Introduction and Guest Background

Hi, everyone. Welcome to Mastering the menopause transition. Save your hair, your body, your mind. Figure, save it all. And I'm your host, Dr. Sharon Stills.

And I am excited and honored to be here with you again today. I have a very special guest and we are going to talk all things essential oils, but not just surface.

We're going to dig in and really talk about your liver and your gallbladder and your adrenals and your hypothalamus. So you're going to get really, really helpful information that you can start utilizing right away.

And so many of you probably knowmy guest, it's Jodi Sternoff Cohen. She's a bestselling author and award winning journalist, a functional practitioner and founder of Vibrant Blue Oils, where she's combined her training in nutritional therapy and aromatherapy to create unique proprietary blends of organic and wild crafted essential oils.

She has helped over 50,000 clients heal from brain related challenges, including anxiety, insomnia and autoimmunity. For the past ten years, she has lectured at wellness centers, conferences and corporations on brain health, essential oils, stress and detoxification.

She has been seen in the New York Times, Wellness Mama, Elephant Journal and numerous publications. Her website Vibrant Blue Oils dot com is visited by over 300,000 natural health seekers every year, and she has rapidly become a top resource for essential oils education on the internet today.

So it's great to have you here. Oh my God, it's so fun to connect with you and talk. I love your bio. You're just I'm so inspired by you. You do so much and put out so much good information and help so many people.

So tell us a little bit about you and why you're shifting and you have all these new oils and doing things for menopause. Is this just because that's where you're at in your life or how did that happen?

Yeah, I mean, my whole. Trajectory, my whole life has been like a problem comes up. I decide this isn't going to take me down, how am I going to solve it?

And I do a bunch of research and kind of use myself as a guinea pig, you know, and figure stuff out. And I'm 54. I'm actually having a hot clash at the moment.

But, you know, you'll see me smelling an oil because it helps. It's amazing. You know, I feel pretty lucky that I'm super healthy. My hair is still good.

You know, my skin's a little dry and gaining a little bit of weight. But I don't feel like there's great information out there. Like, I feel so blessed to have friends like you and resources like our community, because most of what they put out there, you know, most of my friends, they they're going back on the birth control pill because they're like, you know, what else can I do?

They don't know that there are tests they can take. They don't really know that. They don't have to just best guess it or suffer. So I'm so excited that we're doing this together and that I can share kind of, you know, oils are not a magic bullet in of themselves.

You have to combine them with other things. But I can tell you exactly how I've been using oils through menopause and how it's been helping. Well, the first question is, what were you smelling?

What oil was that inquiring? You want to know? This one is circulation. I don't know why. It's very cooling. For me it

has like peppermint. And so I just kind of when I feel myself heating up, I actually think it's great, like in the summer, too.

Like when I get overheated, I smell it or I put it on the back of my neck. You know, I'm living part time in Idaho now, which is super warm. It's crazy hot here.

So when it's super hot outside, it just helps cool me down. We also one that has a lot of uranium that's called pancreas, and I don't know why, but Rose Geranium really seems to kind of alleviate the hot flashes, alleviate a lot of the symptoms.

Mm. I love that.

Menopause, Hot Flashes, and Essential Oil Basics

Well, I need a bucket of that here in Arizona where the everyday average temperature in the summer is 115 degrees. So that. So we're going to dive in.

You are doing some really amazing stuff with the hypothalamus, with the adrenals, with the liver, with the gallbladder there. And I'm such a nerd. I'm like, Oh my God, those are all my favorite organs.

I'm so excited. So why don't we talk about the hypothalamus first, since that's kind of the master orchestrator and tell us what you've got going on with that.

So the first, the way I got into oils was my my husband basically was suicidal and we had to move him into a residential treatment facility. And the minute that I knew he was safe and it wasn't my job to keep him safe, it was like I had been since the first I I've been pushing that boulder up the hill for a decade and suddenly I could relax and I couldn't get out of bed.

My kids were five and seven and I was like so overwhelmed and exhausted and nothing was working. And fortunately, a friend came by with oils and said, you know, these might help because you've been so stressed and so high cortisol, I bet you're really inflamed and everything you're ingesting is like maybe not getting assimilated.

You know, but oils, you can smell them, you can put them on reflex points. These work differently. And so I, you know, made up my first plan, which was adrenal and I used that for a long time.

It kind of helped me get out of that red and it helped me for a long time until it didn't. And then I realized, Oh, it's because the hypothalamus is slightly dysregulated, so I'm sure you can do a great job explaining this.

But the way I explain it is the hypothalamus is kind of the CEO and it then kind of gives, it communicates it's, you know, multi-dimensional communicate well, two directions.

It communicates down to all the endocrine organs, and then they communicate back up. And so a little bit like that game of telephone, if the communication goes haywire, suddenly the hypothalamus doesn't realize that you are producing too much cortisol and it's sending the wrong signals.

And so in order to really clean up endocrine signaling, it's great to work on the hypothalamus as well. And there aren't a lot of great remedies for the hypothalamus.

There's there's a lot you can do for the adrenals, you know, a lot of adaptogenic herbs, a lot of glandular. But for the hypothalamus I couldn't really find things.

So I created something that you literally just put it on your forehead and it's almost like rebooting the phone to factory settings, you know, it's just the right frequency to kind of calibrate the hypothalamus so that it is better able to send and receive the appropriate signals.

I love that. Yeah, It's so important that we really are always looking upstream, downstream because the body works in in a symphony and in it is often a hypothalamic or a pituitary issue.

You know, we've probably many of you heard of the EPA access. So that eight stands for hypothalamic and the A is for adrenals, which we all focus on. And God knows we we need to focus on them because that's part of why menopause can be a struggle if your adrenals are struggling, which let's face it, we're women's and we're women in our forties or fifties or sixties or beyond, like who hasn't had stress in their life.

Just just being alive is a stressful situation. And then we have all these other situations that occur. So it's not something to feel bad about. It's just something that we need to pay attention and nurture.

So what is actually in the hypothalamic blend? It's a combination of a bunch of things actually seem I'm having my my brain fog moment. Let me actually make sure I have all the right ingredients.

I'll tell you exactly what's in it. It's I know it's Bayram and Hein and they pine, frankincense, patchouli and Mandarin. Ooh, this sounds like it must smell good, too.

Nice. Really. You know what's really interesting about oils is if you need them, they smell good. If you don't eat them, they're less desirable. Like frankincense.

I go in and out of sometimes it smells amazing. And sometimes I'm like, you know, it's a little bit like intuitive eating right. When you are low in iron, you might crave meat, you know?

So I think it smells good because I. Need it at the moment. That's so interesting. I didn't know that about oils and I was just putting some oils in my distillery.

The other day and, and I had that feeling. I was like, Oh no, that is not what I want to be smelling all day. So very interesting. And people always they always ask me, like, if I don't like the way it smells, should I do it anyway?

I'm like, No, you know, it's like, if I don't like the way you're going to eat it, Absolutely not. Trust your intuition. Yeah, we don't pay enough attention to our our smell, which is such an important sense. Yes.

It's actually this is why I think oils works so well.

Hypothalamus and Endocrine Signaling

You don't smell as critical to survival. You smell food and water, you smell predator odor, you smell fire. And it has, because of its priority in our survival and safety, it has a unique access to our brain like it is the only scent that goes directly to the amygdala.

All of the other ones are routed through the thalamus first. So, you know, you might have had that moment. For me, it's like blackberries. I smell blackberries and suddenly I'm, you know, in grade school at my family's cabin, it just transports us through time because it allows us we need that kind of quick emotional recall for survival. Mhm.

And even I think of like pheromones, right, when you're attracted to someone like you have to just like the way your partner smells or it's just repelling.

Yes. Yes, exactly. And so I love that. And I do not know that now I'm going to be smelling all my oils and make sure that I like the way they smell when they go.

I can change every day. Like give yourself a little flexibility. So talk about the adrenals, the gallbladder, the liver, maybe take one at a time. These are all such important organs.

And I do think the adrenals and the liver get a lot of air time. I think the gallbladder is starting to come up a little. It's kind of been forgotten about, but whichever one you want to start with.

Yeah, I mean I think the adrenal glands produce all of these important hormones that help you have energy. You know, recover from pain and like cortisol.

And I think but what happens to a lot of us, you know, like I, I always had kind of low back pain because, you know, the to adrenal sit on your low back and sometimes when they're exhausted or working too hard, you know, it's usually one that's working harder than the other and it kind of twists your pelvis a little bit and so then your back can start to bother you.

You can have crazy periods. Sometimes you can be craving salt, you can be tired all the time or you can be really anxious and aja. And that was often what I felt like, you know, I would have crazy, crazy period cramps my whole life.

I would stay home sometimes and probably take way too many Advil at one time. But when I started working on my adrenals, when I really started healing them, all of a sudden I would I would have to carry a tampon with me because I wouldn't get cramps, I wouldn't chocolate.

I would just one day have a period and I had none of those warning signals because my adrenals were now in balance. And so that's what we're really trying to do.

That's why I like working with plants. You know, I think plants are very natural and they're kind of adaptogenic, meaning that, you know, it's a little bit like the Goldilocks principle.

Sometimes if you're a separate, you know, you assume that your cortisol is too low and you're trying to bring it up or vice versa, it's too high and you're trying to bring it down, you're really best guessing, you know, and anyone that's done a 24 hour saliva test can tell you it's not a flat line.

It changes throughout the day. So what I love about plants and herbs are that they're adaptogenic, meaning that they meet you where you're at. If your cortisol is way too high, it kind of calms you down.

If it's way too low, it brings it up. You're not guessing, you're just kind of constantly balancing. And so that's really what I've been trying to do with oils, because as we know, when we get into menopause, you know, the ovaries stop producing the estrogen.

So the adrenals need to take over. And if the adrenals are weak or depleted, they're not as strong. And so there's a little bit of a gap and you're not necessarily getting the smooth transition that you need.

Exactly. Exactly. And I do 24 hour saliva tests on all my patients. And it's very interesting because a lot of times it is it's a guessing game. And if you don't really see the data, then you don't know.

And sometimes you can be putting out enough cortisol, but you're putting it out at the wrong time, Right? That's when you're, you know, at 7:00 at night, all of a sudden you're like, oh, I'm going to go tap dance and clean the kitchen floor.

I have so much energy now I can't fall asleep. And so that cortisol needs to be shifted. And what does that go back to? It goes back to the hypothalamic pituitary access.

And so it all kind of, you know, it's all this big, beautiful dance that needs to be tuned to be massaged. And so the adrenals are I mean, I think that's part of and I love what you said because when we think it's normal to have premenstrual symptoms, we've been taught that, oh, of course I hear it from patients even still, and I have to reeducate them and change the thought process.

Oh no, my, my periods are normal. I have bloating and cramps and cravings and, you know, but that's normal. I'm like, No, no, no. That's your body saying hello.

There's things out of balance. And so the same thing with menopause. It's not a disease. I wish there was no ICD

ten code for menopause. It's a normal natural process.

And when when things are out of balance, that's the body saying, hey, I need a little TLC, I need a little love here. And often that cry comes from the adrenal glands.

I check every single patient's adrenal function because it's really hard to heal if you don't have your adrenals on board. And I speak from experience like you do.

I mean, I try to think I can stay up for hours in my toes and I'm so cool and get that badge of honor and will. That backfired. By the time I was in my late twenties and my adrenals from going to med school and raising two kids on my own, they were just trashed.

And it's so lifetime commitment to love your adrenals because if you don't, once you trashed them, if you don't love them, they let you know, Hey, you committed to loving me.

Get back on board here. You know. I know, I know. And that's why I mean, honestly, it's why I kind of love oils. Because you can carry them everywhere When you feel like you need it, you can just put a little bit on.

It's so simple. I have your oils, like right here in a addition on my desk.

Adrenals, Stress, and the Parasympathetic Response

And I, I love we have to talk about I know I said the gallbladder and the liver and we will talk about that, but I just adore that You have the fast parasympathetic looks to me this is like the trifecta of health in this little bag.

And I put them on every day. You should talk about. That because the adrenals, why are they putting out cortisol? Why do they think the body needs energy to survive an emergency?

It's because they're getting that dangerous signal, right. And so that from your autonomic nervous system controls your automatic functions, you know, breathing, heart rate, respiration designed to keep you alive.

So if it senses danger, be it like the tiger chasing you down in the street, which never happens. Or you turn. On the news and think that you might die or someone else might die, or you're in a stressful relationship and you're worried about a conflict with someone you love.

All of these things your body can't differentiate between physical danger and, you know, emotional danger. And so what happens? Your sympathetic fight or flight nervous system gets kicked on and that, you know, kind of tells the whole body to prioritize safety.

And your adrenals are releasing all this cortisol. So the more you can tell your body it's safe, the less the body needs to respond by releasing cortisol.

So the parasympathetic is designed to do that. It it stimulates the vagus nerve. The vagus nerve is the gearshift between danger and safety. And then it kind of sends that whole safety signal through the body.

Yes, I'm always quick behind the ear where you you can kind of hit it. And that that truly is the foundation of healing. You can't heal if you're stuck in sympathetic and what you were saying, like the transition, because it's not that you just want to constantly be in parasympathetic.

That's not healthy either. It's being able to flow and to start to distinguish what really is an emergency or what is just too many emails that you haven't gotten to.

When is that really, really an emergency? I mean, maybe it is if you have a deadline that you need to meet the next day. But we tend to I think we're just so busy.

And I love that in menopause we can kind of pause and start to come home to ourselves. Yeah, I, I sometimes I think like we just have these to do list, right?

And it's like, and even the good things. And so even just a mind shift change and someone said this to me and I was like, Yes, oh my God. Like, I was like, you know, I got a busy day.

I got to go hiking, I got to do this. And she was like, not I got to I get to and just gifting that is like, oh yeah, I get to wow, this is you know, it just changes everything and it puts it from I got a sympathetic mode to parasympathetic mode.

Like, yes, I get to do this, I'm blessed. This is something I enjoy and I've made time for it. And so it's really important that we get out of the stress response.

And it's very easy to say, but it is something that takes a lot of time and attention over and over and over again until we really retrain ourselves because life is full of stress.

It's just, you know, it's not about getting rid of it. It's about dancing with it and understanding how to really relate to it. That and so and so why also, you know, the lymph and the fat in here, if you could.

Yeah. I've kind of realized. But one of the bottlenecks to healing is the neck, right? The neck is the gateway between the brain and the body. And it's incredibly hard to get remedies into the brain.

This could be one reason that we're seeing this preeminence of kind of brain related issues, including mental fatigue and brain fog. And so the more, you know, part of the problem is there's a lot going on in the neck.

We have our nerves, we have our structure, we have our fascia, we have our limb, we have our vascular system. You know, even the circulation blend that I was showing you that helps increase oxygen flow to the brain because it helps to vasodilation increased, give you more space to carry more blood.

But one of the things with the vagus nerve that a lot of my colleagues that work with the chronically ill are finding is that the vagus nerve is somewhat compromised because the fisher's pressing against it.

Like, imagine if you've ever been in the middle seat in the airplane and maybe you're between two linebackers and you can't even get your arms on the armrest, can't even read a book, you know, because there's no space.

Now, that could be the vagus nerve with the fascia. You know, we brace for impact. You know, this is the first thing babies do when they're little. If there's danger, they just brace and then the danger passes and we don't unravel it.

So that scaffolding that kind of surrounds everything is clenched. And the faster, you know, constricts the vagus nerve and then the lymph is congested.

And so it's pushing against it. So the more we kind of allow for flow. And. Allow more space and unraveling, all of a sudden all the good things can get into the brain, the blood, the nutrients and all of the toxins can drain out so they don't hang out and turn on the immune system in the brain and then trigger inflammation, which presents as fatigue or brain fog or other issues.

So I like to combine them together because you're stimulating the vagus nerve, but then you're also making sure that, you know, you want to open up the lymph at the clavicles first, but then the lymph is flowing and the fascias unraveling.

And it just it's it's like giving you expansion, like kind of to your point, your day is so jam packed. You know, maybe you just want 20 minutes to have a wonderful conversation with a friend or enjoy a cup of coffee or walk your dogs without, you know, worrying.

Got to have to be back in like 10 minutes, whatever. You know, It just it gives you that kind of space in that

relaxation to really enjoy your life. That I hope you are all listening and rewind and listen to that again, because that is such a just a beautiful nugget there, because that really this is our life and going for I don't have a dog, I prefer grand dogs, but taking the dog for a walk with a friend and just enjoying and really being clear and being present in the moment.

These are the experiences that really make for a well-lived life and give you the joy and beauty. There's so much beauty in these mundane experiences we have.

And so I love that you've created these oils that can really help you to drain and flow. And that I it's funny because I do prescribe a lot of supplements and bioidentical hormones and things, but I'm also really obsessed with that.

Not all medicine comes in a pill bottle. It's kind of my self-made hashtag. It's a long one, but it hasn't caught on yet. But I love, you know, that it's just there's all these tools and oils are these beautiful tools that just, you know, even just the act of stopping and saying, you know, I'm going to approach my nervous system and I'm going to put some oils on and I'm going to open up and allow flow, that in itself is healing.

So I think there's such a a beautiful tool to be, you know, part of your part of your health care program. So ritual, I think one of the reasons people coffee is, you know, they like the smell or they like, you know, it's familiar.

It's it's something that they do every day that brings them joy. That is a good point. Exactly. So, you know, there's benefits to having your cup of coffee, but there's benefits to having your essential oil.

It's really your essential oil coffee. I love that. So what about why do you have, you know, a focus on the gallbladder and the liver as well? Yeah, I think you know what?

The way I kind of look at hormones is, you want to make sure that the adrenals that that the organs that are supposed to produce new performance are kind of working optimally.

Lymph, Fascia, and Brain Fog Support

And then the organs that are supposed to make sure that the old hormones are detoxified in the body are working properly. And what can happen if, you know.

So garbage basically drains from the cell to the fascia to the lymph to the blood, to the liver, to the gallbladder, to the gut, to the toilet, ideally.

And at any point in that drainage pathway, things can get congested. The gallbladder and the liver seem to be a big bottleneck. Things sit too long and then they can get reabsorbed.

Like estrogen is a really good example of estrogen dominance. You know, the body has detoxifies these old hormones and then the gallbladder, you know, it's the bile that's supposed to carry it from, you know, the gut out of the body.

And if it's if it's not, if it's stagnant, if it's, you know, a more like molasses than water, it doesn't necessarily leave as much as it should. And so if these old hormones are kind of staying in the body, then they throw off the the symphony, you know, it's almost like everyone's playing in a wrong key.

Exactly. It is it's crucial to open up the eliminated organs no matter what you're dealing with and certainly with hormones. I, I run a really tight ship.

I won't even let patients refill their hormones unless I know they're taking all their liver and gallbladder support and that they're doing that because, you know, sometimes we want to cut corners and we just want to take the hormones.

But we have to again, be looking big picture like Jodie, just so beautifully explained. So essential oils for for

menopause. I mean, I have to ask that do you have some favorites?

What would you recommend to the ladies listening? Let's essential oil cup of coffee down here. Yeah. I mean, I'm a huge fan of the hypothalamus blend.

I do that at least three times a day, just right on the forehead, kind of the third eye. I use the parasympathetic and the adrenals. I actually kind of feel like they work together.

I like to really manage my stress throughout the day and to make everything I get to, you know, or I'm grateful that I get to because it really is a mindset.

I mean, you can there is some workshop I went to where they're like, you know, tell me a story where where you were really unhappy and then flip it and say like how happy you were.

You can look at any situation, can be like, fabulous glass is half full or you know, you can complain about it. And it's better to just look when you start looking at it in a positive way, it makes everything easier and less stressful.

I do use my liver and gallbladder blends mostly before bed, because that's when, you know, when I have that 3 a.m. wake up, it's usually because, you know, in Chinese medicine they say that's when the liver and gallbladder are the most active.

I feel like my detoxification load is heavier than my organs can handle. And so I feel like using those blends gives it a little bit more vitality throughout the night.

And so I have it increases my capacity, am I to process toxins, toxins and eliminate them. And when when I don't and, you know, like the kind of hormonal headache that some people get, like right between like around the forehead or pain between the shoulder blades, those are often those are the gallbladder meridians.

So that is an indication to me like, oh, my gallbladder needs more love and support. MM So do you put the oils right on your liver. I do. Right on the liver and the gallbladder.

And sometimes I combine it with castor oil just because I think it's an amazing tool. But yeah, I just, you know, the whole goal, it's this idea that everything has kind of a frequency and or resonance a little bit like what Gina talks about.

And I feel like, you know, it's almost like you can combine colors like there are three primary colors, but with them you can combine them with black and white and make a whole array.

I feel like you can combine plants, plants and humans are bio familiar and kind of match the frequency of a healthy organ system and so by overlaying it on the organ, it's almost like, you know, when your kids are little in the water, you give them as little water wings so that they, you know, they don't drown and they kind of get a sense of what it feels like or, you know, with bikes you give them training wheels because biking, you're moving forward, you're balancing.

And it's an odd combination of things and it's almost like once your body knows that frequency, it's like, Oh yeah, I got this. So you remind the body what healthy frequency for the gallbladder and the liver feels like.

I love that. So what say what's a day to day in the life of Jodi in oils? Are you do you do certain ones in the morning like take us through a day just so we can get an idea of what?

What's possible? Yeah. No, I wake up and I I'm a big fan of movement. It doesn't necessarily need to be aggressive exercise like I walk, I run, I do yoga, sometimes I do Pilates, but before I do exercise, I do parasympathetic with coffee, and then I definitely do the lymph and the fascia and circulation.

Liver and Gallbladder Detox Support

In fact, I love to put lymph on. Sometimes my hips are a little tight, so I put lymph and fascia on my hips and that changes my whole yoga practice. It allows me to be much more open and flowing.

And then I always try to do parasympathetic before meals because digestion is really designed to occur in the parasympathetic state. When you're stressed, you know, your stomach doesn't release hydrochloric acid, your gallbladder doesn't release bile, you know, the pancreas doesn't release enzymes.

It really just. Helps. Your digestive tract doesn't necessarily have the housekeeping way. And so it just helps improve digestion and assimilation, including digestion of supplements.

I typically I have Hashimoto's, I take a thyroid supplement when I first wake up and then I take my other supplements with breakfast, but I tend to use the parasympathetic before I ingest them and then before bed.

We have a blend that's really great. It's called circadian rhythm and it's kind of a nice balance to the adrenals because it helps with the natural release of melatonin and melatonin and cortisol work a little bit like a teeter totter.

You know, if there is danger and you need energy, you don't necessarily want to go to sleep. But if you're, you know, wired and tired and worried about something at night, that's a lot of cortisol.

And so sometimes naturally increasing the melatonin helps to kind of calm the nighttime anxiety down and help us really fall asleep. And then I also put the liver and gallbladder on before bed.

I love the parasympathetic. I'm often I'm going to I keep my my, my desk because I spend a lot of time here. But now I want to put it on the kitchen table because I didn't.

And now when you're applying them, are you just doing one little drop and. So with the parasympathetic it is and hypothalamus, one little job. So I literally put my thumb on the bottom finger on the top, just flip the bottle and that's enough with the limbs.

I use a little bit more because I do it more generously. So like for I'll show you with circulation, I'll just let like a dropper to come out and I'll put it like the back of the neck on the sides of the neck.

That's okay. And what about ingesting essential oils? You hear a lot of pros, but then you hear cons. And so what's what's the what's the lowdown on that?

Should we be ingesting essential oils? I never it's like I never take coffee away from someone if someone swears by it, I'm not taking it away from you.

I think that there are more efficient ways to use it. Like I actually think smell just you know, smelling it out of the bottle goes directly into the brain.

I think that topical application, especially on reflex points, can kind of effect to the system systemically when you ingested it has to go through the whole digestive process and then, you know, go to the heart to be pumped systemically through the body.

So I just don't think it's is is patient. Is it dangerous? Is there varying opinions on that? I mean, certain things you know, like it's like that idea is a little girl is a lot better like use a very small amount.

You know these are very, very concentrated essences like one drop of peppermint is like 15 cups of peppermint tea. Like don't don't go crazy. There are certain oils that aren't great that are slightly contraindicated, but it seems to me the people that are ingesting them are kind of using, you know, just.

Just be. Use common sense, you know, use a small amount. Don't go bananas. I think oregano can be a little dangerous. Like I don't recommend. Well, let me caveat this.

If someone is working with you or another practitioner who is helping you use oregano, that's fabulous. But I think oregano can kill a lot of things. And then you get that.

And if your drainage pathways are clogged, it can cause more problems than it solves. So, you know, I think just consult your practitioner and be, you know, thoughtful.

Right? So don't just start drinking on your own. Yeah. Yeah. I mean. There is benefit and I know a lot of people who've had a huge benefit with their agonist, but they've worked with the practitioner.

Got it. Yeah that's even with you know I use oregano capsules and you just have to because it will kill a lot, you know it's part of the benefit of it.

But then you have to be thinking downstream. You always have to be thinking downstream. Upstream. It's you know, the body is, is a beautiful, complicated and somewhat not complicated place, but we have to be thinking about all these thing what goes in, how is it going to come out exactly like you were saying.

So is there anything else that you want to share that I didn't ask you yet? The only thing I kind of want to share is this idea that, you know, none of us are victims, that we all basically have the power to kind of control our lives.

And there's a great quote by Holocaust survivor Viktor Frankl.

Daily Oil Routine and Safe Use

Between the stimulus and the response, there is a space. And in that space is our power to choose our response and in our responses, our growth and our freedom.

And so I know that sometimes, you know, I think no one really wants to be uncomfortable or necessarily go through. So some of the growing pains that may be happening as we age and I just want to remind you that you before you react and if something comes up, you know, when you apply like parasympathetic, it allows you to grounds you.

It allows you to kind of center and access your higher cognitive function and see more options. And so if you're feeling overwhelmed, if you're feeling anxious, if you're having just a grumpy day, you know, just there are a lot of ways that you can calm you're nervous system, you can you can tap, you can do breathing exercises.

Just give yourself that moment. You know, to pause with, you know, access your parasympathetic nervous system. And I think that will go a long way in kind of changing your perspective and your life. Mhm.

Very, very wise and very, very important. There's so much that you can do on your own to help yourself and it's really changing that perspective of what do I need from out there, what do I need to take to what can I do, how can I flow and grow and change and do what my body is asking of me?

And so I love I love the use of oils. I love what you're doing. I love that your oils are so perfectly medically orientated because you don't really see a lot of like how flow and parasympathetic and these are these are crucial areas for, for your body to heal, for you to grow and age and a healthy process for you to go through the hormonal changes.

And so it's such a beautiful, easy, self empowering tool. So I just, I just love what you what you're doing and what you're all about. It's just so beautiful.

Well, thank you. And I love how you're helping women and just giving them information so that you know, they have more options. Yeah, because what I have learned is that women are really kept in the dark, and especially in mainstream medicine.

They're not it. Oh, you know, I've been doing this over 21 years and it still blows my mind when patients come in

and tell me what their traditional doctor or their traditional ob gyn did or didn't do for them.

And it's like, Oh my God, it just drives me crazy. And of course there are doctors who go and get training outside the box and are really on that journey to help.

And so and then there are others who are just kind of stuck in that old school of thought. That's how they were trained and that's what they do. And so it's really up to you to seek out other answers.

And, you know, there's so many different answers.

Mindset, Empowerment, and Closing Thoughts

We're all so individual, like I have thousands and thousands of patients and there are no two. Even if they had the same diagnoses that are on the same exact plan.

And so we really have to experience and experiment and learn. And, you know, for someone, oils can be a major game changer. And for another women, it may just be a smaller piece, an important piece, but not as big a piece of the puzzle.

And so just by knowing all these things, it empowers you. I think the women who watch the summits and take this time, which time is precious to to educate and learn.

I was just writing about this in my newsletter, but I feel like often I have patients nowadays that are smarter than some of the doctors out there because they're they're getting educated and and that's, you know, we are women hear us roar. We do what we got to do.

And so thank you, Jodie, for all that you do. And thank you, everyone for for being here and taking the time to learn and help yourself on your healing journey.

And I said your email, your website at the beginning, but can you just say it again? Cause I'm sure people are going to want to go check it out. Vibrant blue oils.

Vibrant blue oil. Okay, So I'm going to I'm going to go smell my oils as soon as we get camera and dab myself and do the whole thing. So thanks everyone for being here.

And we'll be back with another fabulous interview send for you. Thank you.