

BRAIN BOOSTING WITH ODOR
BY JEANNE ROSE – updated 2016

BLEND FOR MENTAL HEALTH & Drops to Use — Add 10 drops to 1-oz carrier oil for massage or undiluted into a bath or into the diffuser.

<u>Depression</u> <u>(Easing Formula)</u> Rosemary = 10 Lavender = 10 Peppermint = 10 Douglas Fir = 10 Ginger = 3	<u>Nervous Tension,</u> <u>Nervousness</u> Lavender = 10 Eucalyptus = 5 Douglas Fir = 5	<u>Emotional Shock, Grief</u> Ginger = 20 Lavender = 30 Rosemary = 20 Peppermint = 10
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Essential oils to use, a Basic Selection

<u>Calming</u> <i>Lavandula spp.</i>	<u>Stimulating</u> Basil or Rosemary	<u>The Good Old Days</u> Vanilla & Peppermint
<u>Alertness</u> Ginger	<u>Contentment</u> Rose and Lavender	<u>Clear Thinking and Breathing</u> Douglas Fir or Pine or Eucalyptus

The above is a basic selection of essential oils that will treat the symptoms of tired or exhausted brains, AD as well as any problems that occur in the office. Since every person is an individual, you may find that other oils will need to be substituted or added to your repertory of EO. **Please read *The Aromatherapy Book* by Jeanne Rose (\$25 includes S&H) for more help in choosing oils.** This overview can be supplemented by reading our other books as well. <http://www.JeanneRose.net/books.html>

Aroma Herbalist Jeanne Rose recommends the following essential oils and blends for mental conditions in her courses: [www.JeanneRose.net/courses.html]

ESSENTIAL OILS - May be used for all these mental states.

Anger – to soothe	Ylang-Ylang (<i>Cananga odorata</i>)
Anger– unexpressed	<i>Rosmarinus officinalis</i> (Rosemary)
Anxiety	Lavender (<i>Lavandula angustifolia</i>)
Apathy	Ginger or Douglas Fir, and <i>Rosmarinus officinalis</i> (Rosemary)
Depression	Douglas Fir and Basil
Suicidal	Rosemary or Eucalyptus
Insomnia	<i>Lavandula angustifolia</i> (Lavender), <i>Cananga odorata</i> (Ylang Ylang #1)
Lethargy	Douglas Fir
Fear	Any of the oils that are pleasing
Grief/Children's pain	Rosemary <i>Mentha x piperita</i> (Peppermint)
Low self-esteem	Basil or Rosemary
Loss/Death	Rosemary or Lavender
Mental Stress	<i>Ocimum basilicum</i> (Basil), Eucalyptus, Lavender
Sleep/Relaxation	<i>Lavandula angustifolia</i> (True Lavender)
Stimulate	Rosemary and Basil
Stress	<i>Lavandula angustifolia</i> (Lavender), Rosemary verbenone

It seems your brain can teach your nose to smell. New research suggests the brain does much of the heavy lifting when it comes to scents, and it can recognize an odor even when one nostril is locked out of the smelling loop. The brains of the subjects appeared to have been primed by exposure to the scent through their other nostrils. "Gaining sensory capabilities is not a capability we usually associate with the adult brain. The prevailing belief has been that the brain is static," says study co-author Noam Sobel, an assistant professor of neuroscience at the University of California at Berkeley. "This is another instance that's showing the adult brain is actually quite changeable and malleable."

Rosemary Enhances Memory and Health ... 2013

(Natural News) A new study suggests that essential oil can boost brain performance. The scent of essential oil rosemary could boost brain performance and help boost a person's health. A new study conducted by researchers in Northumbria, Great Britain discovered that the smell of rosemary did improve the ability of individuals to remember events as well as the tasks they need to complete at a particular time. In a study conducted on 66 people, the researchers wanted to find out if the smell of rosemary can enhance memory. In addition, the essential oil has a lot of great therapeutic effects on different systems in the human body.

New study by Northumbrian researchers prove memory-boosting claim

Researchers from Northumbria concluded that people who smelled rosemary experienced improvements in their memory. Dr. Mark Moss, the author of the research, said that his team focused more on prospective memory, the kind of memory that involves people's ability to remember events that would happen in the future as well as their ability to remember tasks that they would have to complete at particular times. His co-author, Jemma McCready, added that the findings of their study could have significant implications for treating people with memory impairment.

In their study, participants were asked to perform memory tasks. One group worked in a room with the rosemary scent while another group worked in a separate room without the scent. Results show that those who smelled the essential oil performed better on tasks that involved prospective memory than those who did not smell the scent.

Previous research and tradition tell of the benefits of rosemary

A number of previous researches have suggested that the scent of rosemary could improve cognition in healthy adults and enhance their ability to remember events as well as the tasks they have to accomplish. In ancient times, the essential oil was used in occasions such as weddings and funerals and was burned in schools to keep students protected from dizziness as well as brain weakness.

Other therapeutic benefits of rosemary

Aside from boosting prospective memory, rosemary had a number of other health-boosting benefits. For instance, some use it in massage and in bathing as it has antiseptic, antioxidant and astringent properties. It can also help dry and mature skin produce more natural oils of its own. Likewise, it can help people who are losing hair and have problems with dandruff grow more hair and have less dandruff.

Similarly, the essential oil could also ease muscle and rheumatism pain and improve poor circulation. It could also aid in digestion and improve appetite.

For those who experience lung congestion or sore throat, they could either add rosemary to a vapor balm or inhale it to relieve themselves of such problems.

This essential oil can also boost a person's energy and stimulate his nervous system. Rosemary can also help in getting rid of canker sores.

Sources for this article include:

<http://zeenews.india.com>

<http://roberttisserand.com/2013/04/new-rosemary-memory-research/>

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Brain Boosters

Some nutritional supplements provide real food for thought

By Janet Raloff - February 26th, 2011; Vol.179 #5 (p. 26)

Green Tea/Black Tea/Quercetin

Improved cognition with a mixture of green tea, black tea and quercetin (the flavonoid foods, of an orange).

On his third consecutive evening of air combat, a military pilot closes in on the night's quarry, a suspected Taliban fuel depot in Afghanistan. Fatigued, his alertness flagging, the pilot throws some chewing gum into his mouth. Laced with caffeine, it's the cockpit alternative to a cup of coffee.

This pilot would probably suspect that the gum is just a perk-me-up. But several caffeinated military rations — including this relatively new one — do more than stave off sleepiness. Emerging data indicate that these rations boost not only attention but also cognitive performance, features that do not necessarily climb in lockstep.

The U.S. Department of Defense has been investigating such supplements to improve the ability of U.S. armed forces to maintain sustained periods of intense vigilance and focus, explains Harris Lieberman, a psychologist at the Army Research Institute of Environmental Medicine in Natick, Mass. Another hope, he notes: These dietary aids might minimize the risk of “friendly fire.”

Army researchers at the institute, including Lieberman, are at the forefront of a small but growing cadre of investigators exploring how to boost what they call mental energy. This rather fuzzy phrase embraces wakefulness, but also includes mood, motivation and the capacity to perform key mental tasks. Increasing mental energy is important for those enervated because of a lack of sleep or for those whose jobs, like those of fighter pilots, require vigilance even in the face of sleep deprivation. Compounds that keep you awake, it turns out, can also boost other aspects of mental performance. Improved cognition is emerging as a quantifiable side benefit of many of these substances — in some cases, even for those folks who aren't sleepy to begin with.

But the data can be hard to interpret, primarily because no test exists to directly measure mental energy, explains Patrick O'Connor of the University of Georgia in Athens. It must be inferred from other indicators. Still, it is fair to view fatigue and mental energy as anchoring opposite poles of a common spectrum, he says.

Similarly, caffeine anchors the stimulatory end of a spectrum of natural products exhibiting promise in hiking or sustaining cognitive aspects of mental energy. Others include L-theanine in tea, guarana, cocoa constituents and ginseng.

Learning how these compounds work, at what doses and under what circumstances, is important, argues O'Connor, because “mental energy underlies everything in our lives.” It's key, he says, to achieving goals at home and work — and even to the success of the economy.