

# Essential Oils and Anger

Anger affects each of us in different ways. Some people find that anger is practically non-existent in their lives while others will find that if they don't actively work to deal with it it will take over their lives. Anger is a natural emotion, something we have all experienced at some time in our lives. Just because it is a natural thing, does not mean that we should simply say there's nothing we can do about it. Countless people make changes in their lives every day that affect a natural function. We are not slaves to our appetites, our emotions, or our bodies. We all have the ability to make choices. I realize that some people have hormonal disorders that make it impossible to make a choice at times, but we can address the challenge, address the disorder in the body, and choose to make changes that will, ultimately, address the anger management issue. It will take patience, but there is always hope.

Essential oils can help us modify emotions both in an immediate fashion and over the long run. Essential oils are really not an oil. They are essential, essential to the plant because they are the immune system or defense system of that plant. They are not really oils though, they are a lipitic acid. Your body is made of lipids; they are one of the building blocks of the body. Because of this, essential oils will be recognized as part of your body and taken in to create a change.

## **Four ways essential oils work scientifically in your body to create a change:**

1. Topical application.
2. Frequency enhancement.
3. Limbic System—emotional response, glandular reaction
4. External/Internal ingestion. Stick your tongue out (it is now external), put a drop of an essential oil on your tongue = external ingestion. We are not doctors, we can't tell you to take something internally. BEFORE taking any essential oil internally make sure that it is EOBBD tested and has the FDA GRAS (generally regarded as safe) rating.

Today we will be discussing how essential oils affect the limbic system, the system that triggers emotional response and glandular reaction. The limbic system is the center of our emotions. Through smelling various essential oils we can elevate the body's heart rate, we can lower the heart rate, we can raise blood pressure, we can lower blood pressure, etc. When you smell the essential oil it goes to the olfactory center of your nose where you have 40 million olfactory neurons. From the olfactory neurons it goes to the olfactory bulb, then from the olfactory bulb to the pineal and pituitary glands in your brain—we have now changed things in your body in a matter of seconds. Scents and emotions are linked in a powerful way. The smell of Lavender essential oil can quickly calm someone, while the scent of Peppermint can restore energy and heighten awareness.

First, you'll want to play with some essential oils and see which ones fill your particular need. If your anger challenges are based on hormones you will need a different oil than if your challenge is based on past emotional trauma or if you deal with large amounts of stress. Here are some suggestions...

- Cypress can help soothe nervous tension and make you feel grounded, more in control of situations. It helps you regain control when things seem to be slipping beyond your grasp. Apply Cypress oil to the sides of the second toe of both feet, in between the toes for the best results.
- The Emotion blend by Be Young has been designed specifically to assist with emotional challenges of any kind. It is also most effective when applied to the sides of the second toe of both feet. Applied regularly to the solar plexus it can help you move through difficult emotional times in your life.

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- The Quiet Scent blend by Be Young has been designed to help calm emotional chatter. When our minds are racing from one subject to another or constantly going over and over the same thing, refusing to calm down, to relax, and unwind, this is the essential oil blend to turn to. You can put a drop on the palms of your hands, cup them around your nose and inhale deeply, diffuse this oil, or apply it to the back of the neck for best results. This is an oil blend that I find to be absolutely yummy smelling at times and other times the scent is almost repulsive to me. It all depends upon my emotional balance when I am smelling it.
- Bergamot is a wonderfully calming oil. If someone is having a temper tantrum it is the oil I grab first. It seems to put life into perspective. It equalizes the emotions and moods by balancing the activity of the hypothalamus. It is said that smelling Bergamot oil can stabilize a person in a shaky emotional state.
- Geranium (Rose Geranium), Lavender, Frankincense, and Orange are all essential oils that promote a warm, happy feeling and help balance the emotions. You can smell these oils, apply them to the back of the neck and temples, or use them to make a soothing, calming tea (make sure your essential oil is approved for internal use before doing this). To make a tea add 2-3 drops of your essential oil to a teaspoon of honey, stir well, then add the honey to a cup of hot water and allow to dissolve.
- Hormonal swings can cause emotional swings as well. Use the Venus blend by Be Young to address female hormone swings or the Mars blend by Be Young to address male hormones. Apply the oil for your gender to soft tissue areas such as upper inside of arm, inside of thighs, abdomen, or breast area. Also apply around the ankles. Sometimes these are also good to put a drop in the palms, cup them over the nose, and inhale deeply.
- Some people have emotional challenges due to injuries sustained to the brain. In these cases I have found that Frankincense and the Brain Gem blend by Be Young are generally the most effective oils. Helichrysum may also be needed. These oils are all capable of passing the blood brain barrier and providing nutritional building blocks to the brain itself. Apply these oils to the back of the neck, the temples, and the big toes for best results.

If you have an emotional challenge you will want to learn more about the Emotional Aromatic Touch (EAT) treatment. You can find someone who has been trained to perform the full back treatment or you can learn to do the treatment yourself on your hands or feet. The EAT treatment can help you process emotions, balance hormones, release negative emotions, and center yourself. The EAT has been designed to balance and focus the energy centers of the body, also known as the chakras.

In traditional Chinese medicine it is believed that emotions and various organs of the body are interrelated. The liver is the organ of the body that is associated with anger. Western medicine teaches us that although the liver does not produce hormones (we have many different glands that do that), it is a major player in the regulation of hormones. The liver breaks down and metabolizes hormones after they have done their job in the body. Thus, if our liver is not functioning correctly we will have excess hormones in our body that will create emotional challenges. Our livers are also responsible for removing toxins from the body and breaking them down. Many of us live in highly toxic environments; if we are not actively supporting our livers we will find that we will experience more and more emotional challenges. The Liver Cleanse is a simple thing that we can add to our morning routine to assist in this process. Upon rising each morning simply consume one drop of Lemon essential oil, one drop of Peppermint essential oil, and one teaspoon to one tablespoon of fresh lemon juice. Remember; only consume an essential oil that is approved for internal use. The Be Young brand of essential oils is tested for internal use. You can learn more about the Liver Cleanse by visiting the library section of the [www.TracesEtc.com](http://www.TracesEtc.com) website.

Interestingly enough, more and more studies are also showing that by modifying diets to include more fresh fruits and vegetables and less processed and prepared foods people are discovering that they have fewer mood swings and more easily controlled emotional outbursts. This would lead us to again look at the liver. Processed and prepared

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foods contain many additives that the body must remove and break down; these additives do not provide nutrition for our bodies. The job of processing out, breaking down, and removing these additives falls upon the liver.

Exercise is also a wonderful source of emotional outlet, thereby assisting in providing emotional control. This can be rigorous, stress releasing exercise of an aerobic nature or it can be calming, emotionally centering meditative exercise such as Yoga or Tai Chi.

I hope that I have given you some ideas to direct you in the way of peace and happiness. You may need a different oil than those I have suggested here. I've taught classes where someone walks in, looks at my display of oils, and is immediately drawn to one. That is an immediate clue to me that there is something about that oil that will help them with whatever challenge(s) they are facing. Be persistent, be patient, and do not give up hope.

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

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