

AROMATHERAPY FOR STRESS MANAGEMENT & ADRENAL SUPPORT!

Provided by: Julie Bender-Sibbio RDN, LDN, cWC



Sense of smell is your most primal sense and exerts influence over your thoughts, emotions, moods, memories, and behaviors. Aromatherapy allows you to harness the olfactory power of plants, using their essential oils to enhance your physical and emotional health. Essential oils have been scientifically shown to be particularly helpful as an adjunct therapy in treating stress, mood, sleep, pain, nausea, and memory.

Complaint	Essential Oils
Stress	Lavender, lemon, bergamot, peppermint, vetiver, pine, and ylang ylang
Insomnia	Lavender, chamomile, jasmine, benzoin, neroli, rose, sandalwood oil, sweet marjoram, and ylang ylang; lemon can wake you up
Anxiety	Lavender, bergamot, rose, clary sage, lemon, Roman chamomile, orange, sandalwood, rose-scented geranium, and pine
Depressed mood	Peppermint, chamomile, lavender, and jasmine
Pain	Lavender, chamomile, clary sage, juniper, eucalyptus, rosemary, peppermint, lavender, and green apple (especially for migraines)
Nausea and vomiting	Mint, ginger, lemon, orange, ginger, dill, fennel, chamomile, clary sage, and lavender
Memory and attention	Sage, peppermint, and cinnamon
Low energy	Black pepper, cardamom, cinnamon, clove, angelica, jasmine, tea tree, rosemary, sage, and citrus

Reference: <http://chemse.oxfordjournals.org/content/31/8/731.full.pdf+html>

Essential oils can also be purchased through Julie's online formulary, Whole Foods, Earth Origins, and specialty aromatherapy stores. Two exceptional companies for high quality oils are **doTerra** and **Young Living, LLC**.