How Essential Oils Can Support Your Healing Journey Transcript

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Introduction to Essential Oils and Healing

Hi, Jodi. I'm so glad you could join me today so that we could do a interview about the healing benefits of essential oils for one's healing journey. If you have multiple sclerosis or a neuro immune condition.

Yeah, it was. Necessity is the mother of invention. My husband wound up attempting suicide and being moved to a residential treatment facility. And once I knew he was safe and it wasn't my job to keep him alive, I literally hit rock bottom.

And my kids were little. They were five and seven, and I was suddenly a single mom. I had a job as class parent and I could barely get out of bed. And so I was doing everything I could think of to kind of heal myself and heal my adrenals.

And it wasn't working very well. And then someone gifted me oils and pointed out that because I had been so high in stress hormones like cortisol, which can cause kind of systemic inflammation, it was likely that even though I was ingesting the right food and the right remedies, my gut was probably inflamed.

And so things weren't being assimilated as easily, but that oils can be inhaled and go directly into the brain.

From Crisis to Founding Vibrant Blue Oils

You can topically apply them and they get into the body. And that just might be a nice supplemental way to support myself. And it worked so well that I, my friends started asking for it and I basically, you know, launched it in my kitchen writing blogs and just fulfilling product when my kids went to sleep.

And over time, it just grew and and what I use it for, I mean, obviously, I follow your diet. And I think if if, you know, if you're ingesting foods that, you know, like if I were to eat gluten, it wouldn't really matter what else I did because I would not function as well.

But when you're doing everything right and you're looking for lifestyle adjuncts, this is really helpful and really powerful because it can topically hit areas where, you know, food goes systemic, but your neck pathway, for example, that's what allows all of the oxygen and nutrients to get into the brain.

And it's also what allows all of the garbage to drain from the brain and leave the body. So anything you can do to kind of topically support healing and flow of, you know, good things, getting in and bad things getting out, I think really just enhances your health and improves your journey to healing.

Now, you know everyone who's listening again, I want to remind you that I use these products as well. And I was just like, Jodie, what am I doing currently?

I have the limp and the fascia, which I like to put down my state of Kaleido Asteroid. You know, the strap muscles here in the neck in the morning, in the evening.

And I like doing a variety of essential oils while I'm doing my size. It's just a lovely way to get from that sympathetic into the person pathetic state.

During the during the sauna, I'll also sometimes put in some of your gallbladder and liver topical oils in the sauna because that's it's a very nice detox process as well.

Why Oils Help When Diet Alone Isn't Enough

And by, you know, inhaling the essential oil. Have a little sniff here while we're chatting. Okay. You know, it comes in through the olfactory nerve, and that is the shortest way to get into my brain.

So the essential oils, aromatics can be very helpful in calming the sympathetic flight, the flea or free state into a calmer sense of safety. Because we have to be safe in order to initiate the healing process.

Yes. And even I mean, in terms of following protocols, you know, when you feel calm and safe, it's easier to avoid bad choices. I always it surprised me when I would visit people in the hospital.

I don't really eat sugar, but as I was leaving the hospital, that little Starbucks and like cut, I really feel like a cookie right now. And I think it was just I was so depleted that it was hard to make good food choices.

Yeah, that is interesting because the inhibition of poor choices requires a lot of cognitive work. Yes. And we can start out with plenty of cognitive reserve.

So I can resist a bad choice. Resist a bad choice. Resist the bad choice of it. Over time, the more I'm exposed to this bad choice, my reserve goes down and finally I succumb. Yes.

So yes. And how how did the essential oils help restore the reserve? So we we were making better choices all day long. Well, you know, I think that choice comes down to it really comes down to your unmanaged nervous system.

Right. Which controls your automatic functions. And if it thinks survival is at stake, it prioritizes survival over digestion and detoxification and cognition.

Parasympathetic Support and Calming the Nervous System

You know, that whole making the decision with your back against the wall, when somebody pressures you and you feel like you might die, you're going to make a terrible decision.

And so I've come to start using parasympathetic right behind that earlobe on the master beam whenever I feel myself getting really. Stressed right here. Yeah. And so that's where the vagus nerve comes and comes down here.

Yeah. And so a jump starter, would you put that oil on both sides or just what I do? Because I run hot, I'm very wet. I get anxious, I get very anxious.

But my my experi ence, you know, I'll give you an example. The bank failing, you know, and all of a sudden people are like, you should like diversify your money.

And I'm like, oh my God, I need to run to the bank and do this right now. And I'm like, Wait a minute, this is ridiculous. I need to calm down, you know?

And I would put the parasympathetic on and be like, okay, maybe, like, maybe that is my choice. But all of a sudden, you know, the opposite of I don't feel safe as I have choices when you're in fight or flight, you really can't list your choices because you're so afraid you're not really able to access your higher cognitive function.

And so even like, you know, when it comes to eating lunch, should I get a salad with a variety of vegetables or, you know, am I going to get something easy, you know, or fast food?

And the more you can calm down, the more you're like, Oh, of course I'm going to get that better choice because then I'm going to feel better today. And, you know, whenever I make a bad food choice, it kind of derails my whole day.

So so we've talked a little bit about vagus nerve. We've talked about improving your lymphatic flow. Why don't we talk a little bit about the hypothalamus, which is sort of the governor for my thyroid gland, for the sex glands, the

adrenal glands do have anything that can help with the hypothalamus.

Yeah, I have a hypothalamus blend that you would literally put kind of in the middle of your forehead, on your third eye and what's interesting to me about the hypothalamus for years, I.

Like like right here. Yes, exactly. Exactly. My my thyroid would be I have Hashimoto's, I would have adrenal fatigue. I would have, you know, all of my hormonal the endocrine system is really a hormonal system and your hypothalamus controls your endocrine system.

Hypothalamus Support for Endocrine Balance

So I would know my period was coming days in advance because I'd have cramps or I'd crave chocolate and all of a sudden I would start to regulate my hypothalamus, which is really the command center of your endocrine system.

So if you are having adrenal fatigue, absolutely. You know, support that with adaptogenic herbs or whatever you're doing, but also aim higher, you know, go upstream and see if you can balance your hypothalamus as and it's a little bit like, you know, if your phone glitches, you push the reboot button.

This is a bit of your reboot button for your endocrine system. It just allows your system to recalibrate, reboot to factory settings and the hypothalamus.

The way it works is the hypothalamus sends the message to the pituitary, which then sends the message to the endocrine glands, like the adrenal glands or the thyroid.

And if that signal, it's about like that game of telephone, if the signal from the hypothalamus isn't super clear or it's getting kind of incorrect information, it then the downstream message also is telling you to produce too much of one thing and too little of another thing.

So the more you can balance the hypothalamus and this is hard to do. I mean, there are some homeopathic remedies that I think are great for the hypothalamus, but I found that oils are among the best for just helping to recalibrate and reset.

Just once a day. Several times a day. How often would you? I was doing it six times a day. And is this something that people would anticipate they would use it the rest of their life for?

You just do this for a few weeks to get things in a better, better situation. I call this a one bottle. You know, you go through, you use the bottle and you'll be able to tell.

Like if you're getting hot flashes, those will kind of calm down. If your energy is irregular, you should smooth out. You'll you'll start to know what you were talking about, kind of the low hanging symptoms.

You just start to feel better. Okay. And then I know you have some oils that are very supportive for detoxification. Can we chat a bit about those? I would love to.

So it's interesting to me, you mentioned also the the fashion, the limbs. You know, when one of the things that I think is so wonderful about the sauna is it helps you to sweat out toxins, but also the heat starts to mobile and light mobilizes the detoxification.

So it goes from the cell to the fascia to the lymph, to the blood, to the liver, to the gallbladder, to the gut, ideally out of you. And at any point in that exit strategy, it could get backed up and bottlenecked.

Detoxification, Lymph, Fascia, and Liver Support

So the more you can make sure that your lymph is moving, which sweat is great, you know, just putting your arms above your head, anything you can do. And the fascia is kind of the scaffolding around all of this.

And so sometimes when we're stressed and we may be like brace for impact, you know, those of us that are at our computer or are kind of reacting to stress, you know, we hold that stressed out position and then the stress passes and it just helps to kind of let our fashion.

Oh, it's it's safe because if the fashion clenching that, you know, compresses on the lymph, it can compress on the vagus nerve. So just helping to unravel that and let everything flow as they can, you know, as effectively as possible.

So we're talking lymph and fascia. Do you have anything for liver that we should be thinking about as well? Yeah, we have two oils for the liver. One that's just called liver. That's a body balanced blend that helps with liver vitality and optimizes function.

And then one, a lot of times the certain emotions are correlated with certain organ systems and Chinese medicine, like a lot of anger and rage, like I'm 54, a lot of my friends are going through menopause and they're like, I'm so angry.

And I'm like, Yes, that is. And so it's amazing here. Liver Support Blend, all you really need to do is smell it. And just like, you know, if you might be super hungry and you go to sit down and after a couple bites, you're not as ravenous smell.

You get satiated from smell as well. So after like 3 to 7 inhalations, you'll start to not smell it anymore. And that just helps kind of work through breathe out anger, resentment, frustration.

Okay, for the autoimmune person or who has a multiple sclerosis or any of the autoimmune issues that are affecting the brain with numbness, pain, coordination or mental health issues, what would you consider to be your top one or two essential oils that you have?

People start with. Top one would be a parasympathetic for a number of reasons. Okay. So back behind behind the mastoid. Okay. Yeah, because it helps with pain signals.

We have an anti-inflammatory blend that's really good for brain health that you can put it at the base of the neck. You know, I know you like frankincense.

Frankincense is wonderful. That's one of the oils in the blend. And it just harmonizes nicely with the other oils to create a really calming anti-inflammatory effect.

And the other one that I would pick, I too fascia and limp and I like to use them together just because I find that when sometimes that's the bottleneck, when you open up the flow around the fashion, the lymph, I think everything kind of harmonizes and works better.

Yes, I've been using fashion regularly. I really like that. I also like person sympathetic a whole lot as well.

Best Oils for Autoimmune and Neuroimmune Conditions

And you know, I put the sympathetic on put on the facial and lymph and just come down to my clavicle morning and evening and every time in the sauna. Okay.

Jodi is always so wonderful to chat with you. So wonderful to let people know that essential oils can be a very gentle, easy way to give more support for your healing journey.

Where would people find you? They can find me at Vibrant blue oils dot com. Okay vibrant blue oils dot com. And is there an Instagram or any social media that they should know about?

Yeah, we have a vibrant Blue Hills Instagram, and if this prompts any questions, just shoot us an email at info at vibrant blue oils dot com and we'll answer any questions.

And as one of Dr. Ross's referrals, we're happy to give you a coupon code as well. Okay. That was wonderful. Now, I always love doing these interviews, talking to the the owners of companies whose products that I use as part of my clinical practice, as their use as part of my own self-care that have been very helpful.

Please down below, tell us, what did you learn? What's the one thing you're going to try and please go over to my website to all start.

Where to Find the Products and Closing Remarks

Com and be sure to sign up for the newsletter while you're there so you can get my weekly research updates and other links to interesting articles and interviews, just like the one that we had today.

Thank you, Jodi. That was wonderful. Now, I could talk to you all day long about the healing benefits of essential oils. Again, to everyone who's listening, this is a gentle, easy way to begin to add more support towards your healing journey.

Whether you have multiple sclerosis or one of the other neuro immune conditions.