



Dear Doctors,

Is there anything to aromatherapy? Can it help you feel better emotionally? Can you offer any suggestions? I am not depressed just having a hard time getting started some days.

JD in Saint Lucie West

Dear JD,

Essential oils are wonderful for the emotions. They contain very small molecules which when inhaled travel quickly to the brain via the olfactory nerve. When applied to the skin there is nothing that travels faster into the body than an essential oil. In our clinic when we see a patient we make a special essential oil formula for that person that fits their emotional and constitutional diagnosis. This is usually a combination of 3-5 oils. We often emulsify the oils into a water-based spray so it is easier to inhale. Here are some single essential oils that can help for fatigue. Coriander oil is a stimulant that can relieve fatigue when inhaled. It can also be combined with Juniper (4 drops), Black Pepper oil (4 drops) in 4 teaspoons of a carrier oil like Grape seed or Jojoba oil to make a rub for sore or fatigued muscles. Use 2 drops of Coriander in this formula. Rosemary is an oil we used to inhale to keep us alert in boring classes like pathology. Put a few drops on a cotton handkerchief and inhale. You can use essential oil of Ginger in much the same way as it is also a stimulant. Six drops of ginger in 4 teaspoons of a carrier oil also makes for a digestive stimulant when rubbed on the stomach area (from the bottom of the breast bone to the belly button). Why not use fragrant flowers around your house to uplift your spirits? The aroma of geraniums has a tranquilizing effect. Two pots of geranium in the bedroom will help one fall asleep quickly. Lotus flower's delicate aroma has reputation of preventing catecholamine induced heart pain. Lilac can purify the air and kill bacteria and Jasmine can pacify anger. Flowers are our true natural physicians.

Yours in Health,

Dr. Ervolino

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