Introduction and Guest Background

Welcome to another episode of the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura, from Ontario, and bringing you experts to help you boost your energy and fix your health so you can build the life you love.

And today my special guest is Jody Cohen. Jody, welcome to the summit. Oh my God, thanks for having me and for wearing my favorite color. I know blue all the way, baby.

Well, you are a bestselling author, an award winning journalist, a functional practitioner and founder of Vibrant Blue Oils. And you create unique proprietary blends of organic.

And I love this wild crafted essential oils that makes me want to buy them right now. And you've helped over 50,000 clients heal from brain related challenges, including anxiety, insomnia, autoimmunity.

And we can find you everywhere. You've been featured on The New York Times Wellness Mama Elephant Journal, numerous publications. You have a website, Vibrant Blue oils.com.

It's visited by over 300,000 natural health seekers every year, and it's a top resource for essential oil education on the internet today. So well, welcome and thank you.

I'm so glad we have an authority here. Oh, thanks for having me. And I love talking about like oils and mitochondria. This will be fun. It will be okay.

So we're going to get into that. At first I want to know how the heck you got here. What how did you start an oil company. What happened? You know it's really funny.

Necessity is the mother of invention. And I was always kind of an athlete, so I thought I was healthy. And then, first kid was super easy. I just assumed I'm a great mom.

Had number two. Totally different child. Really challenging. Kept, going to parenting classes to try to get him one of our cues. We used to point to our nose and say, look at my nose.

And he look at our nose. Yeah, yeah. And then one day we were at a birthday party and my friend was complimenting me. Oh my God, look at how well-behaved Max was.

And just having that, like, proud mom moment. And then literally another mom passed out a snack. It was like a Ritz cracker. He ate the snack and took off running in the other direction.

I'm like, here we go, you know? And when God and brought him back and she said, okay, I have to tell you, my brother was on Ritalin his whole life and it turned out he was just allergic to weird foods.

Max. Totally Jekyll. Hyde it after he ate that cracker. You should take him to the nutritionist. And I thought, I can certainly do that. I've done everything else.

I went to the nutritionist who told us he was really sensitive to exciter toxins, you know, artificial colors and chemicals, and had us take him off of soy, corn and dairy.

And the next day he could look at our nose and I thought, this is crazy. I have been banging my head against the wall for three years, and it's food. I need to learn more.

So I went back and got a degree in nutritional therapy and was trying to help other moms with busy kids, which I

mean as you know, like they're nonstop.

And so I live in Seattle near best year. I learned this great technique called muscle testing, which helps you, very quickly assess what the priority is and what remedy is going to balance that out.

And then, the other shoe dropped my husband at the time, got very depressed after my son was born. And it got to the point where I was terrified he might die on my watch.

And so friends had an intervention.

How Jody Cohen Built Vibrant Blue Oils

We moved him to a residential treatment facility. And once I knew he was safe and it wasn't my job to keep him safe, it was kind of like my adrenals went on strike.

They were just like, we're done. You know? We don't have energy to help you get up. And the kids were five and seven, so my day looked like, you know, they woke me up in the morning.

I'd get up with them, make their breakfast, help with homework, pack lunch, drive them to school, come back home, crawl into bed, set the alarm for pickup and that was literally all I could handle, you know?

And I'm like an athlete, lifelong runner. I walking up the stairs felt overwhelming. And, this just wasn't sustainable. I was like, class parent. I was super volunteer.

I had a job and little kids and, nothing I was ingesting seemed to be helping me enough. And so a good friend, that I had helped with the fundraiser came over with a big box of essential oils and said, these will help you.

Here's why you have been so stressed. Which means so high cortisol, which means so inflamed in the gut that nothing you're ingesting is actually getting into your system.

Oils are back doors. You can inhale them and they go directly to the brain. You can topically apply them and they get through the skin into the system.

Try this. And I thought, I have nothing to lose. Why not muscle tested the box is is going to help. My adrenal glands got a really strong. Yes. And then was trying to narrow it down to like one remedy.

And I kept getting the same five oils, which confused me until it occurred to me, oh wait a minute, they're liquid. I can combine them. So I, you know, oil newbie went into the kitchen, grabbed a shot glass like I was making a mixed drink.

I'm testing, you know, three drops of this one, seven of this one. Put it together, put it on my low back. Because I was familiar of other topical remedies that you put on the low back, where the adrenals are accessible and felt like myself.

It was so bananas. I'm like, wow, I could go running. I could go to the supermarket, I could clean the house, I could do all the laundry and put it away.

Like everything that I had been avoiding, I got done that day and that night I thought, wow, that was that was really a win, you know? But night time was another experience because I'd put the kids to bed and then I would lie awake, like looking at the clock, kind of praying for sleep.

It's not uncommon to be exhausted during the day and then insomniac at night. So I had another thought. I was like, wait a minute, I know that there's like a Gaba remedy that you can put kind of above your ears on the skin.

I wonder if I can make up an oil blend for sleep. So I made something else up. Put it on. Don't even remember

falling asleep, you know, my five year old woke me up the next morning and I was like, okay, that was a win.

So I just kept making things up based on, you know, what I knew of physiology. And when I started to feel better on, my friends wanted to try it and it seemed to work on them and their clients.

And they kept telling me, you have to do something with this. And I thought, well, this, you know, someone must be doing this. So I finally had the mental bandwidth to go online and do some research, and I was super surprised to realize that most oil companies are really focused on singles.

They're not making their own blends to balance organ systems and regions of the brain. And the other thing that surprised me was how complicated they made it sound.

I was almost grateful that I just didn't have the mental capacity to research first, because I would have felt completely unqualified. So this is remarkable.

So basically, what I'm hearing you say is you took your skill at muscle testing and you took this box of essential oils, and you took your knowledge of human anatomy and physiology, and you literally figured it out that simply, I made something up that seemed to work because I was looking at it through the lens of how do you what I didn't realize and that I stumbled upon is everything's really frequency, right?

Yeah. Like a bright blue color. It's a frequency. And just like you can combine colors, like you can take red and blue and make purple add some white, it becomes lavender.

There are frequencies in nature that you can combine in oils to kind of match the frequency of healthy organ tissue. Wow. Okay. So mind blowing, right?

For anybody watching right now who who doesn't already know this where Jodie's going to blow your mind some more. So we're going to get into brain today and vagus nerve and parasympathetic nervous system and you know the the brain gut connection.

And we're going to weave mitochondria into this because as people are realizing as they watch this summit, mitochondria are central to everything in our body, every function, every system.

And if they aren't working, it's really hard to heal the body. So let's start with mitochondria and and how we can support mitochondria with essential oils.

And then let's unpack all these other pieces. Yeah. So mitochondria I think of as like the batteries in the system. Right. And they're they're producing energy.

They're helping you function. They're helping everything come into action. And what oils I think what oils really do is they help with the communication in the body.

You know, if you think about what they do in plants, they help communicate the, you know, the roots are deep in the earth and they're collecting water, and the leaves can be hundreds of feet in the air.

They're moving things and signaling throughout the body. So one of the things that they can do for the mitochondria is help send the signal, you know, that it's safe, that they don't need to be focusing energy on survival and allocating resources in that direction.

But it's safe. And they can start to focus on healing, restoring and regenerating. Oh, that's really that's really big. So what you're saying is if those mitochondria don't feel like they need to be in a, responsive mode all the time, if they don't need to be producing something more, then you're going to have a healthier system, a healthier mitochondria, a healthier body systems, healthier brain.

Yeah, I almost think of it like two gears in the brain right there is it's your autonomic nervous system which controls

your automatic functions, your breathing, your heart rate, your immune system, your inflammation.

And its designed to keep you alive. So if it thinks survival is at stake, there is some kind of physical danger. You're driving the car in front of you, is changing into your lane and doesn't see you, or a mental or emotional danger.

You turn on the news and worry that you're going to get sick and kill someone's grandmother, or some kind of thought driven danger. You know, you have, an altercation with someone you love or someone you work with.

Mitochondria, Stress, and the Nervous System

All of these things can make you feel not safe. And when your body feels not safe, it shifts into what's known as the fight or flight gear, the sympathetic branch of the nervous system, and it allocates resources towards survival.

So this is anxiety. Your heart starts to beat faster so you have more blood for energy. Your lungs start to take in more oxygen, which can feel like hyperventilating so that you have more energy and blood is routed towards arms and legs.

So you can either fight back or flee and away from your core where you digester food, where you detoxify, where your immune system turns on, where you anti inflame.

And so, just like everything else in the body, the mitochondria are resources that are either allocated towards survival, high alert or repair, restoration and maintenance.

And so the more you can tell, you can kind of shift into that parasympathetic rest, digest, regenerate, heal state. The more the, mitochondria can kind of follow suit. Yes.

So what we want to do is be in parasympathetic as much as possible and out of the athletic response. So let's let's dig into that. Clearly if you're in parasympathetic your mitochondria are going to work more efficiently. You're going to have more energy.

You're going to heal faster, you're going to get rid of inflammation. So what do we do about that from an essential oil standpoint. How do we get into parasympathetic.

Yeah. So what's really interesting is your gear shift between fight or flight. Not safe and parasympathetic safe. Is your vagus nerve longest nerve in the body most people have never heard of it sounds like what happens in Vegas stays in Vegas, but it's actually spelled Vegas.

I'm going to give a super quick anatomy lesson because it's helpful to know where the vagus nerve goes so that you know how you can activate it to kind of activate parasympathetic and turn on your mitochondria for healing.

So it starts at the very back of the neck because it's the information superhighway connects the brain to the body, body to brain. And from the back of the neck it splits and it winds around, move both sides of the neck and is most accessible.

If you feel with me behind your ear lobe, but between your ear lobe and your bone, that's a master bone. There's a divot, an acupuncture point that has a divot that is kind of the panic pause button, parasympathetic on switch, because it's where the vagus nerve is most accessible to the surface and the thickest.

It then runs through your throat, your heart, your lungs, every organ of digestion and detoxification. I was an early follower of the cheese crazy. And who lives in your area in San Francisco, at San Diego.

And he would always talk about the vagus nerve, but his ways to activate it were like, gag yourself with the tongue depressor. You know, gargle until you cry.

Give yourself a coffee enema. All of these things work because they activate the vagus nerve. But let me tell you,

compliance was nil. You know, say like, okay, go have fun.

You're going to gag yourself and you cry like everyone would look at me like I had three heads. Like, not going to do it. So I'm like, I have to make this easier.

You know, as a parent, you're always you're trying to make everything easy for your kids. So they do it. So I'm like, what? What would people do? And I stumbled upon this fascinating research.

There was a New York neuroscientist named Kevin Tracy who was surgically implanting a pacemaker like device right on that spot behind the ear lobe, and he was using it to stimulate the vagus nerve and getting tremendous results.

In fact, the FDA approved this for epilepsy, migraines, and depression. And when I realized he was stimulating this amazing, counterintuitive, like, wait a minute, you're stimulating to turn on calm, but, it was very triggering because so many essential oils are stimulatory.

In fact, this is kind of a problem. You know, people put like, oregano on their arm and then they're like, ouch, it hurts. And it's red, you know? And if that happens, you don't want to use water because oil and water don't mix.

You just take any oil in your kitchen and dilute it. But you there are all these stimulatory oils. There's oregano, thyme, rosemary, peppermint, cloves, cinnamon.

So I started playing with using stimulatory oils on that point and was having great success because you can use oils on acupuncture points to turn on systems in your body.

And this was a big moment for me because most people, when they think of oils, they're like, oh, you can, you know, there are three things you can do.

You can smell them or diffusing counts, smelling and you can drink them, which I don't love doing. Or you can topically apply them, but they assumed, like, okay, you, you sprained your wrist or something, you're going to put some hilar chrism or anti-inflammatory oil on your wrist and it will help your wrist, but they're not thinking it's going to help, like your leg or your shoulder.

It's just going to be local, not systemic. Because in their mind, in order to get to the whole body, it has to go through the skin to the blood vessels, get carried to the heart, and then be pumped body wide.

And they're not wrong. But there's also alternatives. The whole acupuncture system and meridian system, you don't necessarily need to have it go through the blood flow.

You can put it on an acupuncture point and it has that same systemic response, but in a much more efficient manner. So that's what I'm really trying to do.

I'm trying to make this easy and accessible so that people, you know, can literally turn on healing. You're about to sit down and have a meal. You know, digestion begins in the brain.

It's the vagus nerve that signals the mouth to release saliva, you know? So if you have a dry mouth, that's what's going on. The stomach to release hydrochloric acid.

So if you have acid reflux. Gerd, that could be part of the issue. The pancreas to release enzymes, the gallbladder to release bile, the stomach. It's almost like the moving walkway.

You know, the motility wave in the stomach. If you think there's danger, it doesn't really matter if you're digesting your food. So you have to be parasympathetic so that things move and waste leaves.

So it's just another way. Like in addition to everything everyone else is talking about, you can use oils to kind of turn

on your parasympathetic nervous system so that your mitochondria are turned on to heal and restore and regenerate.

And you've totally taken the guesswork out, right? I mean, you have created blends that absolutely support this. And the other question, so I want you to talk about those in the blends.

And because people are going to want to know, like, well, what should I take and or what should I use and how often, yeah. Can it be all the time, all day long?

Do you need a break from it? Talk about that too. How would you? Yeah. You know, when you start working with people that have, had a health struggle for a while, they start to second guess themselves and they start to wonder, like, am I doing it wrong?

Do I mess it up? So I really didn't want I wanted to take that stress off the table like a joke. One time we went, raspberry picking and we made raspberry jam.

I still have raspberry jam in my freezer. I do not need to make 24 things of raspberry jam, you know? But it was a nice it was fun to do it myself. So I'm not really a do do it yourself girl.

I like I don't even during Covid, I wasn't making my own bread.

Vagus Nerve Activation and Parasympathetic Support

I'm gluten free, but my kids eat bread. So if I needed bread I would go to the store. But yeah, it's parasympathetic is the product. And we'll give you guys like a coupon, but it's just clove and lime and it's done for you.

And literally I just already diluted flip the bottle, put it on here. I tell people, most people, when they're starting a new habit, if they can link it to another habit, it's easier.

So I tell them, just leave it by your toothbrush. You know, I'm pretty sure most people listening brush their teeth at least twice a day. You know, do it when you brush your teeth, and then they start to notice, oh, I feel better.

Oh, I feel less anxious. Oh, you know, I'm less bloated or if they're constipated, they're like, oh, that's not a problem anymore. So, and then maybe upgrade to just doing it before your meals to turn on digestion.

And if you're going through something, hard, you know, like Election day. I probably use this every five minutes. Like it? You can use it as often as you would like, and it can be a really nice little gear shift out of stress.

That's so amazing, so really safe and effective. You can't overdo it, and you're going to benefit, everything from digestion to, you know, your, your brain feeling calmer, sleep, elimination.

Everything gets better. Yeah. We can talk about inflammation. The one thing I will say is that a lot of people, you know, think about delayed maintenance.

If you haven't cleaned out your closet in a decade, it's going to get messier before it gets cleaner. So sometimes what people notice is they turn on the parasympathetic nervous system.

The body says, oh my God, it's safe to take the garbage out, and it just starts dumping. And if your, lymph flow is congested or you're not eliminating, then those toxins are kind of mobilized but aren't necessarily leaving.

So if people are noticing that, I have them take a pause and we have, the lymph glands. And then we talked about our friends at Cell Core have some amazing binders which make sure that whatever you're eliminating actually gets kind of carried out of the body.

So that's that's the only like it can't do harm. But sometimes if you're, if you've had a lot of delayed maintenance

and your body's playing catch up, there are other things you can do to kind of make sure that it's a seamless, easy experience.

Yeah, really good point to bring up. And we have lots of people, from Cell Corps speaking on this summit. Cell core is something that I use in, you know, all of my programs.

Target. Can you, since we brought that up a little bit, could you tell people what symptoms they might be noticing if they start to detox a little bit fast, like, what should they look for?

The main one is a headache and fatigue. And this is why, like, if you ever kind of do one of those cleanses and give up coffee, you have a headache like it's just the toxins kind of mobilizing and not yet leaving.

Because what happens is they turn on the immune system, and the immune system turns on inflammation and inflammation. It can feel like pain, but more often it feels like fatigue or a mild headache, not paralyzing migraine or kind of brain fog, where you're just like, you know, wait a minute.

I walked in the pantry. I know I came in here for something. What was I coming in here for? You know, that kind of stuff. Okay, good, good. All right, so parasympathetic stimulation.

Really important. Vagus nerve stimulation. Super important. Can we talk a bit about just the inflammatory process in the body and inflammation. Because that's a killer for mitochondria.

Inflammation drives all kinds of disease process. And allergies and intolerances in the body. And so what do you have to say about that from an essential oil perspective?

Yeah. And I mean, there are a lot of things that turn on inflammation. You know, obviously if you're celiac and you're addicted to pizza, this will help.

But you kind of need to eliminate the root of the problem. But one thing that's really interesting is the vagus nerve releases the neurotransmitter acetylcholine, which helps to turn off inflammation like they call the vagus nerve.

The anti-inflammatory nerve. So while you're working on all the other things, cleaning up your diet, taking probiotics, you know, expanding, adding more vegetables so you have the flavonoids, being able to stimulate your vagus nerve helps to calm systemic inflammation in the body, because it's really the anti-inflammatory mechanism.

There. Also, I mean, there's it's interesting, there's a ton of research on, eugenol, which is a constituent of clove oil that helps with inflammation.

The other well-researched oils for inflammation is, frankincense. Frankincense is a really good all around player. And that's a great one. My mom swears by it.

She puts it kind of at the back of her head every day. And it really she thinks it's great, but, frankincense is very hit or miss. You either love it or you don't love it.

So if you don't love it, that's not your oil. Hila. Chrism is great, ginger. You know a lot of the spices, like the anti-inflammatory spices like ginger and fennel are great examples.

Not every, herb works the same way as an oil, but those two are really powerful. And if you have any kind of digestive upset, I mean, yes, you can drink peppermint tea or ginger tea, or you can smell a little bit of oil or rub a little bit around your belly button.

Oh, such a good, such a good tip. We have those. We have a digest blend and we have an anti-inflammatory blend. But you know, people that are new to this, you can you can intake this any way you want. Yes.

And you can't. You're not going to hurt yourself with it. Like like like Jodi just said, if you go if you if you've been,

you know, in a inflammatory kind of toxin overload for a long time, you might start to release.

But, but there's some support for that. Just take some binders and it's good. It's kind of like when you're finally tackling your closet and you take everything out and you're like, oh my God, this looks like a war zone.

But then you, like, clean the closet. You put back what you need. You give away what you don't ever throw away what you don't. You know, it's all, you know, the only way out is through.

And this helps you get through. Totally. I'm so glad you said that. It is the only way we cannot avoid you. You lived into this. You get to live out of it.

And, Okay, so let's talk a little bit about brain health, because I know that this is, you know, we're talking really about nervous system in general, but I'd love for you to get into brain health and neuroplasticity.

And really talk about that because you've helped so many people overcome brain problems. So can you talk a little bit about that? And it's really funny, like, I'm very good friends with Doctor Christine Shaffner.

And she often says, people think they're so complicated. And on one hand it's complicated. On one hand, it's really quite simple. Like the three main things that people need to do to heal is sleep.

Inflammation, Detox, and Drainage

Be able to fall asleep, be able to sleep through the night because that is when the brain cleans house. And if the toxins, even the metabolic waste, is stuck there, then the immune system responds.

Then it turns on inflammation, and inflammation is what causes all these problems. So sleep is priority one. And we do have oils for sleep that I will get into.

But priority two is stress if you're in the wrong gear, if you're always thinking that you're unsafe, you can never kind of clean house. It's like, for anyone who has a big party, right?

You have a party. All the people are there, you know, there's a mess that's being made. Food drops, food spills, whatever. They leave. And then you get to clean the house, right?

Imagine if they never left. And the house is just constantly getting dirtier and dirtier. So you really need to be able to activate your parasympathetic nervous system to heal.

And then the third thing is what we've been talking about drainage. You know, if the garbage doesn't leave the body and keeps recirculating, it's really hard to heal.

And one of the big bottlenecks to leaving the body is the neck. The neck is what connects the brain with the rest of the body. And so what happens during sleep?

You know, when you're awake, your brain needs to be kind of full speed, full size to pay attention. When you're sleeping, it shrinks by as much as 60%, and it's washed by a brain version of the lymphatic system.

It's called the lymphatic system, and it's almost like a car wash. It's kind of immersed in fluid and cleaned and then everything the exit route is, and then everything drains down the neck, and the neck is, a bottleneck because there's a lot going on there.

You have obviously your skeletal system, your muscles, your nerves, including your vagus nerve, your lymphatic system, your vascular system can get a little bit like if you've ever been in the middle seat in the airplane between two linebackers, you know, like you're not putting your elbows on like you're lucky if you can, like, read your little book in your little space.

So all of this garbage is trying to drain down and use. Other organs are kind of compressing in. So this is where I think oils are kind of magical because you can stimulate the vagus nerve to make it work.

This is actually, a point where congestion can occur because garbage from the mouth, you know, both natural garbage and things from metals or cavitation or any kind of, microbes can drain and get stuck right here because it intersects with the vagus nerve and cause kind of inflammation, which means things don't drain your lymph can get congested, your vascular system, all of these things.

I mean, one of, the practitioners I work with used to say, if you were like a bug and you were trying to get the most nutrient dense, rich blood, you would hang out in the neck because everything, you know, the premium stuff goes to the brain.

And so there's there's a lot that can go on there. And this is a hard place if you're ingesting a remedy and it has to go through your digestive track and to the heart and get pumped to the body, it takes a while to get here.

If you're using an oil, you can just topically apply right in the area where you want it to go to. And the beauty of like carrier oils, like we use fractionated coconut oil, which gets in quickly.

Lymph or castor oil is a great one because it really gets into the skin. But this is the fastest way to get remedies to where you want them to go and help ensure that this bottleneck is opened up.

It's almost like, if the freeways under construction, it should have four lanes, but it has one big bottleneck. Right? But then, oh, construction is over and all the lanes are opened up.

You can move more quickly. You're helping to open up space so that the bad things can leave. So it sounds like you can solve a lot of brain related symptoms.

Fogginess and poor retention and, just poor sleep and, is that brain fatigue? It sounds like you can solve a lot of that with opening up that kind of pathway and super highway.

Get those lanes open. Yeah. And what I really want people to take away from this is that even if you know, you, you've been diagnosed with something and you have a label on you, these three things are still going to help a lot.

Brain Health, Sleep, and Lymphatic Drainage

You know, it might not get you all the way across the finish line, but it will certainly get you from like mile zero to mile 15. So you need to sleep.

You need to make sure that you're activating your parasympathetic nervous system and not stress. And you need to make sure that the good things can get in and in the bad things can get out.

Yeah. That drainage I love that we're talking about that. And, you know, I'm always talking about drainage in other areas of the body. You know, the the gallbladder in the liver and the kidneys in the bowels.

And, and you cannot leave out this drainage from the brain. Yeah. It's funny. Most people forget. It's almost like they, there's what they call when it went on, the mainstream hospitals here in Seattle was like, you know, oh, we have an all inclusive, like, cut health center.

And I'm like, okay. So, right, is anyone looking at what these people are eating? And they're like, oh no, why would we do that? And I'm like, well, I don't know.

Yeah, you can't leave out that vital piece. Well, unless like they think of the brain as a separate entity, like it's not, you know, or that it doesn't need to drain.

I think a lot of people listening right now are hearing for the first time that my brain has to drain. There has to be

there's toxins in there, and it gets cleaned and bathed and drains out.

Yeah. And the exit ramp. Yeah. So you just want to make sure and even it's really interesting like lymph doesn't drain evenly. It drains more on the left side.

So if you go ahead and feel on your, clavicle bones, you can just gently kind of caress them, massage them and what most people don't realize, if that's remotely tender, like, don't worry, you can fix it.

It's like a knot you can untangle, but you're going to want to just gently kind of touch on that point or, you know, if you do tapping, that's a good point to tap because then it just kind of removes the congestion.

So it makes it easier for the bad things to get out. So good and from a mitochondria perspective, and when people are learning that your brain has high, high numbers of mitochondria, brain is critical organ tissue and because it needs more units of energy than any other place in the body, you've got lots of mitochondria up there.

So imagine how much happier they're going to be after training if it's raining out, right? I mean, even like even if you're the healthiest person on the planet, you have like metabolic byproducts and waste that you just want to clean out.

Absolutely, absolutely. This is that amazing, Jody, the way that you break things down and speak, it's so good. We could we could talk about, I think, every system in the body and go on and on and on for hours, periods.

But tell people, you know, I'm sure people are interested. Like, I want to get started with some of these blends. So what do you recommend? What's a starting place?

What are some great tips for people who just want to get started with bringing essential oils into their day to day routine?

Getting Started with Essential Oils and Kids

Yeah. I mean, if you want, if anything I said was interesting and you're like, I should talk too fast. I want to break it down. I have a free gift, a book.

If you go to boost the brain Booking.com backslash gift that really talks about the vagus nerve and other ways to activate it. And then the easiest, you know, way to get started.

Our parasympathetic blend seems to work for almost everyone. So that's a great starting point. And then we have I call it the thrive kit because it's the three oils that seem to work the best.

So parasympathetic lymph for drainage and then adrenal for stress also good. So the thrive kit and the parasympathetic a great place to start. Thank you. Yes.

And just curious if you've got kiddos at home and you want to use essential oils with kiddos, what are your favorite plans for the kids? I don't use them for kids under two, but I love that we have an immune support blend that I just put on their feet.

Like either as they're going to sleep or when they're asleep. And that's just really good for supporting the immune system. And then we have what's called a calm blend that the kids really love.

I used to, sometimes, potty training and things like that can be anxiety provoking. So they would just rub it around their tummy. And, you know, that helped a lot.

But yeah, it's it's a it's a great one. It's so good. It's so good to start your kids early with these tools, because then they'll carry them through their life and they'll use them.

So get them started early. Don't be afraid to thank you so much, Jodie. I'm so glad to have you here and for contributing on this summit. And, it's just been wonderful.

So thank you. Thanks for having me. Yeah. Take good care now. Bye bye.