

**Heartfelt Harmony:
Using Aromatics for Cardiovascular and Energetic Health**

Integrating Aromatherapy and
Energetic Wellness for Heart
Health

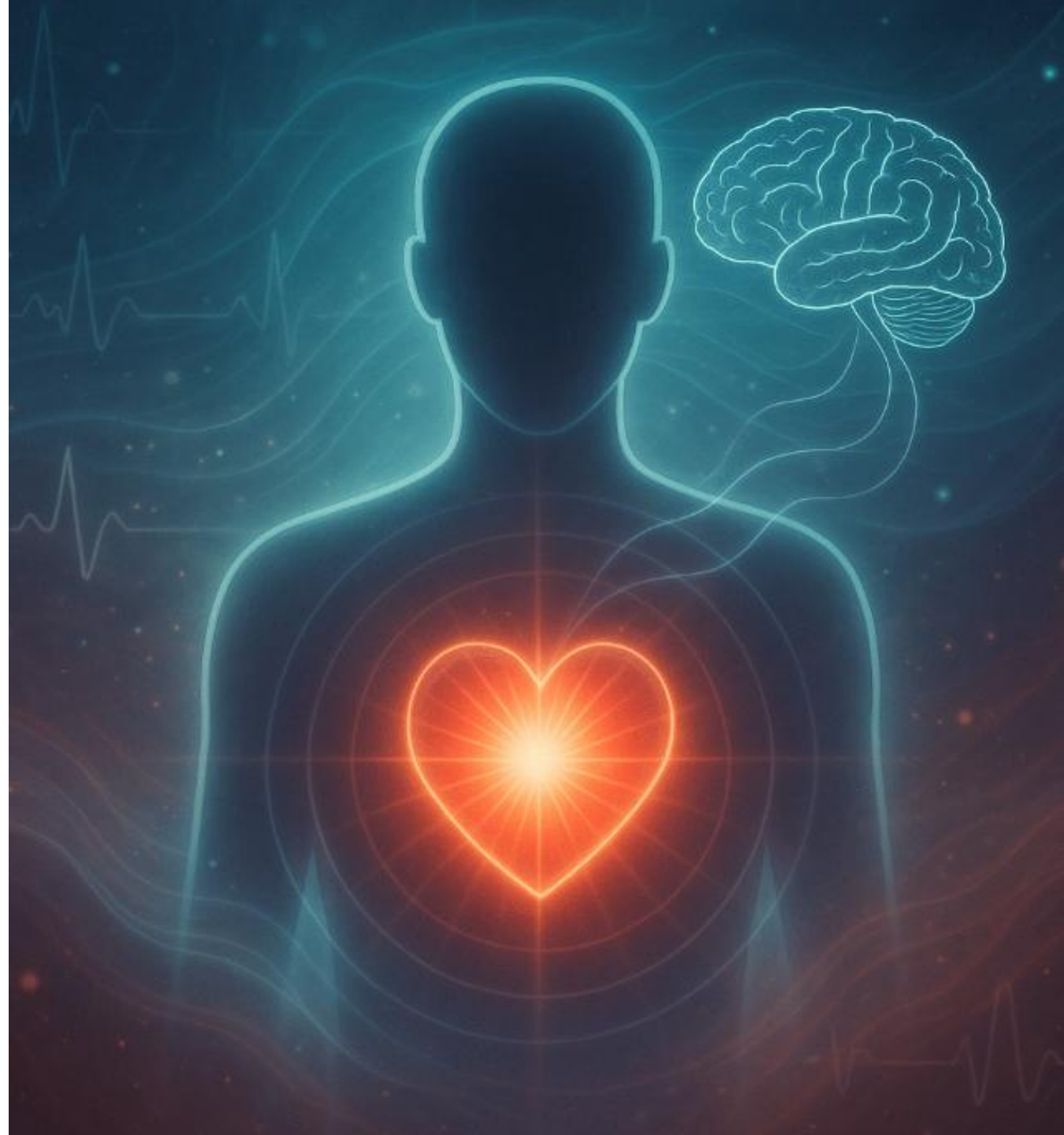
Your presenter : **Cécile Ellert, CA, APAhad, Ph.D.**



- Doctor of Quantum Aromatherapy, APAhad and NAHA certified aromatherapist
- Author and international speaker
- Founder of the healing method AromaSoulTherapy
- Teaching a new generation of health practitioners innovative ways to use essential oils to limit the use and toxic impact of medications

Why Focus on Cardiovascular Health?

- **1 in 3 women** dies from heart disease each year – often without prior symptoms.
- In holistic traditions, the heart is **not just a pump**, but a **central energy hub**.
- It governs **emotional processing, inner coherence, and spiritual clarity**.
- Emotional wounds, stress, and trauma can **disrupt heart energy**, impacting physical health.





More than a pump

The heart generates the strongest electromagnetic field of any organ in the body—100 x stronger electrically and 5.000 x magnetically than the brain



A field of coherence

Its rhythm influences brainwaves, hormonal secretion, and immune response. Heart coherence leads to emotional balance and mental clarity



Bridge between the physical and subtle

In energetic traditions, the heart is the gateway between matter and spirit, anchoring love, intuition, and inner truth

The heart as an energetic center

Signs of a Heart Energy Imbalance



Emotional Signs

- Sudden sadness without cause
- Difficulty feeling love or joy
- Emotional coldness or hypersensitivity



Mental Signs

- Inner restlessness, anxiety
- Inability to connect to one's purpose or intuition



Physical Signs

- Poor circulation, cold hands
- Palpitations without medical cause
- Sleep disturbances, especially between 11 PM and 1 AM

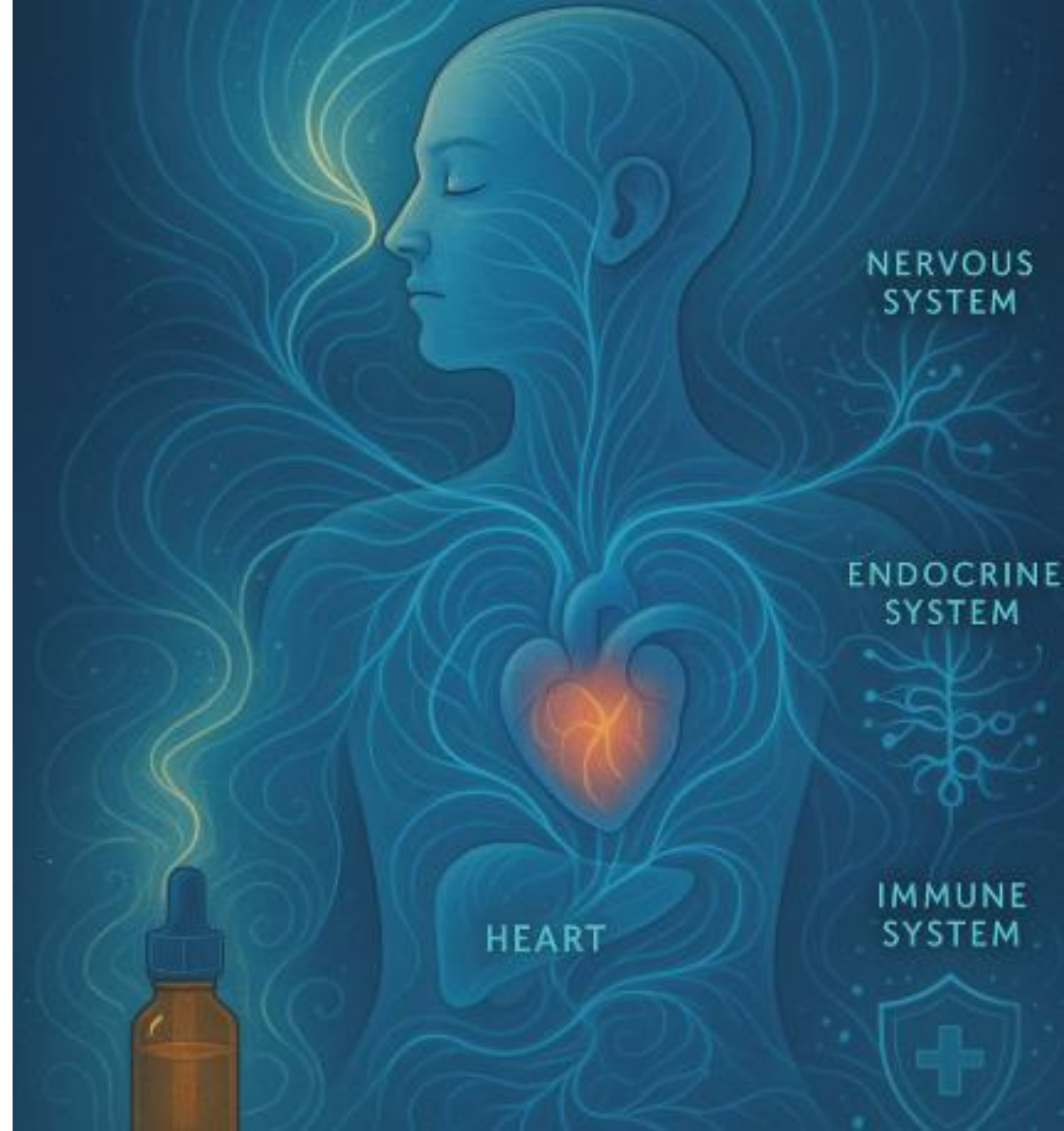
The Role of Aromatics in Energetic Healing

- **More than molecules**
Essential oils don't just act on the body – they emit **vibrational frequencies** that interact with our energetic field.
- **Resonance and regulation**
High-frequency oils can **restore balance**, dissolve energetic blockages, and **support emotional and spiritual coherence**.
- **Subtle meets science**
Their effects are sensed through the **olfactory system, skin, and biofield**, influencing both the **nervous system** and the **heart-brain connection**.



PNEI & Olfaction: A Powerful Gateway to Healing

- **PNEI (Psycho–Neuro–Endocrino–Immunology)**
Emotions, nerves, hormones, and immunity are **deeply interconnected**.
Chronic stress can **dysregulate the whole axis**, leading to fatigue, inflammation, and imbalance.
- **Olfaction: Direct Path to the Limbic Brain**
Smelling essential oils **bypasses the rational brain**, acting immediately on:
 - **Emotional memory**
 - **Autonomic regulation**
 - **Hormonal and immune signaling**
- **Essential oils** are more than scents: they're **messengers of coherence** that support both the **PNEI axis and the energy field**.





Essential Oils for Cardiovascular & Energetic Heart Harmony

- **Rosa damascena** – The Queen of the Heart
 - Deep emotional healing, softens grief
 - Regulates heart rhythm & blood pressure through parasympathetic activation
- **Lavandula angustifolia** – Calm and Coherence
 - Soothes nervous tension
 - Balances the heart chakra, encourages inner peace
- **Citrus limonum & Bergamot** – Light for the Vagus Nerve
 - Lift mood and reduce anxiety
 - Activate the parasympathetic system → better circulation, lower heart rate
- **Cistus ladaniferus** – Healing the Wounded Heart
 - Energetically seals and repairs trauma, especially **ignored or suppressed sexual wounds**
 - Strengthens energetic boundaries and restores self-worth

Application Techniques: From Kidney Release to Heart Reconnection

- **1. Support the Kidneys First**

The kidneys store **fear and emotional toxicity**.

Freeing them opens the way to a safe heart reconnection.

→ Apply essential oils (e.g., juniper, black spruce) **topically** over lower back or inhale gently.

- **2. Then Harmonize the Heart**

Once fear is released, the heart can safely expand and reconnect.

→ Use **olfactotherapy** to access emotional memories

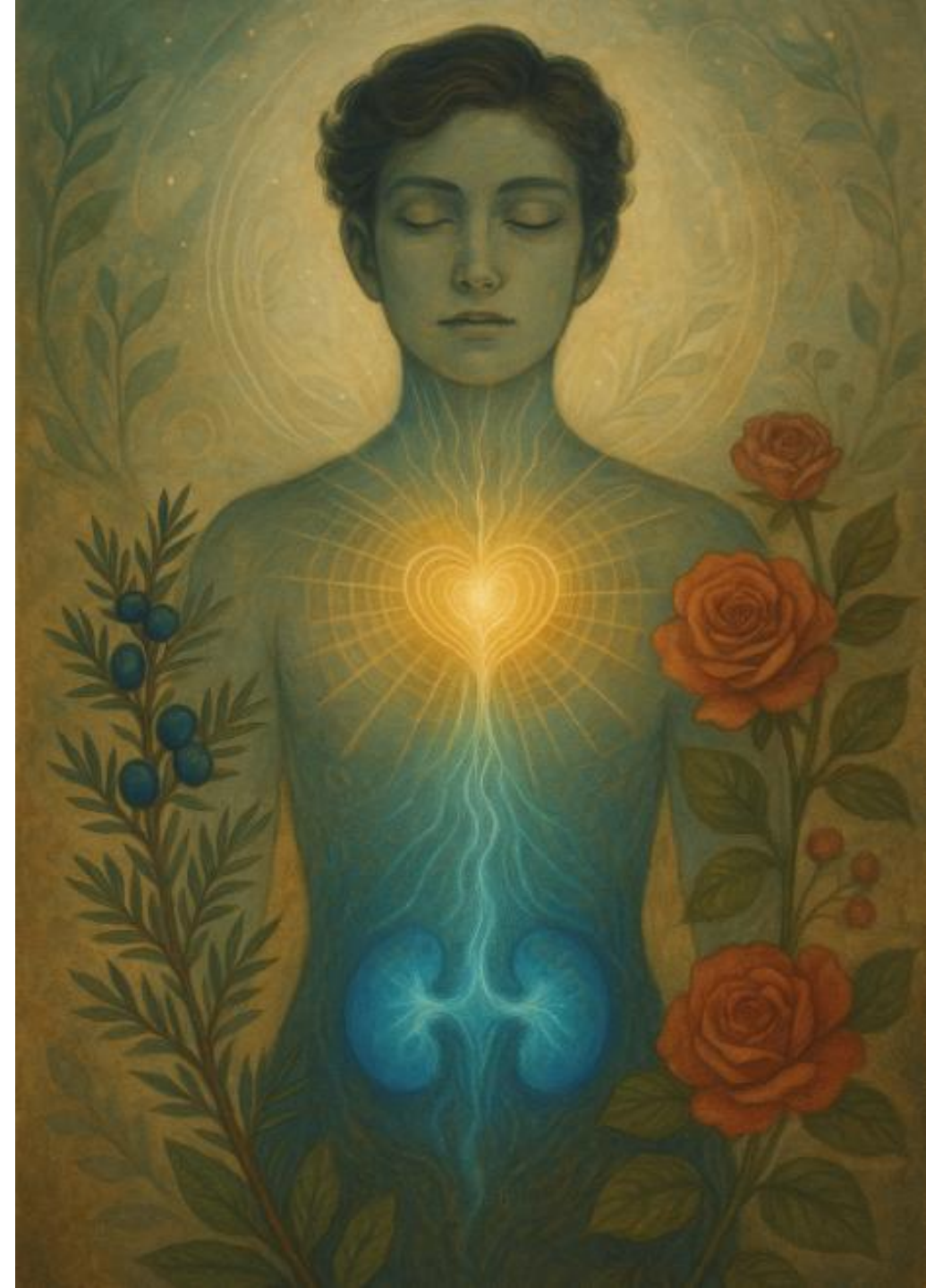
→ Apply heart-healing oils **topically over the chest**, or on reflex points

- **Why Olfaction?**

PNEI. Smell directly activates the **limbic brain** – center of emotions, trauma, and healing

→ It's the **fastest and most direct** path to inner peace

- Always follow the path: **from grounding to opening** → **from kidneys to heart**





Heart–Brain Coherence: More Than Just Feeling Good

- **What is Heart–Brain Coherence?**
A **synchronized state** where the rhythm of the heart aligns with brainwave activity, creating physiological and emotional **harmony**.
- **Benefits of Sustained Coherence:**
 - Reduces **cortisol**, boosts **DHEA** (the vitality hormone)
 - Improves **cell regeneration** and activates **telomerase** (protects DNA & slows aging)
 - Enhances **immune response**, sleep quality, digestion, and hormonal balance
 - Increases **mental clarity**, resilience, and emotional stability
- **Energetic Truth:**
When we nurture **heart energy**, we **restore the natural order** of our body's systems.
It's not just about feeling better – it's about **healing deeper and aging slower**.

Women & Heart Health: A Unique Vulnerability, A Holistic Solution

- **Why Women Are at Greater Risk:**
 - Emotional overload & lack of emotional space
 - Chronic stress and **autonomic imbalance**
 - Hormonal fluctuations (perimenopause, thyroid, estrogen)
 - Underdiagnosed symptoms & invisible fatigue
 - Immunity often weakened by over-giving
- **One Essential Oil, Multiple Systems**
When **inhaled consciously**, an essential oil can:
 - ✓ Calm the **nervous system**
 - ✓ Balance **hormones** through limbic signaling
 - ✓ Support **emotional release and coherence**
 - ✓ Boost **immune resilience**
- Through the PNEI axis, a single scent becomes **a full-spectrum support** – especially powerful for women who give too much and pause too little.



Case Study: Laurence – When the Heart Cannot Receive

- **Background**

Brilliant engineer, 50 years old
Raised by a cold, rigid mother who favored her brother
Never experienced tenderness, affection, or mother–daughter joy
Invisible in her workplace, used by others

- **Symptoms**

- Chronic **pelvic pain**, unrelieved by years of treatment
- **Breast cyst** and intense medical anxiety
- **Severe thinness**, poor nutrient assimilation
- Emotionally withdrawn, self-erased femininity

- **Energetic Imbalance**

Heart unable to receive or manifest love
Kidneys drained by fear and unconscious emotional freezing

- **Therapeutic Path**

Matricaria recutita (chamomile): to release deep childhood wounds
Otrus limonum (lemon): to lift and reconnect heart energy
Meridian work on the **Heart channel** to restore emotional flow

- **Results**

- Complete release of pelvic congestion
- Pain-free, emotionally present, aware of her **own desires**
- Beginning to embody her femininity and self-worth

Simple rituals to nourish the heart – physically and energetically

- **Heart Oils in Your Face Cream**
Use your daily moisturizer as a vehicle for high-vibration oils:
 - *Rosa damascena*: emotional opening, skin regeneration
 - *Cistus ladaniferus*: trauma healing, deep anti-aging
 - *Citrus limonum*: lightens heart energy, digestive clarityMassage into cheeks and temples with intention.
- **Breast & Chest Massage** (2 min daily)
Mix 2–3 drops of *lavender* and *lemon* with a carrier oil.
 - Stimulates the **lymphatic system** → supports detox & immunity
 - Reconnects to the **heart's energy field**
 - Encourages **self-love and prevention** (anti-cancer care)
- **Olfactotherapy. Breathe. Smile inside.**
Let's do it together...place one drop in your hands and breathe intensively! Visualise your heart smiling!





Conclusion: When the Heart Is Open, Everything Flows

- **Receiving joy is not a luxury – it's a practice.**
Each time you support your heart's energy, you:
 - Strengthen your capacity to receive love, health, and life itself
 - Dissolve fear before it takes root
 - Shift from survival to true vitality
- With just a few essential oils – those of the heart – every woman can:
 - ✓ Prevent cardiovascular imbalance
 - ✓ Ease emotional overload
 - ✓ Reclaim her inner rhythm and radiance
- **Take care of your heart, and it will take care of everything else.**
Start with one drop... and breathe.

Aroma Soul Therapy™



For women. By Women

AromaSoulTherapy.

is the Quantum Healing Method applied to Essential Oils, created by Dr. Cécile Ellert. This course teaches you how to use the method to address the specific needs of women, children, and babies – empowering you to act at the first sign of a symptom and even prevent issues effortlessly, simply by spontaneously identifying the right essential oils.