Introduction to Essential Oils and Histamine Support

Through. Hey everyone. Welcome back to this episode of the Reversing Marcel Activation Syndrome and Histamine Intolerance Summit. I'm your co-host, doctor Tom Moorcroft, and today I'm really pumped.

I know you're really going to love today's interview, because we're going to be talking about a really incredible topic using essential oils. How they can be done safely and effectively to support histamine intolerance.

And as part of it, we're going to be diving into one of my favorite topics and one of the most important pieces of healing from chronic illness, which is the autonomic nervous system being able to balance the sympathetics, the parasympathetic, and that thing called the limbic system.

And we're going to be doing this with our guest today, Jody Stern off Cohen. And Jody is a bestselling author, award winning journalist, functional practitioner, and the founder of Vibrant Blue Oils.

She's been able to combine her training in nutritional therapy and aroma therapy to create unique, proprietary blends of organic and wild crafted essential oils.

To date, she's helped over 50,000 clients heal from brain related challenges, including anxiety, insomnia, and autoimmunity. And for the past ten years, she's lectured all over the place conferences, wellness centers, large corporations on use of essential oils for brain health, stress reduction, and detoxification.

You can see her work in places like the New York Times, Wellness, Mama Elephant Journal, and many other publications. Her website, Vibrant Blue oils.com, is visited by over 300,000 natural health seekers every year, and she's rapidly become a top resource for essential oils education on the internet.

Today, Jody. Holy cow man, that's a lot of cool stuff. Thanks for joining us. Yeah, thanks for having me this. It's going to be fun. I'm super excited and I really love to start.

And just I would love for you to tell us your backstory. How did you get to this place where you're doing this amazing service to people and utilizing essential oils to do that?

You know, it's really funny because I have a daughter going off to college. She's obsessed with what do I major and and I majored in journalism and poly sci.

And out of college I worked actually in the US Senate for Ted Kennedy. I was on the Health and Human Resources Committee, and this was in 1991 before, you know, we could control F and search everything on the internet.

So my big job was going through stacks and stacks of research to get talking points for the senator and also for the testimony for the witnesses. So I got incredibly adept at, you know, reading, research and getting to the point and finding the critical information.

And then I went on and I was a journalist for a little bit and got really good at writing really quickly. And so I, you know, got married, had kids, living life second kid, harder than the first.

Turned out he was really sensitive to certain foods. Once I figured that out, I, you know, dug deep because nothing motivates us. Like helping our children. Right.

And want of getting a degree in nutritional therapy. And then here in Seattle, I was trying to help other moms with squirming kids.

Jody Cohenu2019s Background and Path to Essential Oils

And so I decided to learn muscle testing because that made it much easier to identify the root cause and the best remedy, and that kind of being super handy.

When, issues started to drop in my own life. My, husband at the time basically said that we needed to move him into a residential treatment facility. And what I knew he was alive and it was my job to keep him alive.

It was like my adrenals could finally, you know, take a break. And they really, hit hard. I, I could barely function. My kids were five and seven, and I would basically wake up with them, make them breakfast or lunch, take them to school, come home, crawl back into bed and set the alarms would pick up, which was not sustainable, and nothing none of the other remedies I was using seemed to help.

So a friend, had gifted me a box of essential oils, and when she came to drop them off, she said, you know, you've been so high stress for so long, which means so high cortisol, which means chronic inflammation.

I bet nothing you're ingesting is working because your gut is just so inflamed that it's not getting fruit oils. You know, they're really nice because you can smell them.

They get right into the brain. You can topically apply them, and they get into your system. It's kind of a back door to them. And I was so, you know, desperation is the mother of necessity, kind of I'm like, all right, I'll try anything.

Muscle tested the box. Will this help my adrenals strong? Yes. Kept. I couldn't narrow it down. I kept getting the same five remedies, which stumped me for a moment until I realized, oh, wait a minute.

They're they're liquid. I can combine. You know what I oils? And I'm thinking of it like a mixed drink. You know, as I grab that glass and testing. Okay, three drops of this one seven and just put it together.

And I knew enough about the adrenals and that they were located on the low back. I put the remedy on the low back. And I had this moment of feeling like myself, like, oh wait, I can go running.

I can do the laundry and put it away. I could clean the house. You know, all the things that mothers have to do on a daily basis. But when you're overwhelmed, even climbing up the stairs could feel like too much.

So I had this kind of superhero day and I thought, well, that was quite a win. And it's not uncommon when you know you're exhausted during the day that all of a sudden at night when you're supposed to sleep, you're insomniac.

And that was my pattern at the moment. So somewhere around, 1047, it occurred to me, wait a minute, I know there's a remedy that you can put right above your ears that helps with sleep.

I wonder if I can make up an oil blend. So I did, and it worked so well that I don't even remember falling asleep. My son woke me up in the morning, and I just kept making things up until I felt better.

And then all of my nutritional therapy friends were like, oh, you want to try it? And well, on their clients. And so then there was a nutritional therapy conference, and it was only like $200 to be a vendor.

So one of my friends was like, let's just do this, let's like test it. And I'm like, well, someone must be doing this. It's so obvious. And it was that point where I went online and realized no one was kind of making essential oil blends to balance organ systems and regions of the brain.

And the way they were positioning oils. They made it sound incredibly complicated, like I was almost grateful that my cognitive function was so diminished that I didn't start with online research because interesting.

Yeah, I would have felt unqualified and never tried. So we went to this event and all these people were like, oh, we

love this. You know, we've, we've wanted to use oils, but they kind of seemed confusing and we weren't quite sure how to use it.

We like that use prepackaged these blends. And you tell us exactly how to use it. We can work with that. And so that basically how I started the company.

Wow. So I think it's so interesting. It's like you're using this opportunity of diminished cognitive function to actually this is the super power to create this.

Well, I think when you got to get out of your head and allow your intuition to flow that it's it's really amazing because. Yeah, I didn't quite realize, you know, in writing my most recent book, Essential Oils to boost the brain and Heal the body, people think of, you know, they know that they're really three ways to use oils, right?

You can smell them. I actually think just smelling from the bottle is super effective. Oh, good. You don't need a fancy machine. You can use one if you love it.

You can drink it, which a lot of people do, which I think is the only way you can really harm yourself because you know everything in moderation. And these are concentrated essences of plants.

When you're drinking them, you you could kind of overserved yourself. And then there's topical application that people diminish because they think of it as being kind of a local remedy, like, oh, you hurt your wrist.

You put something topically in wrist, but that's not going to be system. Why? Because it has to get into the bloodstream and travel to the heart and get pumped to the body.

What they don't realize is that you can use acupuncture points anywhere in the body, and that is a systemic balancing mechanism. So you can use a very, very, very small amount of oil on a very specific point and kind of have a whole body experience.

And that's what I'm really trying to help people understand. And especially for mast cells and that are involved in calming mast cell activation so that they, you know, because I think when you don't feel great, everything can feel like a lot.

And things can feel very hard. And so I really want to give people very affordable, very easy ways that they can feel better. I love it, you know, because it is it's like, as you're talking about that, I'm like, the nervous system is like it wants the love, but it also doesn't want to get hit over the head and so when you take in sort of the acupuncture points and the low dose, but appropriate stimulation in combination, I think that's like really brilliant.

So for histamine intolerance in particular, are there particular oils or approaches to putting them on? It sounds like topical. I mean, I'm it's a lot less, out of control than orally, but.

Yeah. Like, what might you be using, for histamine intolerance and how to apply it. Yeah. And one of the things that I think is going on. So for people who aren't familiar with the vagus nerve, your autonomic nervous system controls your automatic functions, your breathing, your heart rate, your immune response, your, inflammatory response.

And it, has two gears, right? Kind of the there is danger. We need to allocate resources towards survival. This is known as your sympathetic fight or flight branch.

And then the it is safe. We can allow healing, restoration, all of the positive things that we need when we're not feeling great and that is the sympathetic or parasympathetic branch.

So here's the problem. Danger is not just the lion chasing us down the street. It can be. We turn on the news and fear that we're going to hurt ourselves or hurt somebody else.

We look at our bank account and fear for the future. We have some kind of confrontation, either in real life or on

social media, and all of that makes us feel unsafe.

So we are constantly thinking survival is at stake. And that is when resources are allocated towards survival. You know, blood's routed away from digestion and detoxification so that we can fight back and flee.

The other thing that's going on cognitively is that we are kind of stuck in our reptilian survival brain, you know, just we don't want to be able to contemplate the universe when danger is present, because we could get killed or too busy, like looking at the sky and thinking, so we're really only able to access, the back part of our brain and not kind of our problem solving brain.

So this is why, when one of the symptoms of being stuck in sympathetic is that your pupil is the black part of your eyes, get really big to take in more light so you can fight back or flee.

So if you're trying to have a conversation with anyone significant in your life and you notice their pupils are really big, that is not the time you're going to, you know your parenting needs to stay connected before you correct.

You know that your kid calm down so they can hear you. Let your other human calm down so they can hear you. And the way to do that, the gear shift between like danger is present.

We cannot repair and I'm safe. Life is good. Is your vagus nerve. It's the longest nerve in the body. It is literally the information superhighway between the brain and the body.

In the body, back up to the brain. And a quick physiology lesson. It starts back of the head. Split is most accessible if you feel right behind your earlobe.

There's a debate between your lobe and the bone. That's their mastoid bone. That is where your vagus nerve is the most accessible to the surface of the body, you know.

How Essential Oils Work and Support the Nervous System

From there it lines through your throat, your heart, your lungs, every organ of digestion and detoxification. One of my mentors she's crossing has been talking about vagus nerve activation and to turn on the parasympathetic nervous system for decades.

She's the first person I've heard talking about this. And his strategies are like, you know, gag yourself with a tongue depressor, gargle till you cry, he wakes up a coffee enema and, you know, you think, oh, work.

But no one is like, yes, who's going to do it right? I know compliance was terrible because it's uncomfortable and undesirable. And so when I started playing with oils, there's so much research about how oils can be used to activate the parasympathetic nervous system.

And I just kept trying to find the easiest way to get there. And so I did a deep dive on vagus nerve stimulation research. And what that means is vagus nerve stimulation turns on parasympathetic, which is where all actually and the inflammation calms down.

So how do you do that? This New York neuroscientist named Kevin Tracy was surgically implanting a pacemaker like device, like on that point behind the ear lobe and using it to stimulate the vagus nerve and turn on parasympathetic and the FDA approved this technique for epilepsy, migraines and depression.

When I realized, oh my gosh, you just need something stimulatory that can stimulate that point. Like, this is what acupuncture needles do. I started looking at there all these oils that we considered to be stimulatory, meaning they're hot like pepper, oregano, thyme, rosemary, cinnamon, clove.

So I started testing using those oils. And clove. Clove has actually the most amazing research for its anti-inflammatory capacity. But basically I combined clove because it has medium molecules and line because it has

small molecules with fractionated coconut oil, also gets through the skin really quickly.

And you can it's so simple. You can flip the bottle, go like this. And it's literally like you're shifting your bike. The body vagus nerve stimulated you activate parasympathetic.

The vagus nerve is actually kind of the anti-inflammatory nerve. It triggers the release of acetylcholine, which is the anti-inflammatory neurotransmitter.

And what's going on often in the histamine response is your body thinks it's in danger, and it's producing more and more mast cells to kind of protect you and mount the defense.

It's a little bit like the cell danger response. You know, someone health danger. You know it's a red alert alarm. And the body's just reacting. But it never kind of completes the cycle and says, oh, okay, it's all right to turn off like histamine, you know, serves many functions.

It's a powerful, neurotransmitter and signal in the body. And it's really like the Goldilocks principle, right? You know, too little isn't great, too much isn't great.

You want it to be just right. But what tends to happen is we just keep overproducing and overproducing. So how do we let the body know we're good? We?

You know, you can calm down. We don't need any more. You signal the vagus nerve to activate parasympathetic, and that helps to return the body balance.

It's so key what you're saying, Jodie, because like one is I don't want to have a surgically implanted vagus nerve stimulator. And I find that a lot of people get vagus, even external ones can you can kind of overdo it.

And like, I love the topical administration at that easy access point because you can do it just really allows the body to do it more naturally. And I think what people a lot of times we talk about like poly vagal theory, people will talk about the the ventral vagus to the heart and then the, the dorsal vagus or the vagus to the gut, as if the gut one is reptilian and bad and the other one is better.

And you use the term balance right, so that we're not in this Marcel's being, you know, on guard all the time and just chronically coming out. And I love the idea because here is where the vagus is all still one thing.

And, you know, from an anatomic perspective, see, you're allowing the vagus to do its job in all branches rather than trying to pick and choose parts of it to micromanage.

So I'm I'm loving what you're saying about that. Exactly. Because, I mean, that's really the goal. Like, I think when we can get body in balance, it can heal itself.

It's and it's just sometimes there bigger obstacles to move, to help it return, to balance. Yeah. I it's so funny because it's really it's just like when I talk to people who think the way I think, and it's just like the body wants to function optimally and the sympathetic compared to sympathetic.

Like you said, there is a balance that you need. There are times in our lives where we have to be more aware, but if we overstimulate the vagus in one direction or the other, or, you know, or overstimulate or under stimulated, we can't have that natural response.

So, that's really nice. Are there? So when we talk about the vagus and we're trying to calm all this down, I mean clove and lime kind of like are big ones.

Are there other ones that people might want to look at or. Yeah, I mean, people can play with a bunch of them. Those were just the two. It's kind of, you know, it's chemistry, right?

Because you want to make sure that it's stimulatory enough and it gets in and clove has this constituent eugenol that honestly out of every essential oil constituent like lavender, linen and all, it has a lot of research and frankincense has a lot of research.

Eugenol is the best. It's antibacterial, antifungal, anti-parasitic, anti-inflammatory. It's just really kind of a rock star constituent. But, yeah, I've had people use peppermint if they like that, because that can be stimulatory.

Rosemary, it's a little bit, you know, they all work. It's it's just kind of a matter of preference, like how much you put on your food, you know, tomato paste.

Yeah. What about, like, the, like, clove and, like, histamine intolerance and stuff? I mean, you know, and that you knew that's going to come up. So you know so you know, it's funny because I, I see that all the time.

Like, be really careful with clove. Don't use clove because it can, basically, you know, trigger kind of a response. And so I was curious. I looked that up and I found, you know, there was an article in, what was it, histamine doctor article on, that high seven high histamine foods to avoid.

And it said that certain high histamine spices, including clove, should be avoided. And so the article actually talked about the anti-inflammatory benefits of clove.

It noted, you know, clove contain, powerful compound called eugenol, which I just talked about, an antioxidant that may improve fatty liver and abnormal blood lipids.

Vagus Nerve Activation for Histamine Intolerance

And also, extolled the modest quality quantities of flavonoids. But, it was concerned that the clove herb was related to compliance called benzo nights that trigger histamine release and uric acid.

And so I was like, That's interesting. I wonder how much of the benzo nights are actually in cloves. So I went and looked at the chemical composition of clove on PubMed, and it contains less than, 0.01% of the benzene.

It's compared to like almost 90% of eugenol says like, well, that's interesting. I mean, it's valid that, you know, the herb could have this, but sometimes what's in the oil is different than what's in the herb.

And then I went and looked at the other, compound that they were concerned about the uric acid. And I couldn't find that in the oil. So I'm not, you know, discounting obviously, you know, whenever someone says to me like, I'm super sensitive to grapefruit, can I have grapefruit oil?

I always on the side of caution, like, I would never want to harm people. And yet so many of the practitioners that I work with that are actively trying to stimulate the vagus nerve to kind of balance mast cell activation, have great success with the parasympathetic oil.

So I guess what I'm saying is, you know, keep avoiding clove as an herb and have food, but I'm not sure that the oil is concerning its is interesting too, because as you're saying that, I find myself thinking, well, a lot of the times, like the reason we have mast cell activation syndrome or even just, histamine intolerance has to do with there's an underlying trigger that hasn't been addressed, be it Lyme parasites, whatever.

And so many of these people with you can add whatever those words in there, that is their diagnosis. Or as we know, many of folks that listening are going to have many of those things going on for them.

But a lot of those folks can't get better because they're stuck, you know, and they need to release their limbic system, balance it out, get their vagus working better.

So a lot of times I find that like I'm like a rule breaker, right? Like so I'll be there like like you. It's just like hey, like, what's more important?

Getting the vagus nerve. Relax so that I can actually move forward and heal or not stimulating this thing, the the downstream product of the underlying pathophysiology.

So I mean, I've certainly not seen clove blow my folks up. I'm sure like you said though actually they're not ingesting it. They're used right. And so it's basically working to stimulate the nerve but not necessarily getting into the bloodstream or into the digestive channel.

So yeah. Yeah, it's really good. And you know, even smelling like, you know, I'm just thinking if I even just think about clove and lime combined and like, it's it's such an interesting aroma, you know too.

And so there are these other ways, you know, to address things. And I think that's brilliant. So, are there other things like. So if we move from the vagus because, I mean, it's so funny.

It's like we were it seemed like we were going to talk about that later, but it's like the primary. This is like the most important thing, right? I mean, we're also stuck in whatever our state is because we're so chronically, cortisol driven and sympathetic.

And it's not like, that's not good. It's just not good for a long period of time. You know, somebody runs in front of my car, I want to swerve, and then I want to go back to chill, you know?

Exactly. And sometimes, you know, we're all drivers, sometimes you're accelerating, sometimes you're slowing down. You just need to be able to kind of respond and be resilient and be regulated.

And if you're stuck in one gear, that limits your flexibility. So then if are there particular form. So if we're working on the vagus where we're really unlocking ourselves out of that stuck in in fight or flight, are there other things that particular like oils that are specifically helpful for supporting Marcel stabilization or histamine tolerance that that you've come across or approaches that you would use?

Yeah, I love my favorite oil for histamine modulation is tansy. It's super expensive from Morocco. And so what I try to do is I make the blend. So it's kind of like instead of having you spend hundreds of dollars to buy a bunch of different oils, and then combine them yourself, I do it for you.

So it's more affordable. So we have a histamine bounce blend that's mostly blue tansy, and you can just put it behind your ears on the base of your neck.

You can put a little, Q-Tip swab and kind of circle in the nostrils. That really helps with the release, you know, because so much of the things you were talking about, the mold, everything kind of gets stuck in the nasal passageways and especially mold because it lays dormant and it's right near the brain.

And so it contributes to all these symptoms. So what we're really trying to do is help allow the good things in and get the bad things out. And the reason that can be compromised is, you know, the nasal passageways which the histamine balance is great for, but also the lymph and the blood flow and circulation.

And so oils are fabula or vaso dilating, you know, think of a freeway, you know, maybe it has four lanes, maybe all, but one is under construction. There's going to be a bottleneck. Right.

And going through that part, it's going to be slow going and take a lot of time. And then all of a sudden the construction ends and four lanes are open and everyone gets to go on the road.

So, you know, when you think about, what's happening in the brain, the brain basically cleans house when you sleep. It's called the lymphatic system. And it's almost like the brain shrinks and it's a car wash, and then all the garbage drains down the neck.

And this is a big bottleneck because you have a lot going on in there. You've got your structure, you've got your nerves, including the vagus nerve, you've got your blood vessels, you've got your lymph, you've got your muscle.

And just like if you're in the middle seat in the airplane next to two linebackers, you know I've done that before. You wash your your arms, I'm going to imagine all of this going on in the neck and your nerve is infected.

So it's pressing into the lymph that's congested. And it's just a big traffic jam. So the more you can kind of dilate and there's actually a researcher marker, Marco Ruggiero, who was doing sonogram pictures of the necks of chronically ill people.

And what he found was exactly that the vagus nerve was kind of infected, the lymph was inflamed and pushing into other things. And so he started topically applying remedies that had oils in kind of a downward motion, so that that opened up the lymph and it was able to drain down and kind of, you know, the garbage could leave the brain, the traffic jam alleviated.

And then also there are oils that help to, vaso dilate like black pepper and cypress are great oils for for that. And a really good point. If people want to feel them with me, the clavicle points right there.

If you just take two fingers and kind of gently massage if it feels tender, don't worry. That's just a point that you're going to want to kind of work on, because that can be a bottleneck.

You know, if you want to layer in, we have a circulation gland or cypress. You know, even castor oil, just things to kind of help break up the stagnation so that as you're healing, you know, mast cell activation are going to, activate your vagus nerve to help you turn on parasympathetic.

So you get out of danger and into safety. We're going to open up the vasculature of the lymph. So that all the garbage can leave and not recirculate, and cause the immune system to cause more inflammation.

We're going to make sure that your vasculature is dilated so that all the blood flow and the oxygen rich blood and nutrients can get into the brain and other parts of the body.

We're basically just going to set you up for success, you know, you have a big test, you're well-rested, you're well-fed, you know, you're prepared, got all your pencils.

We just want to make sure that you're, you know, in the best shape possible to heal. Yeah. You know, and what's really interesting is, like, I as an osteopathic physician, my background's a lot in, you know, the structure and function of the body.

And so love the vagus, addicted to the cranial nerves and like all the physiology of there and the lymphatic system, one of the things I think you pointed out, that's really important for us to highlight is there's estimates that 20 to 30% of all the drainage out of the brain comes through the nasal lymphatics.

So what's really cool is in order to get the brain to drain, like you said, you need to sleep more. So let's get our Vegas and get parasympathetic so we can sleep.

Let's use some sleep glands and really get our sleep dialed in like you were talking about. And keep ourselves lower cortisol more parasympathetic.

Blue Tansy, Lymph Flow, and Nasal Drainage

And then with like blue tansy and the rest of the blend like we're opening up the nose like this is like wear patterns and pandas is triggered from this is where mold toxins cause an issue.

And so I want the nose not only to just well out, I want it to be open so it drains because it's all low pressure. And then, like you said, in the neck and the rest of the body, it's low pressure systems on the veins and the lymphatics.

So when you're doing the combination approach you're talking about, it really resonates. And I see this working with my patients. I just want to really highlight that the lymphatics that are taking the dirty water out of the brain, you

know, getting that congestion out because everybody seems to come to us for brain fog, right?

It happens around the cranial nerves, and it happens best when you're resting and sleeping. So you need to be parasympathetic sleeping and you have to have the lymphatics open just like you said.

So I just wanted to highlight that because having bit my whole career has been with chronic illness recovery. And this is one of the sticking points because it's really hard to do unless you're utilizing the principles you're talking about.

So so for the nose, can we just I just want to refresh what you said about using sort of the histamine blend, and the different ways to apply it, because I think this is one of the critical pieces that I know all my patients want to hear over and over, and I want everyone listening to be able to really be clear on this, because it's one of the most important things in optimizing brain function and recovering from histamine intolerance.

Yeah. And I have a lot of people who don't love nasal sprays. You can literally use the Q-tips and kind of stick it up your nose for 20 minutes. And what it does is it just helps drainage, you know, don't be surprised if you even, like, kind of gently, circulating inside the nasal passageway if you start to kind of drain.

But this is good. You're getting the garbage out. You're helping to, relieve the congestion and start things moving and flowing. I love it. Do you find that you get the, like, let's say somebody who doesn't want to put stuff up their nose is sort of diffusing it yourself, or just hanging out with the bottle, like, because I have a, you know, I have some folks who just kind of like, do this all day long.

I mean, it's as effective. Oh, yeah. Yeah. You have to meet people where they're at. Yeah. If they have any aversion to that. Smelling is great. You know, smelling is better than not smelling.

If you can graduate to, like, gently, you know, circulating it in the nostril, it even better. It's kind of like yoga, right? You know, it's like okay, right. Okay. Yeah.

Go ahead. If you're going to do some crazy inversion, have fun. It's kind of like meet people where they're at. But anything is better than nothing. Cool.

So if I were to do the progression, you're saying like topically, I could just put a little of the blend right on a Q-Tip. No problem. Yeah, exactly. And you know, sometimes I tell people like, put a little bit on a cotton ball, put it in your pillow while you sleep.

I actually love the histamine balance. I'm very sensitive to mold in hotel rooms, and it seems like every hotel room has it. So I just bring it with me when I travel and I, you know, for me, it's just enough to put it behind my ears in the back of my neck for kids.

I put it on the bottom of the feet. That seems to be the easiest place to put on kids, and they really never complain about foot rubs from mom. Nice. So were you also saying we can transition also to even a nasal spray of that?

If we wanted to kind of be a little careful with that, that that can be a little strong. I would maybe just use the Q-Tip. Okay. But you know, some people do, if you're going to work with a practitioner and that's what they recommend, you do that for sure.

Well, you want to make sure you're taking binders if you do that because then you're really going to open things up. And the garbage is might come out more aggressively than you anticipate.

So true. So and I think what, what I really love and what you just touching about is that like, we can overdo it and, well, it's not so much that you overdo it, but just think of like if you yell fire in the movie theater without opening the exit doors, everyone's going to be up, around and bump into people, right?

So if you've been kind of, really stressed for a really long time and have a lot of delayed maintenance with

detoxifying and all of a sudden your Paris empathetic, your cells are like, great, it's safe to dump the garbage.

Yeah. And if you're, you know, liver or gallbladder a little fatigued or maybe your constipated, you just really want to make sure that you're supporting your lymph.

You're supporting the liver, the gallbladder, the gut, and that you're taking some kind of binder which kind of grabs the toxins and takes them out of the body.

Yeah. And, you know, one of the things that I'm thinking of is what are there particular oil approaches you might suggest for someone who may go through a big timer, may maybe they overdid it or their practitioner, which is I find two things.

One, that practitioners are overzealous or the patients overzealous like I. The reason I ask about the nasal spray part is I know that people listening who work with me are more than happy to just go, oh, a little bit good, a Q-Tip is good.

I'm going to just fill the syringe in or the, nasal puffer and start going. And I agree with you, don't do that. Work with your provider. I used to I used to run marathons. Right.

And there's a very rigorous marathon training schedule, like, you know, do two miles and six miles and 12 miles. I foolishly in my 20s is like, I'm just going to run 18.

That was that quick. Yeah, I walking down stairs for the next week was not my friend because you're so like slow and steady wins the race. You do not need to rush it.

No extra credit for getting there faster. Cool. If I did happen to overdo it a little bit when I'm working with some of the stuff, is are there particular 1 or 2 oils or a blend that you might just recommend?

Because it does happen sometimes. Oh, absolutely. Lymph. Lymph is always your best friend. And then any kind of binder that you recommend for your clients, you know, an absence of baths.

You can add a little bit of lavender to an absence of baths, which does a lot. It really comes the nervous system it regulates. It allows you to detoxify through the skin.

Cool. Yeah. So we've got oils that are helping us, their sleep balance and our parasympathetic open up our vasculature, draining our nose are there any other things that you kind of like we should make sure we share with everyone, that we haven't talked about.

Practical Application Tips and Safety Considerations

I think those are good. The only thing that I think I would say is I feel like the world right now feels disempowering. You know, we might turn on the news and feel like, oh my goodness, there's so much I can't control.

And I will say that the vagus nerve is correlated with kind of your emotional and cognitive perception of the world. Like, Holocaust survivor Viktor Frankl has this great quote he talks about between stimulus and response.

There is a space. In that space lies our power to choose our response. And in our response lies our growth and our freedom. So I do notice that when I'm able to activate my vagus nerve, it helps me find that space where I'm not bombarded by external stressors and I'm able to say like, oh, wait a minute.

Like I'm I'm actually okay. Like, I, I am choosing like I can't control anything around me, but I can control my response. And in this moment I'm safe and I'm okay.

And that has been, very helpful. I think, you know, given all of the uncertainty on the planet right now. Charity, that is amazing. And I think that's like the number one message, you know, is that the vagus nerve and our sense of

safety and our choice and our ability to have that response, that space to choose our response is so critical in what's going on in the world, what's going on with our chronic illnesses.

So I want to say thank you so much for sharing your wisdom with everybody. I mean, this is amazing. And, I just, you know, having known you for a while, like Jodi's work is so incredible.

I really highly recommend everybody check her stuff out. And, you know, I have lots of patients who are using your products, and it's so beneficial. And I love the idea of done for you.

I mean, some people are going to want individual things. And, you know, we've covered that. But the done for you part is just so nice. And I really appreciate that.

How can folks learn more about you and your products and your and and what's going on in your world? I think we've got some free gifts to share with your community and then, head over to Vibrant oils.com.

If you have any questions, just email us at info at by Royals. And thank you and sounds so great. So thank you Jodi Cohen vibrant blue oils.com for joining us and having this amazing conversation.

And thank you everyone for joining us for this episode. And we'll see you next time.