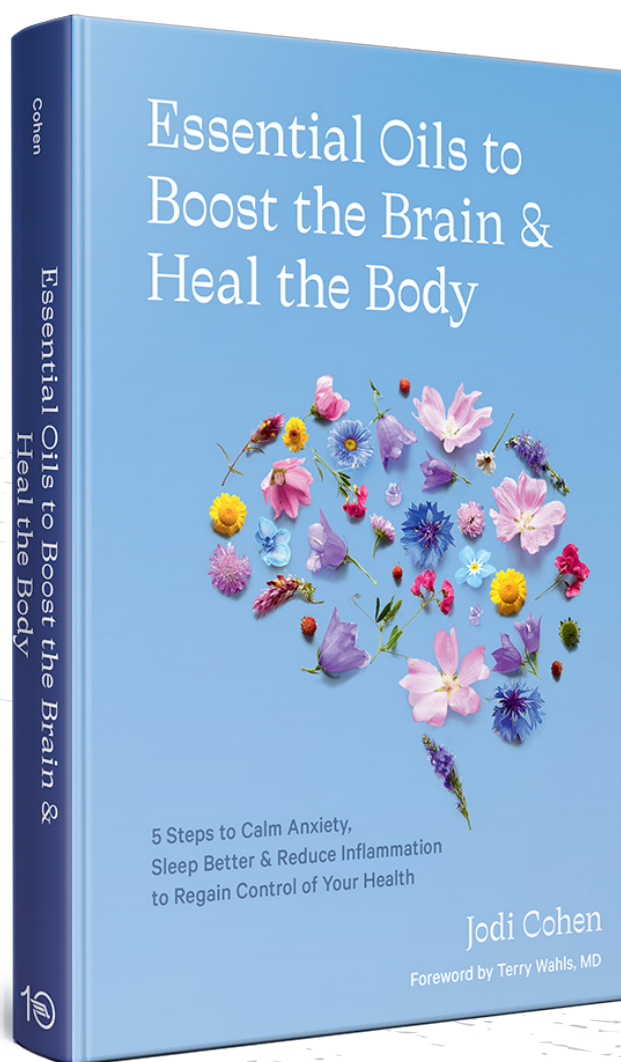


Essential Oil Application Strategies:

Why the Method of Applying
Essential Oils is More Important
than the Oils You Apply



Jodi Cohen

Bestselling author, award-winning journalist,
functional practitioner and founder of Vibrant Blue Oils



Essential Oil Application Strategies:

*Why the Method of Applying Essential Oils is
More Important than the Oils You Apply*

**How you apply essential oils is often
more important than the oils you chose to apply.**

In *Essential Oils to Boost the Brain & Heal the Body*, I share clinical and research findings on the best application strategies for supporting mental, physical and emotional health.

More specifically, certain application points and carrier oils can be used to expedite delivery and enhance the absorption and assimilation of the healing constituents found in essential oils into the body. Certain carrier oils, like fractionated coconut oil, work to amplify delivery time through the skin, while others like jojoba oil, slow delivery, more like a time released supplement.

How you choose to apply an essential oil directly influences the benefit you will receive from the oil. And not all application strategies are created equal. Different application strategies work better for supporting different conditions and symptoms.

For example, inhaling an essential oil through the left nostril is the fastest way to alleviate anxiety and calm a panic attack. Anxiety is linked to over-activation of the right frontal lobe of the brain, located behind the forehead. Inhaling an essential oil through the left nostril (which travels directly to your left forehead) helps to stimulate the left frontal lobe and create balance between the left and right hemispheres of the brain, which then balances the over-activity of the right frontal lobe and leads to feelings of calm. This oil you choose to use is far less important than the application strategy with which you use it.

Research backs this up, finding that the method of using essential oils should be adjusted depending on the chemical compounds that are expected to function. For example, "lavender essential oil should be applied topically when the goal is to enhance wound healing. It is necessary to use the delivery method that is most effective to reach the clinical goals with the knowledge on how specific chemical compounds produce the effect." (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7084246/>)

Inhalation

Inhalation is the most effective method of assimilating essential oils into the brain.

Inhalation, or smelling oils through the nose, allows essential oils to efficiently pass through the blood brain barrier in the area surrounding the olfactory nerve. A true blood-brain barrier is 8 cells in thickness. The number of cells which constitute the layer around the olfactory nerve is only 4 to 5 cells thick.

Research shows that the entire process from the initial inhalation of an essential oil to a corresponding response in the body can happen in a matter of seconds. When remedies are inhaled, they go straight into the bloodstream via blood vessels in the nasal cavity. Upon entering the bloodstream, the remedies travel quickly to the brain, thus eliciting a host of intense effects shortly after inhalation.

Direct inhalation, or inhaling directly from the bottle, bypasses the digestive tract and, later, the liver, where the oil would be subjected to digestive processing. This means, you can inhale directly from the bottle – just hold the bottle directly under your nose and inhale 3 – 5 times.

Panic Attack Hack

Anxiety can be triggered by overactivity and dominance of the right frontal lobe of your brain. The right brain processes the emotional aspects of the human experience, giving you empathy and compassion, but in overdrive, the right brain can contribute to heightened emotions and anxiety.

Functional neurologist Dr. Titus Chiu suggests strategically inhaling essential oils, like lavender or orange, through your left nostril to activate your left frontal lobe and balance the over-activity of the right frontal lobe. This creates balance between the left and right hemispheres of the brain, which then leads to feelings of calm and helps halt panic attacks.

Topical Application

Essential oils can be topically applied to specific strategic areas around the head (like above the earlobes where the skin is thinnest to support sleep) or behind the earlobe on the mastoid bone to stimulate the vagus nerve and calm the nervous system).

One reason that oils are such an effective tool in supporting the brain is the nature of the chemical make-up. The blood brain barrier prevents all but super small, fat soluble molecules from accessing our brains. Essential oils are natural remedies with super small, fat soluble molecules, allowing them to easily cross the blood brain barrier, permeate the cells of our brain tissue and balance the underlying mental, physical and emotional brain imbalances so our brains can heal.

Clinical expertise and research findings reveal that certain essential oil application strategies are more effective than others.

For example, stimulatory essential oils can be topically applied behind the earlobe on the mastoid bone to stimulate the vagus nerve and turn on the parasympathetic branch of your nervous system which supports your body's ability to calm anxiety and heal.

Shift into Your Nervous System into the Parasympathetic Gear

You can activate your body's ability to heal with essential oils by supporting the healthy function of the most important nerve in your body—your vagus nerve. It serves as the on-off switch for many functions in your body, impacting your mood, quality of sleep, digestion, immune function, and, most importantly, your ability to reduce inflammation and heal. Activating the healthy function of your vagus nerve with essential oils amplifies other healing protocols and helps you feel better almost immediately!

One of the easiest and most powerful ways to activate and detoxify your vagus nerve by topically applying a synergistic blend of clove and lime essential oils where the vagus nerve is most accessible through the skin—behind the earlobe on the mastoid bone. Topical application of this blend also helps detoxify any congestion and inflammation in the nerve that compromises the flow of nutrients into the brain and toxins out of the brain.

In his book *Activate Your Vagus Nerve*, Dr. Navaz Habib details how the skin around your ear can be stimulated to allow optimal signaling to your body and brain. This is the most accessible point on the skin to stimulate your vagus nerve.

Essential oils have both olfactory (smell) and transdermal (topical application) qualities. For example, inhaling essential oils such as lavender or bergamot has been shown to improve heart rate variability (HRV), indicating the strengthening of vagal tone.

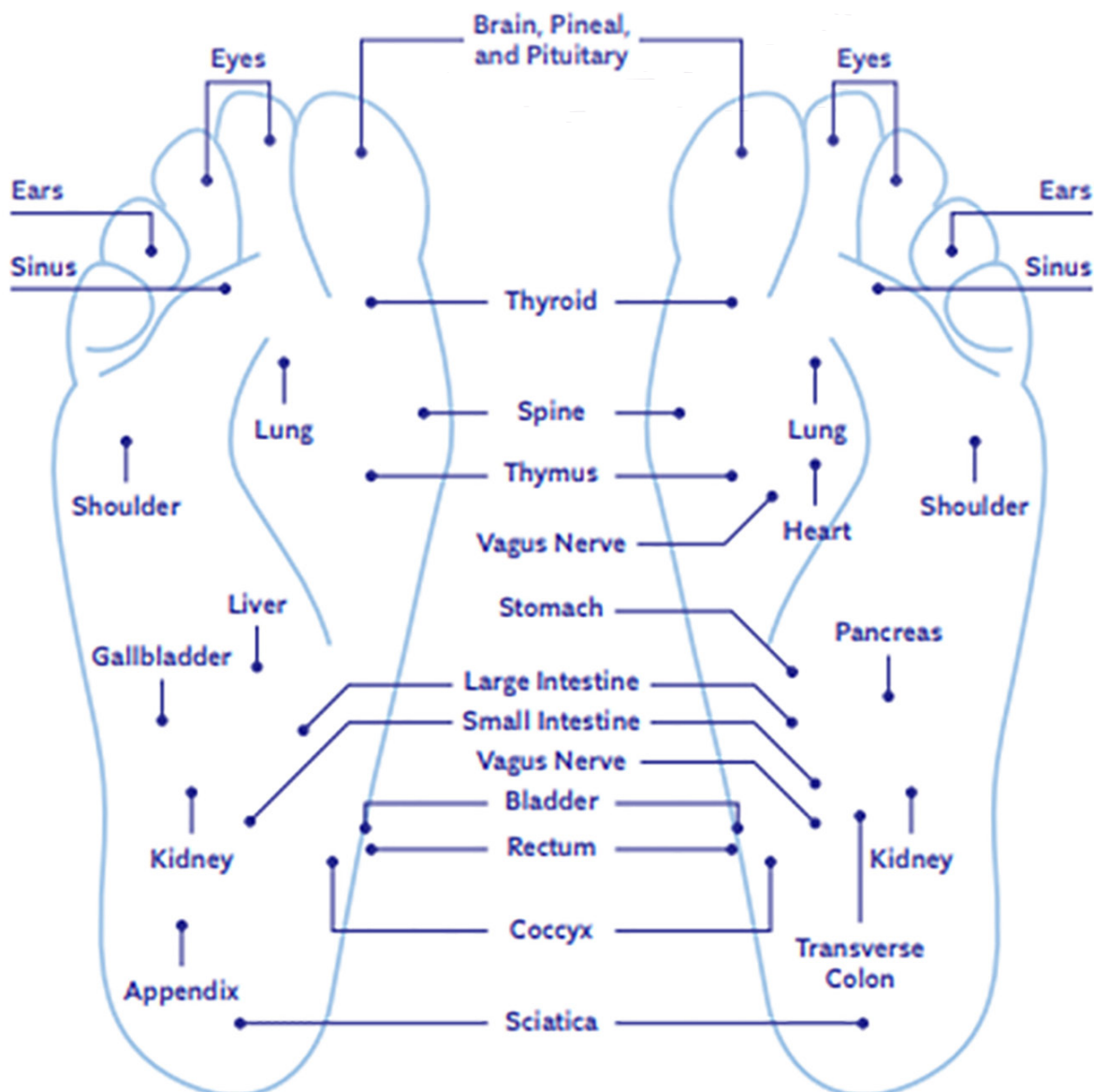
What's more, topically applied essential oils can cross the blood-brain barrier to stimulate communication of the vagus nerve and improve cognition. You can also activate any of the parts of the body that are enervated by the vagus nerve, including your throat, facial muscles, heart, lungs, and gallbladder. Any practices that stimulate the actions of these areas of the body can influence the functioning of the vagus nerve through the mind-body feedback loop. For example, the vagus nerve runs through the diaphragm and is stimulated with every inhale and exhale.

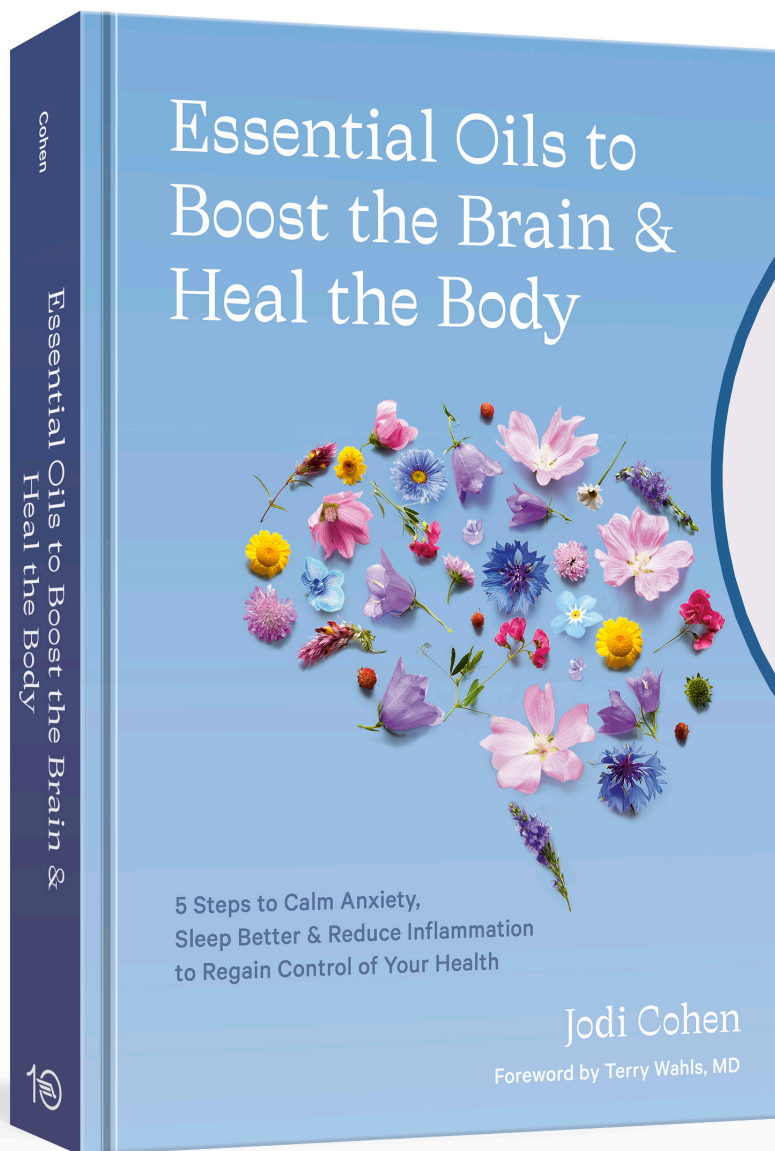
Applying on the bottom of the foot

All oils can be applied to the bottom of the feet as the skin there is thicker and less likely to react.

The bottom of the feet contain physical and emotional reflexology points that correspond to the meridians in all of your internal organs, muscular, skeletal system and other parts of the body.

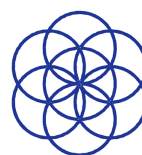
Because of the correspondences with the internal organs and systems, essential oils can be strategically applied to specific reflex points on the bottom of the feet to effectively be support the entire body. This is a helpful strategy for anyone who is sensitive to smell or experiences any kind of skin irritation.





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**vibrant
blue oils**

About Jodi Cohen

Jodi Sternoff Cohen is a bestselling author, award-winning journalist, functional practitioner and founder of Vibrant Blue Oils, where she has combined her training in nutritional therapy and aromatherapy to create unique proprietary blends of organic and wild-crafted essential oils. She has helped over 50,000 clients heal from brain related challenges, including anxiety, insomnia, and autoimmunity.

Her website, vibrantblueoils.com, is visited by over 500,000 natural health seekers every year, and she has rapidly become a top resource for essential oils education on the Internet today. Her first book "Healing with Essential Oils" is available on Amazon.com. Her new book "Essential Oils to Boost the Brain and Heal the Body" will be released March 16, 2021.

