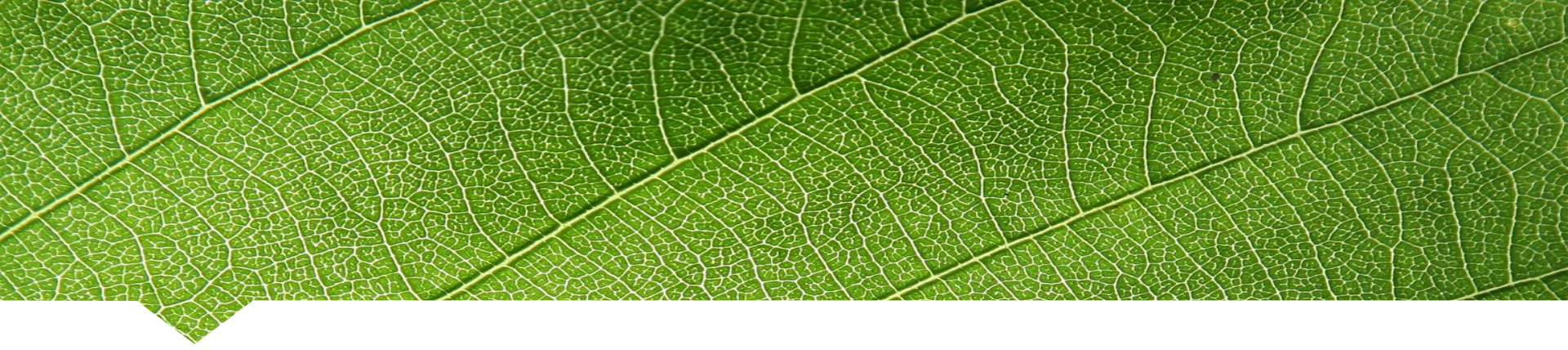
Disclaimer

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.

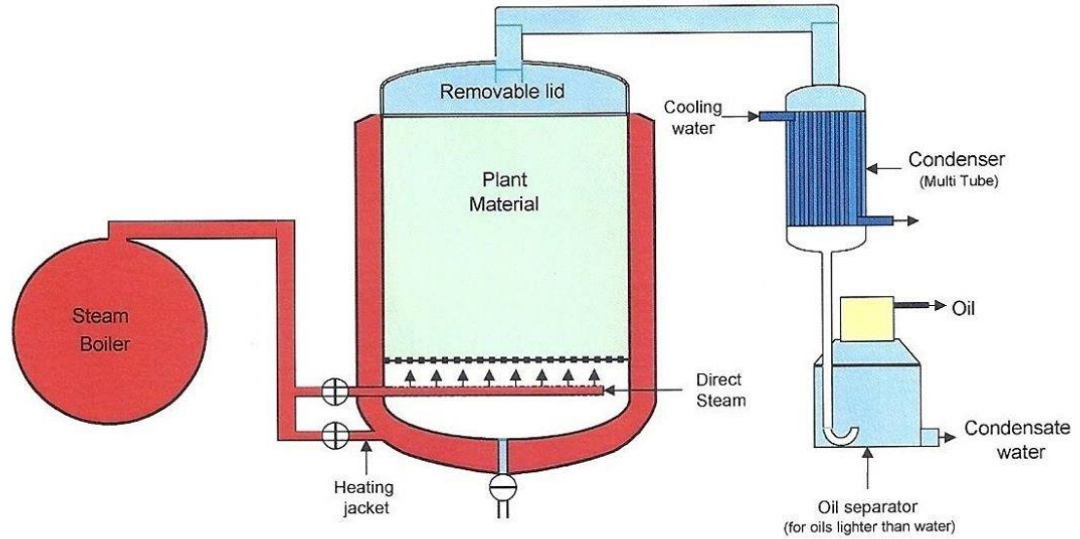


I'm passionate about sharing
and teaching because they
have been life changing for
me and my family!





Let's learn more about: Aromatherapy



How are they produced?

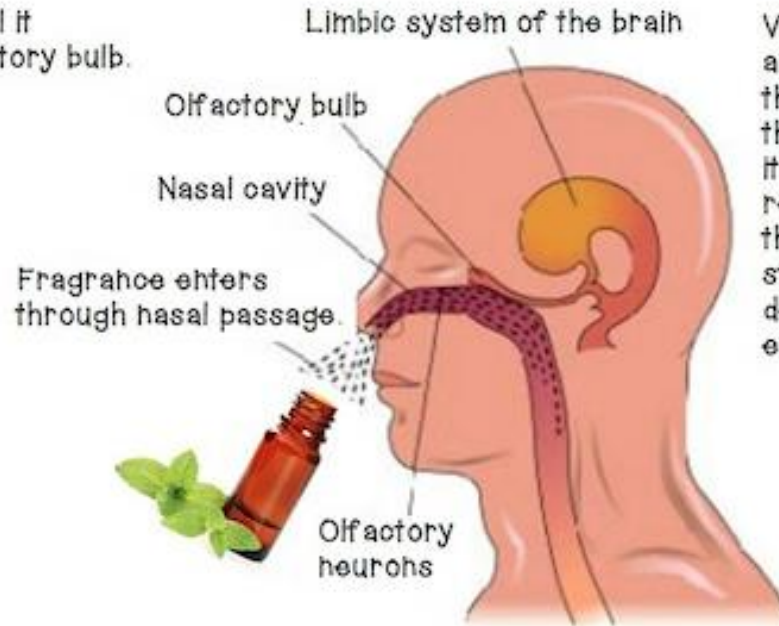
How does it work?





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.



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

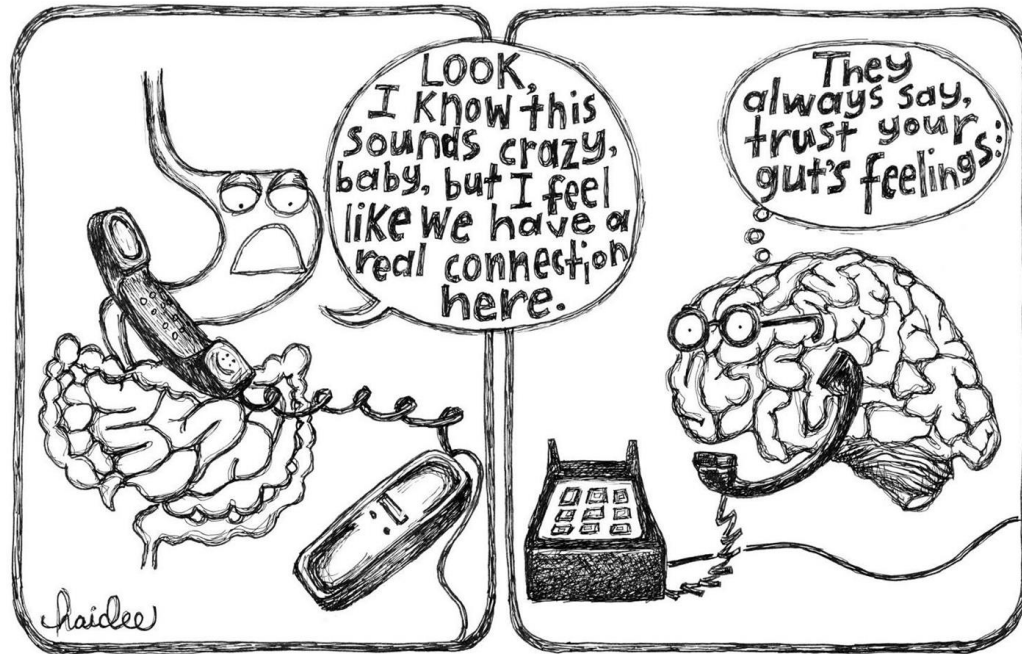
- In your beverages
- Teaspoon of honey
- Homemade cough drops
- Recipes
- Vegetable capsules
- Sublingual

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

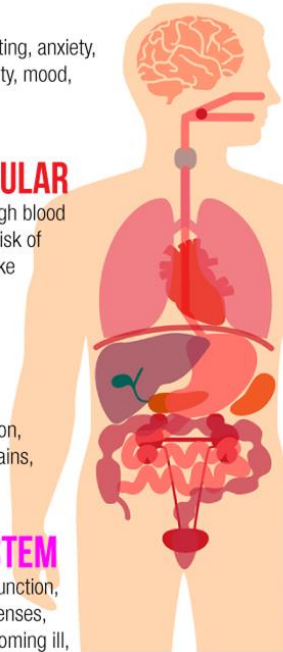
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

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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Facebook: Inspired Support⁺

