

# Aromatherapy for Glandular Support Teleseminar

*Improving Thyroid, Adrenals, Reproductive and Pancreas*

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## Introduction to glandular system

Glandular System: Regulates functions through the secretion of hormones (including emotions, growth, sexual identity, body temperature and assists in repair of injured tissue). Includes:

- Thyroid – gas pedal, burns fat
- Adrenals – alert system, regulates fluid, assist reproductive function
- Reproductive – hormonal balance
- Pancreas – digestive enzymes, blood sugar levels
- Limbic System: area of brain that processes feelings and emotions.
- Pituitary (Master Gland): Send out signals to secrete hormones. Regulates virtually every other gland in the body.
  - Pineal gland: Associated with biological responses to light and regulation of body's circadian rhythms (sleep).
    - EO's: inula, lemon, clove, neroli, pine
  - Supplements: Master Gland, Super Algae, Horsetail (silica)
- Thymus: Plays key role in producing the immune system's T-Cells
  - T-cells circulate in the blood and lymph to help protect the body from invaders/malignant cells. lemon, rosemary, thyme, peppermint
  - T3 is the active hormone to feed thyroid. Increases metabolism, burns fat. grapefruit, lemongrass, thyme, ylang ylang

## Aromatherapy Quality

- Pure vs. synthetic – follow your nose.
  - Pure essential oils produce therapeutic effects in addition to a nice smell.
  - The molecular structure of a pure, unadulterated essential oil is small and mirrors that of the body.
  - Synthetic fragrances have a larger molecular structure that cannot penetrate a cell, lining or skin in most cases.
  - Most people have allergies and sensitivities to synthetic fragrances. Pure essential oils do not have a protein structure so many people (not everyone) do not have allergies to the real thing.
- Identification
  - Latin and common names of EO's help avoid confusion in their therapeutic properties (Family, genus, species, subspecies, hybrids, cultivars and variety).
- Testing - Gas Chromatography
- Proper Harvesting: Key to a pure essential oil's therapeutic property value
  - Proper Soil pH, location, climate, time of day/year and method of extraction are required

## Aromatherapy Safety

- Keep essential oils out of the reach of children.
- Dilute essential oils in a carrier before using topically. Some undiluted oils may cause skin irritations.
- Keep essential oils away from the eyes. If you do get oil in the eye, do NOT flush it out with water. Use an oil or milk.
- Use caution when working with people with high Blood pressure, heart disease and other serious health conditions.
- Citrus essential oils are photosensitive!
- Do not use essential oils during pregnancy. Safe essential oils during pregnancy are lavender, red mandarin and roman chamomile (in small quantities).
- Use caution when working with people with allergies. A small dilution may be necessary or application on the soles of the feet.

## Aromatherapy Applications

- NOT for ingestion. (Seek guidance from a trained aromatherapist before trying this method).
- Inhalation: this produces an immediate effect. Diffuser; Room Spray
- Topical: This works the essential oils into the skin and ultimately the blood stream to deliver its therapeutic effects.
  - You can apply neat which means directly on skin (lavender ONLY!)
- Compress: Place essential oils directly in water (hot or cold), dip the cloth into the water mixture and apply the cloth to the affected area. (fever, swelling)
- Bath: Do not apply essential oils directly into bath water. Essential oils are not water soluble and will not dissolve in water.
- Perfume: From the Latin word meaning per fumare, “through smoke” – aromatic smoke from burning herbs (for healing ceremonies, cleansing bad spirits and healing ailments). Mix essential oils with massage oil.

## Aromatherapy & Herbal Remedies

### Thyroid

- Metabolism. It heavily influences growth and metabolic rate (gas pedal). It is controlled by the pituitary which shows why it responds to aromatherapy rather well. Works in tandem with the adrenals.
- Optimal health: feel good, ideal weight, energy, proper sleep
- Deficient health:
  - Hypothyroidism: low body temp. Green Myrtle Essential Oil. Kelp (body can convert into T4) clove, pine, eucalyptus
  - Hyperthyroidism: heated; red myrtle essential oil. Myrrh, sage
  - EO's to balance hypo/hyper: black spruce, pine, eucalyptus, lavender,
- Thyroid Essential oils (general): myrtle, mandarin, myrrh
- JennScents Blends: HypoThyroid Spray, HyperThyroid Spray, Thyroid Balancer Spray
- Complimentary herbs: Thyroid Activator (kelp, irish moss, black walnut): aids sluggish thyroid function, fatigue. Thyroid support (thyroid glandular, kelp, zinc, stinging nettle, B6): helps give thyroid extra help to work.

## Adrenal

- **Adrenals:** Fight or Flight.
  - Secretes hormones that help regulate metabolism, sex hormones.
  - Adrenal Cortex (outer layer): produces cortical steroid hormones (stress / immune response; inflammation regulation). Includes sex hormones (face hair and deeper voice), DHEA, cortisone and aldosterone.
    - EO's: basil, clary, geranium, ginger, pine, ylang, grapefruit
  - Medulla (inner layer): produces adrenaline and noradrenaline. These stimulate sympathetic NS in Fight or Flight responses. Use Yucca.
    - EO's: sage, geranium, ylang
- Optimal health: great vital energy, focus, concentration, wake up bright eyed and ready to go, strong immunity, balanced hormones, ideal weight
- Deficient health: exhaustion, fatigue, sluggish, panic attacks, nervousness, anxiety, restless sleep, lack of concentration/focus, no energy.
- Essential oils: red mandarin, pine, cinnamon, cedar
  - Calm/Relax/Anxiety/Nervous: Bergamot, Chamomile, Cinnamon
  - Stress: Citrus especially Red Mandarin, Pine, Peppermint, Rosemary
- JennScents Blends: Adrenal Support, Adrenal-Lymph Support, Stress Relief Spray, Stress Away Roll-on, Immune Support Spray
- Complimentary herbs: Adaptagens (rhodiola, ginseng, ashwaganda, astragalus), Adrenal substances, Master Gland, Spirulina, Nervous Fatigue (keeps blood sugar stable, late pm fatigue, helps with caffeine & sugar cravings). Vit B aids nerves, vit C aids adrenals.

## Reproductive

- Ovaries – located on each side of lower abdomen of women.
  - Ovulation is the release of an egg from an ovary.
  - Produce estrogen – maintains and helps develop other female sex organs, stimulates secondary sexual characteristics.
    - Estrogen mimics: geranium, clary sage
    - Decrease estrogen: cypress, lavender, neroli, patchouli
  - Produces progesterone (pregnancy hormone) – it prepare uterus for the fertilized egg during the last two weeks of menstrual cycle. Balances PMS.
- Testes: Located outside the body for better temperature control.
  - Produce testosterone, which controls physical & mental characteristics of a male, development of sperm and development of reproductive organs.
  - Prostate requires zinc.
  - Prostate enlargement: Men's Formula (nettle, pumpkin), Master Gland
    - EO's: jasmine, patchouli, frankincense, marjoram, sandalwood
  - Elevated PSA's: Saw Palmetto, Herbal pumpkin, nettles, pygium
    - EO's: frankincense, ginger, ravensara
- Optimal Health: great periods, no cramps, balanced emotions; strong, vitality
  - Pregnancy: nutrition, prenatals. Red Raspberry
    - Milk production: marshmallow (add fenugreek), blessed thistle
      - EO's: jasmine, fenugreek

- Deficient health:
  - Hormonal/PMS: Clary Sage, Frankincense, Geranium, Neroli (childbirth), Rose: grief, uterine tonic, Jasmine (uterine spasms, childbirth, milk production)
  - PMS: bloating, headaches, breast tenderness, irritability, excess periods, etc. Re-supply necessary vitamins - Magnesium and B6.
  - Hormone Headaches – right side or left side? Exploding? Squeezed in vice?
    - Right: bergamot, frankincense, neroli, helichrysum, patchouli
    - Left: jasmine, neroli, peppermint
  - Menopause: Progesterone, Flash Ease (black cohosh – anti-inflammatory, antispasmodic), CX (not w/ high BP), Hot Flash Spray
    - EO's: geranium, clary, jasmine, roman chamomile, sandalwood
  - Infertility: Nutritional deficiency, Super GLA
    - EO'S: cinnamon, clary, geranium, grapefruit, roman chamomile, ylang
- Key essential Oils: geranium, clary sage, cinnamon, mandarin
- JennScents Blends: Hot Flash Spray, PMS Roll-on, Stress Relief Spray, Prostate Support Spray, Intimacy Stimulator, Sensual Massage Oil
- Complimentary herbs: Master Gland, C-X (blessed thistle, black cohosh), Female Comfort (red raspberry, dong quai)

## Pancreas

- **Pancreas:** Sugar Regulation. Needs chromium. It (1) manufactures digestive enzymes and (2) secretes insulin (hormone that helps regulate the amount of glucose in the blood).
  - **Type I diabetes:** Developed in childhood, Insulin dependent.
  - **Type II Diabetes:** Insulin resistant, overweight. Corrected by diet
    - **EO's:** lemon, black pepper, cinnamon, grapefruit, geranium, ylang,
  - **Type III Diabetes:** Alzheimer's, Dementia, inflammation in brain
  - **Diabetes signs:** frequent urination, constant thirst, not able to gain weight.
- Optimal health: no food cravings, not cranky if you don't eat, happy, energetic
- Deficient health: blood sugar imbalance, angered without food, anxiety, panic attacks
- Essential oils: cinnamon, myrrh, eucalyptus, grapefruit, lemon
  - Low blood sugar (warming, stimulating oils): cinnamon, rosemary, lemongrass, myrrh
  - High blood sugar (calming, balancing oils): chamomile, lavender, bergamot
- JennScents Blends: Blood Sugar Regulator Spray
- Complimentary herbs: Sugar-Reg (can help decrease amount of insulin needed, help with above – gymnema, chromium), Pro-pancreas (goldenseal, juniper berries)

## Resolutions/Direct Aids:

- Avoid sugars, refines carbs, caffeine, alcohol, artificial coloring
- Relaxation, mediation, stress management

Thanks you for attending!

Q&A