

Addictions

I dare say that most people either have an addiction or have dealt with an addiction in their life. Addictions can be to food (sugar, caffeine, MSG, etc), to a drug (prescription or non, chemical, etc), to an activity (gambling, gaming, emotional thrills, etc) and more. The dictionary generally describes an addiction as a physiological (physical) and/or psychological (mental, emotional) need for a substance. Even if you may say your addiction is physical, it is still a need for a substance because your addiction is really to the chemicals released in your body due to the physical activity. Some like to minimize an addiction by calling it a habit. That could fit the definition, there is a reaction in the body to a habit, even if your habit is your daily routine, if you're thrown out of that routine your body releases chemicals indicating stress, so your addiction could be to the calming chemicals you normally experience with a predictable routine. I'm going to discuss ways to overcome an addiction, therefore we will assume that the addiction (or habit) in question is one that harms your body or your mental state in some way or another.

Step one, you must admit there is a problem and you must find within yourself a desire to overcome said addiction. I'll tell you up front, chances are it's not going to be easy. I've worked with people who say, "You just decide you're not going to do/eat/say it anymore and you're done." These people are not fighting an addiction, just a personality quirk. Overcoming an addiction is a fight; you must remain on your toes and always be ready for the sneak attack. Essential oils, EFT, prayer, friends and family can all help, but ultimately the strength to overcome must come from within you. Thus, step one is you have to admit there is a problem. For a lot of people, that may actually be the hardest part.

Pure essential oils all seem to work on an emotional level as well as a physical one. Simply using essential oils may bring something to your awareness that you need to change. If this is the case, chances are the change will be easier, because your body wants whatever it has brought to your awareness changed. Prayer or meditation may bring something to your awareness. Friends and family are often instigators of change. You are also quite capable of deciding something needs to be changed. I assume that you have decided on a course of action, an addiction that you want to break. Let's look at some of the things that can help.

As I mentioned before, friends and family, prayer and meditation can be great sources of strength. There is also a form of energy work called EFT. EFT stands for Emotional Freedom Technique and is a powerful, easily learned way to use simple tapping procedures on meridian points to assist in overcoming many emotional challenges—among them are addictions. Simply run a search for EFT or Emotional Freedom Technique and you will find many websites that are dedicated to various forms. Look for one that addresses the particular addiction you are dealing with. For example, run a search for EFT food addiction or EFT drugs. Many of these sites will have videos you can watch, specific scripts you can download for your particular issue, and some even have support style groups. In my experience I've found that EFT either works really great or doesn't really work at all for whatever issue I'm working on.

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBDD guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2011 (208-852-2295, www.TracesEtc.com)**

I found EFT didn't help me much in overcoming my asthma, but I love it when I'm dealing with frustration or impatience. It's worth giving it a try.

Addictions are very emotional things. Essential oils are very powerful at working with emotions. "Properties in essential oils have been found to help to increase the oxygen in the limbic system of the brain which in turn 'unlocks' the DNA and allows emotional baggage to be released from cellular memory. Emotions have been found to be encoded within the DNA of the cells and passed on from generation to generation." (Integrated Use of Essential Oils, the Fragrant Farmacy of the Earth, Dana Clay Young, PhD, page 123). Alcoholism is an addiction, it is often found to be one that is passed on from generation to generation.

You have identified the addiction you wish to break. Now look at the cause of the addiction or the trigger for the desire. For example, if you are a smoker your cause or trigger may be stress, anxiety, or as a reward. If your addiction is caffeine the cause or trigger may be exhaustion, a need for additional energy, stress, or you may simply enjoy the taste. Once you have identified your cause or trigger you can begin to replace the addiction with something positive that also assists in fulfilling your need. For example, if you eat ice cream every night to relax and wind down and want to break this cycle you may want to look at learning yoga or a form of meditation to relax, perhaps replace your ice cream with a gentle walk with a loved one (furry loved ones count, too), a soak in the tub, or perhaps you can learn a new skill or talent. If food is your challenge and you have associated it with a ritual with people, challenge yourself to learn a healthier form of cooking and share inspiring salads or healthy breads instead of ice cream. Be creative.

Smells are triggers of emotions. Think of a scent that will immediately take you back to your childhood, it triggers all sorts of memories and emotions. Find a way to incorporate an aroma with your new positive that is replacing your addiction. Essential oils are easy to use this way because you can carry a bottle with you or a tissue with the scent on it. For example, if your goal is to quit drinking caffeine and the cause or trigger for drinking caffeine is increased energy and alertness. You may choose to use Peppermint essential oil to help you break this addiction. Carry a bottle with you and whenever you want to take a drink with caffeine, instead sniff your bottle of Peppermint. A lady reported that her truck driving husband wanted to quit drinking caffeine. She put some Velcro on his big mug that he filled with his caffeinated drink. The other half of the Velcro she put on a bottle of Peppermint essential oil. Every time he reached for his mug he grabbed the Peppermint, too. It made it easy for him to open the bottle and inhale the energy revitalizing aroma of Peppermint essential oil instead of taking a drink. Within a few weeks he had broken the caffeine addiction and replaced it with the use of Peppermint essential oil. You always want to find a replacement. We hate to have voids in our lives; you want to make sure they are filled with something positive because they are very easy to fill with something negative.

Masaji™ is a product that can help the body rebuild and repair. It is a whole food supplement that is bioavailable (meaning it is ready for the body to use, no digestion necessary). The body can use the vitamins, minerals, and nutrients available in Masaji™ to repair damage done, clear toxins from the body, and provide true nutrition. It also helps with emotional stability. Dr. John R. Christopher teaches that if the body is not in balance and harmony the emotions cannot be in balance and harmony either.

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBB guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2011 (208-852-2295, www.TracesEtc.com)**

Be Young teaches a program called Emotional Aromatic Touch (EAT) that uses the essential oils to address emotional issues. This can be a full program that you have someone do for you on your back, or a simple use of their emotional line of essential oils applied to the feet or hands. The program as applied to the feet is very easy to learn and anyone can do it for themselves. Many have reported that by applying the emotional oils to their feet on a daily basis they have broken bad habits without even noticing. (Note, generally speaking, if you are trying to break a habit attached to something physical, such as smoking, drinking, or chemical abuse you will need to be more proactive. Most results citing a bad habit being broken without effort are in response to negative emotional issues such as being out of sorts, critical, and ill tempered.) You can purchase a DVD teaching how to do the EAT, or there is a short write up in the library section of our website going over how to do the toes. Nancy A. has shared this experience, "I have a client who has a young son that is 11 yrs old and has been on two anti-depressant type of drugs to control his behaviors. We have been doing the EAT on him and each time, right after the oils treatment, he "wigs out" terribly for a few days. I talked to Dana about this and he said after removing the cause of the emotional outbreaks, the medication was too toxic for him. With the doctor's consent, his medication has been cut in half a few times. After 4 EAT treatments, he is now completely off one of the medications. When he has an occasional "whiney melt down" his mom puts Venus on his toes, back of neck, pulse points, and/or lower abdomen. Within 5-10 minutes, he is able to control his emotions. Her older 14 year old son had serious withdrawal and anger issues. We also did the EAT on him which helped a ton, and when he has his anger moments, Mars goes on his toes or on the back of his neck. It works immediately on him also. They are both incredible young men and these oils truly help their real inner self to shine."

There are some essential oils that will help target some common addictions. I highly recommend learning how to do the EAT on the toes to assist in any fight against an addiction. Below are some other essential oils that can help. Please note that all oils blends referenced are Be Young essential oil blends and that we only recommend the use of Be Young essential oils internally as they are guaranteed EOBBB pure. Always use the purest essential oils because they will affect every cell in your body even if they are only smelled. You do not want to pollute your body with additional chemicals or additives.

If you are fighting any addiction that involves the use of a substance you want to do the Liver Cleanse (uses Lemon and Peppermint essential oils, detailed instructions can be found in the library on our website). The liver removes toxins from the body. If you are using a substance you will have a buildup of toxins in the body and need to cleanse the liver so that it can help remove that substance from the body. If your addiction is food, this will still be necessary because you are over consuming a substance (food) and that is overloading the liver.

- Basil helps break the addictive cycle emotionally. It has been shown in studies to assist in sexual addictions. It helps minimize fear, melancholy, depression, anxiety and helps you clear your thoughts. It is an aid in bolstering courage and determination. It can cause a rash if used before drinking alcohol.
- Eucalyptus will help rebuild the body and repair damage done. It is especially good at rebuilding lungs and the immune system. If you smoke it can help break the smoking habit. Apply a drop to

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBB guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2011 (208-852-2295, www.TracesEtc.com)**

the filter of your cigarette or put a drop on your tongue before smoking and it will make the taste extremely unsatisfactory.

- Copaiba will help rebuild the body, reduce inflammation (pain) and assist in detoxification.
- Rosemary helps clear out the receptor areas (especially of the brain) that have been plugged with chemicals. It stimulates cellular regeneration and helps repair damage done to the brain. It is especially helpful in clearing meth, heroin, and other chemicals out of the receptor sites.
- Myrtle will help with emotional dependence. If you are using Be Young essential oils you can take a drop internally in a capsule or apply to the pulse points as needed. It is especially effective in helping overcome self-destructive behaviors. It also assists in controlling anger issues.
- Fennel and Coriander will both help rid the body of toxins as well as toning the liver, kidney, and spleen. These two oils are especially useful with food excesses, alcohol and drug addictions. Fennel is often used in Europe in facilities that help people break their alcohol or nicotine addictions.
- Orange essential oil helps balance the emotions and help you stay on top of emotional overloads and withdrawal symptoms. Geranium also works in much the same way (especially useful in dealing with tears—particularly when you can't seem to stop crying).
- The Mars and Venus blends will help with mood swings. Mars is best for violence and anger; Venus for frustration and feeling like you just can't make it without your "fix."
- Brain Gem blend will help restore brain cells that have been damaged by substance abuse.
- Thyme is very good at detoxification, especially of meth and other chemicals.
- Helichrysum is helpful with nerve issues (both mental and physical) and is especially useful in overcoming nicotine addictions.
- Grapefruit essential oil will help with withdrawal, it also brightens and lifts your spirits and give you energy.
- Frankincense is invaluable in dealing with depression that often attends the breaking of addictions. A drop on the tongue, as often as needed, you can also try applying to the back of the neck.
- Quiet Scent blend is also great at helping with depression. It is invaluable when the mind keeps nagging at you that you need your next "fix" or that when you just can't seem to calm down and relax. Smell it, apply it to the back of your neck, the temples, and the tips of the ears. Use as needed.
- Bergamot decreases emotional addictions; it helps even out the emotions. It helps with overindulgences overall. Apply it to the stomach, liver area and bottom of feet to help with coffee or tobacco addictions.
- Putting a drop of Dill on the wrists can assist in overcoming addiction to sweets.
- Soaking in any of the bath salt blends or creating your own using the Snowflake (plain) bath salts and the essential oil of your choice is very helpful. It not only assists in detoxification, but is also very effective in balancing and harmonizing emotions.
- Some oils that are especially good in helping with withdrawal include: Basil, Bergamot, Birch, Dill, Fennel, Grapefruit, Harvest blend, Lavender, Marjoram, Orange, Roman Chamomile, Rose, and Sandalwood. Apply to the wrists (Dill is especially helpful if you are experiencing sweating in

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBB guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2011 (208-852-2295, www.TracesEtc.com)**

conjunction with the withdrawal), the temples, the back of the neck, or diffuse. Add to bath salts and soak. Find the one(s) that work best for you.

Remember, you may need to back off a medication slowly. Consult with your doctor. Some medications can have serious health issues if dropped completely. Especially if a drug is being abused, the body may have become dependent upon it. You don't want to create irreversible damage.

Chances are you will feel worse before you feel better, regardless of what the addiction is. Be patient, be strong, and be resilient. If you slip and go back to your addiction, start over. Don't give up! You can do this!

To order, for class information, or if you have questions contact:

Debby or Penny Swann
208-852-2295
www.TracesEtc.com

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBB guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2011 (208-852-2295, www.TracesEtc.com)**