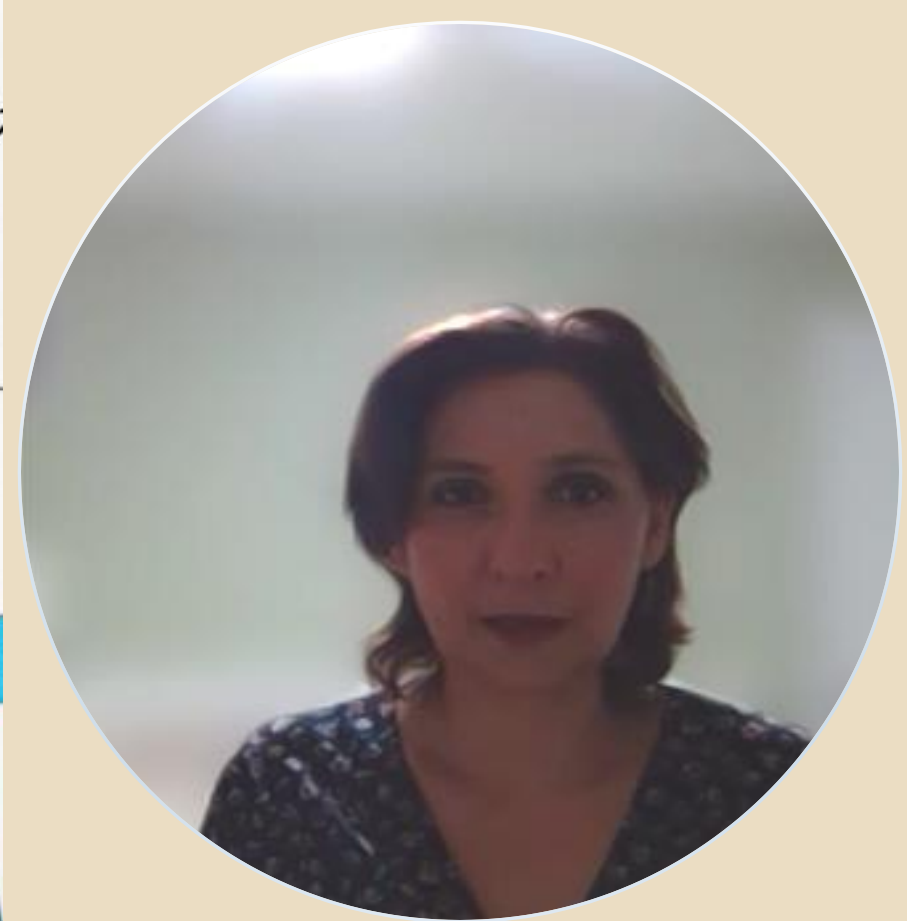




Beyond Aromatherapy:

Expanding Your Health
Advocacy Skills



Conventional Medicine

Modern medicine: MARVELS

- Helps extend life like never before
- Excellent in emergency situations
- Life saving surgeries
- Acute care

Modern medicine: FAILURES

- Does not empower us to prevent illness
- Individualistic approach to medicine – everything is specialized
- Highly reliant on pharmaceuticals
- A trillion-dollar business relying on ‘sickness’



What does HOLISTIC mean?

“relating to or concerned with wholes or with complete systems rather than with the analysis of, treatment of, or dissection into parts”

<https://www.merriam-webster.com/dictionary/holistic>

- Looking at the whole! All the organ systems and the lifestyle – physical, mental and psychological.
- Part of looking at the whole might be modern conventional medicine, alternative or complementary care.



IN THE CENTER



LESS THAN
360°

ON THE CIRCUMFERENCE



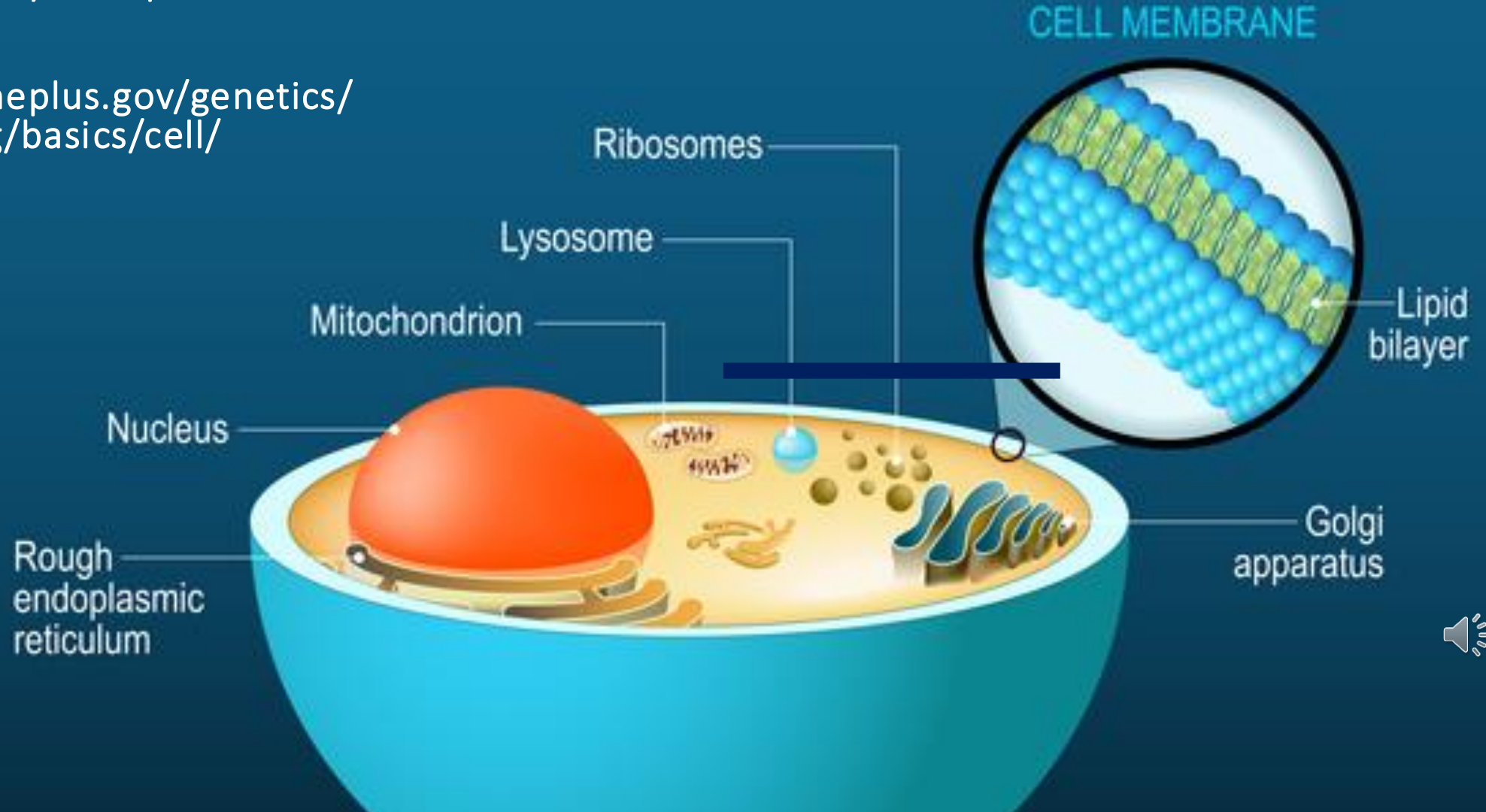
A COMPLETE VIEW
360°



Building block of all living things
They provide structure for the
body, taking in nutrients from
food, convert those nutrients into
energy and carry out specialized
functions.

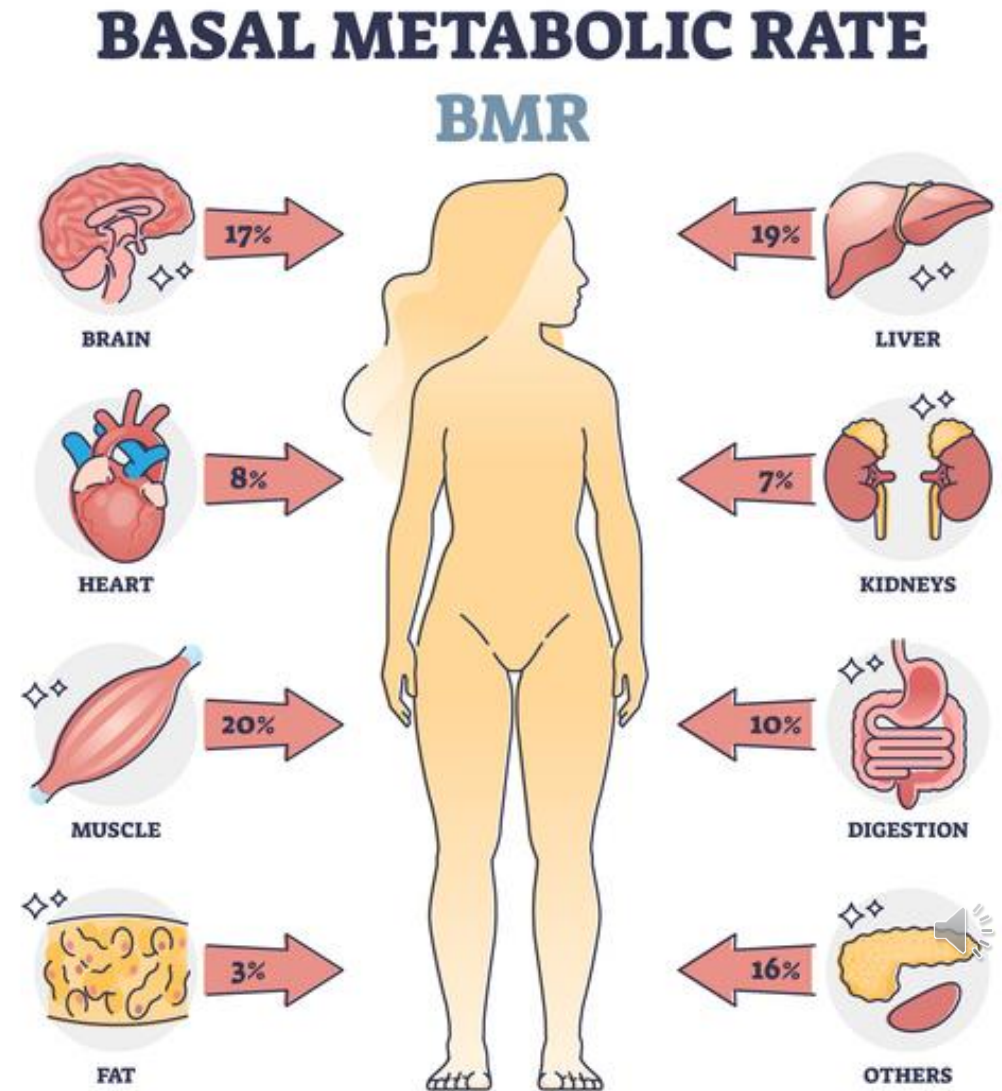
CELL ANATOMY

<https://medlineplus.gov/genetics/understanding/basics/cell/>



CELL METABOLISM IS KEY

- When the body isn't getting the nutrients it needs, it starts shutting things down. The first systems to go are digestion and reproduction—because in survival mode, those aren't the top priorities. The body's trying to conserve energy.
- That's why **fueling your metabolism** matters. Your metabolism runs all the chemical reactions that keep your body alive and functioning. But if it doesn't have the resources it needs—like proper food and enough rest—it slows down. You start feeling tired, healing takes forever, and you can lose lean body mass like muscle, bone, cartilage—even nerve tissue.
- Stress only makes it worse. Chronic or negative stress messes with your body's ability to recover. It slows everything down even more. That's why so many diseases are now considered stress-related. The body is constantly trying to keep up with the pressure, and it breaks down over time.
- But here's the thing: if we reduce stress and treat the body like the gift it is, we give it a fighting chance. Even small changes—eating better, sleeping more, moving daily, taking time to breathe—help build a better internal ecosystem.





FIVE BIG CELLUAR STRESSES

- NUTRITIONAL
- CHEMICAL
- ELECTROMAGNETIC
- PHYSICAL
- MENTAL



Nutritional Stress

- Metabolism is all chemical reactions happening in a living organism to sustain life. The life force of metabolism is nutrients – chemical substances that organisms must take in from the environment to live, grow and function.
- NUTRIENTS: Build and repair tissues, regulate body processes and convert into energy that powers every cell.
- SIX TYPES OF NUTRIENTS: Carbohydrates, Proteins, Lipids (fat), Vitamins, Minerals and Water



Nutritional Stress – FUEL YOUR TANK

- **NUTRIENTS**: Build and repair tissues, regulate body processes and convert into energy that powers every cell.
- Calories should be obtained from whole, living foods, as often as possible loaded with vitamins, minerals, anti-oxidants, protein & healthy fats.
- It's difficult on the body to make living tissue from food that has more ingredients than nutrients.



Nutritional Stresses

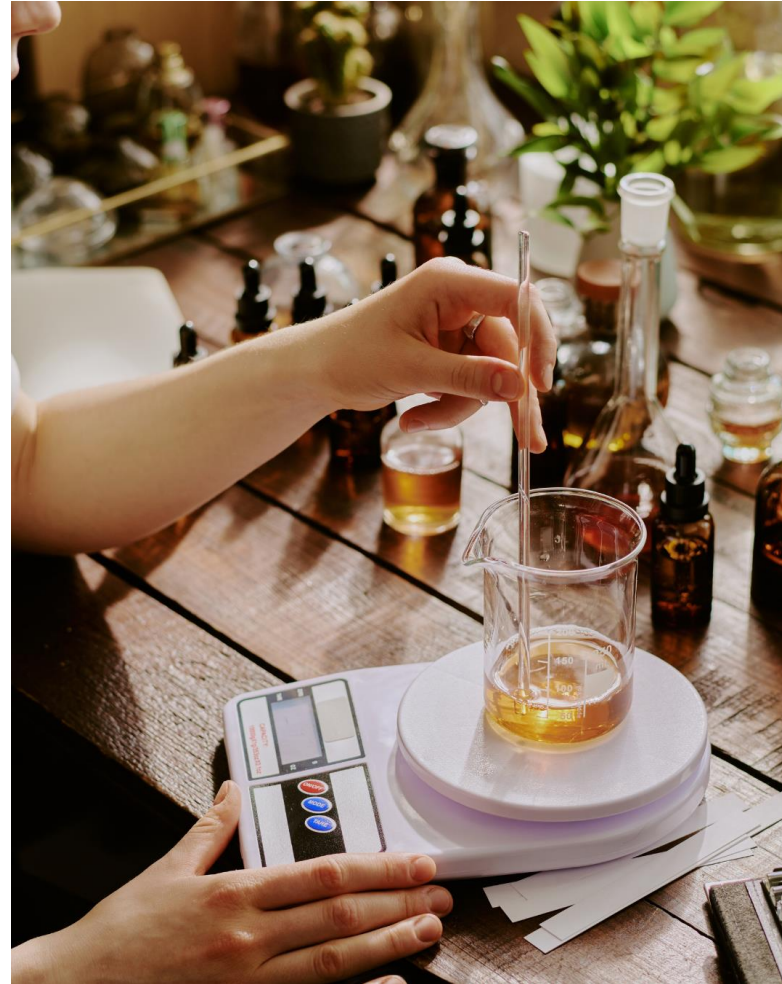
- Basal Metabolic Rate is the number of calories your body needs to keep you alive while at rest. Like your body's idle mode.
- <https://www.calculator.net/bmr-calculator.html>
- <https://www.myfitnesspal.com/tools/bmr-calculator>



Chemical Stresses

THE ESSENCE OF AROMATHERAPY

ESSENTIAL OILS WERE DESIGNED TO
REDUCE CHEMICAL STRESS!!!!



Chemical Stresses

THAT WHICH WE INHALE, INGEST, INJECT OR PUT ON OUR SKIN AFFECTS US

- Medications
- Supplements
- Vaccines
- Food Additives
- Pesticides
- New furniture, carpets, air fresheners
- Beauty and hygiene products
- Cleaning products



Electromagnetic Stresses

- Much of the energy emitted is referred to as non-ionizing and ionizing radiation.
- Non-ionizing: **chronic low-level energy such as cell phones, laptops, microwaves, television, powerlines.** It overstimulates the cell, increasing activity and/or heat, but lacks the energy required to fully remove an electron like ionizing radiation can.
- Ionizing: **very high intense levels of energy such as CT scans and X-rays.** Radioactive materials that decay on their own emit ionizing radiation—energy powerful enough to remove electrons from atoms or break chemical bonds. This type of radiation can uniquely damage any living tissue in the human body. While the body works to repair such damage, sometimes it is too extensive, irreversible, or results in errors during the repair process. These errors can potentially lead to the formation of cancerous cells.



Electromagnetic Stresses

TYPES OF EMF'S

X-RAYS * CAT SCANS * AIRPORT BODY SCANNERS * AIRPLANES * CELL/CORDLESS PHONES * BLUE TOOTH *
MICROWAVES * FLUORESCENTS LIGHTS * WIFI * COMPUTERS * LAPTOPS * POWERLINES* SMART METERS* ANYTHING
PLUGGED INTO THE WALL

WAYS TO REDUCE EMF EXPOSURE

- Do not wear cell phone on your body
- Do not sleep with your phone charging
- Use the speaker option on your phone as often as possible
- Turn off lights when possible
- Buy EMF protectors
- Practice earthing/grounding
- Limit laptop use
- Avoid unnecessary exams, tests or scans
- Use aromatherapy strategies – diffuse essential oils daily for nervous system reset ; diffuse oils with antioxidant properties (most all essential oil have anti-oxidant properties) : topical application for cell support



Physical Stresses

WHAT KIND OF PHYSICAL LOAD IMPACTS THE NERVOUS SYSTEM AND OUR CELLS?

- Job Type: long hours at work, responsibilities, chemical exposure.
- Hobbies: repetitive movements, reading, drinking with friends. How we spend our down-time can directly impact our levels of stress and physical function.
- Posture: sitting for hours at a desk, our gait pattern. Recommend seeing a posture specialist if you see a client with posture issues.



Mental Stresses

- Guilt, worry, fear, self doubt, low self worth, reactions to change all effect physical cell response, or our nervous system and our organs.
- Every cell in your body responds to what your mind is saying.
- RECALL OUR BRAIN USES UP ENERGY. OUR THOUGHTS ARE ALSO ENERGY.



WRAP UP

- Am I fueling myself correctly?
- Am I going too long without eating?
- Am I getting enough micronutrients?
- Am I getting enough sleep?
- Do I have an extreme amount of stress going on?
- Am I spending too much time on my phone or computer?
- Am I feeling physical strain?



WRAP UP



Thank you

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