

Emotional Health with Young Living!

Our emotions are driven by several elements: our natural disposition, how we were brought up to respond, our environment, what we consume, and our chemistry and hormones. There is not a one-size-fits-all approach when it comes to essential oils, so it is important to try several to find what works best for you. Unlike pharmaceuticals, essential oils work in harmony with our body. Just like the food we eat is a personal choice - what works for us and what doesn't - so essential oils are a personal choice. While one may work well for a friend, a different one may work better for you.

Each essential oil has a main property or "therapeutic action" that it is best at, but they all have multiple actions as well. Lavender is the most well-known of all the essential oils and has a reputation to help us relax and get better sleep. Did you know it is one of the best oils to use during the day to help your mind focus? It is also incredible for your skin health. Many of us use it in our face serums and on minor cuts and burns and even to help support healthy skin cells when you get an insect bite. This is only a short list of all the areas that Lavender essential oil supports. This

is the multi-faceted beauty of essential oils!

When it comes to emotions, essential oils work mostly through the limbic system. The limbic system is found on either side of the thalamus directly under the brain in the middle of the head. The main function of the limbic system is emotional and also supports memories, motivation, behavior, and learning, all of which are attached to emotional responses. Doctors are now understanding the profound relationship between our emotions and our physical health. Memories and trauma can contribute to emotional issues that can then cause actual physical trauma.

Candace Pert stated, "Repressed traumas caused by overwhelming emotion can be stored in a body part, thereafter affecting our ability to feel that part or even move it." Candace Pert (1946-2013) was an internationally renowned author, neuroscientist, and pharmacologist who published over 250 research articles. It is now understood today that the limbic system, which is comprised by the amygdala and hippocampus are very close to the olfactory nerve (our sense of smell). The olfactory nerve sends messages directly to the limbic system and then triggers and influences emotions and memories. It has been studied and proven that the use of essential oils through the sense of smell can help to release emotional trauma and in some cases activate specific hormones such as serotonin and dopamine.

The quality of the oil you purchase is extremely important when you desire therapeutic action. Many oil companies use synthetics to enhance the oil's aroma or they remove molecules to make it smell more pleasing. By doing this, they are removing part of the synergy of the essential oil action and ability to work. If you leave even one ingredient out of an apple pie, it is no longer apple pie, but something completely different. The combined ingredients become something other than the sum of its parts. That is the beauty of synergy.

Young Living® is the only company in the United States that does not create essential oils. They extract them from the plants that create them. Every other company modifies the oils after they are distilled in order to create a more consumer-pleasing aroma. Young Living® is not concerned with how well a customer likes the smell of an oil, they are more concerned with how well it works therapeutically on and in your body.

Save time, save money, and support your family's health naturally with Young Living®!

RECIPES BELOW!

FOR MORE GREAT RECIPES GET "THE RECIPE BOOK"

To get the full Oils and Emotions chart you can get a pack here: <https://31oils.com/EOemotions/>

**THE 90 DAY
WELLNESS CHALLENGE**

emo**otions**



ANGER

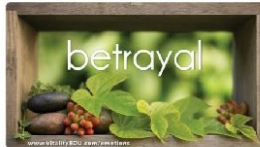
Supports: Feelings of emotional stability and calming

Type: Topical Rollerball

Ingredients:

- 10 drops Bergamot
- 10 drops Tangerine
- 5 drops Roman Chamomile
- Carrier oil

Directions: Combine all essential oils to create a synergy in a 5mL rollerball. Swirl to blend, and allow to synergize for 24 hours. Top off with V-6™ carrier oil or carrier of your choosing. Rub on bottom of feet, wrists, and back of neck. Also, apply over the heart area and down the inside of your left arm if feeling particularly overwhelmed with feelings of anger.



BETRAYAL

Supports: Feelings of calm and freedom

Type: Cold-water Diffuser Blend

Ingredients:

Recipe #1

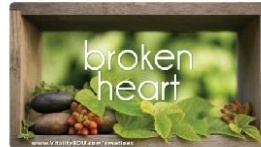
- 4 drops Forgiveness™
- 3 drops Orange
- 2 drops Vetiver
- 2 drops Cedarwood

Recipe #2

- 4 drops Ylang Ylang
- 2 drops Melissa
- 2 drops Peppermint

Directions: Add oils to your cold-water diffuser and diffuse for 2-4 hours to help release emotions.

NOTE: You may convert these recipes to a 5mL rollerball. Double the recipe and combine all essential oils into a 5mL rollerball bottle, swirl to blend, and let synergize for 24 hours before



BROKEN HEART

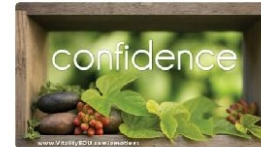
Supports: Emotional trauma due to loss of love or loss of life

Type: Topical Rollerball

Ingredients:

- 8 drops Lavender
- 5 drops Copaiba
- 5 drops Helichrysum
- 4 drop Bergamot
- 2 drops Rose (Do not substitute. Leave out if you don't have it.)
- Carrier oil

Directions: Add all essential oils to a 5mL bottle with a metal roller fitment. Swirl to blend, and allow to synergize for 24 hours. Top off with carrier oil of your choice. Rub it on your heart and down your left inner arm to your pinky finger. Rub some onto your palms and inhale deeply for three rounds. Rub the remainder from your palms on the back of your neck.



CONFIDENCE

Supports: Feelings of focus and grounding

Type: Topical Rollerball

Ingredients:

Recipe #1:

- 15 drops Northern Lights Black Spruce™
- 10 drops Bergamot
- 5 drops Frankincense
- Carrier oil

Recipe #2:

- 10 drops Cedarwood
- 10 drops Grapefruit
- 8 drops Cardamom
- Carrier oil

Directions: Combine all essential oils into a 5mL rollerball bottle, swirl to blend, and let synergize for 24 hours before topping off with V-6™ or Fractionated Coconut carrier oil. Apply on wrists, back of neck, and big toes 2-4 times per day or as needed.

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COURAGE

Supports: Feelings of courage, stability, and grounding

Type: Layering

Ingredients:

- 1 drop Copaiba
- 1 drop Valor®
- 1 drop Cypress
- 1 drop Northern Lights Black Spruce™
- Carrier oil

Directions: Rub the oils one at a time over your heart in a clockwise rotation. If you have sensitive skin, start by rubbing 3 drops of carrier oil, such as V-6™ or Grapeseed. Start with the first oil by dripping it on your chest and rubbing it for 30 seconds then rub your hand on the back of your neck for an additional 15 seconds. Continue this method with each oil in the above order. Finish with one drop of carrier oil rubbed on your chest and then on the back of your neck



ENERGY

Supports: Feelings of uplifted emotions

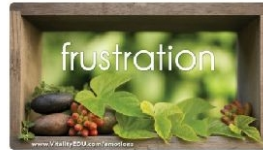
Type: Topical Rollerball

Ingredients:

- 15 drops Orange
- 10 drops Peppermint
- 5 drops Lemon Myrtle
- Carrier oil

Directions: Combine all essential oils into a

5mL rollerball bottle, swirl to blend, and let synergize for 24 hours before topping off with V-6™ or Fractionated Coconut carrier oil. Apply on wrists, back of neck, and chest 2-4 times per day or as needed. Caution when used on skin that may be exposed to the sun.



FRUSTRATION

Supports: Healthy feelings during frustrating times

Type: Topical Rollerball

Ingredients:

- 20 drops Ylang Ylang
- 10 drops Vetiver
- 2 drops Rose

Carrier oil

Directions: Combine all essential oils into a 5mL rollerball bottle, swirl to blend, and let synergize for 24 hours before topping off with V-6™ or Fractionated Coconut carrier oil. Apply on wrists, back of neck, and over heart 2-4 times per day or as needed.



GRATITUDE

Supports: Feelings of thankfulness

Type: Cold-water Diffuser Blend

Ingredients:

- 3 drops Gratitude™
- 2 drops Tangerine
- 2 drops Peppermint

Directions: Add oils to your cold-water diffuser and diffuse for 2-4 hours.

NOTE: You may convert this recipe to a 5mL rollerball. Combine all essential oils into a 5mL rollerball bottle, swirl to blend, and let synergize for 24 hours before topping off with V-6™ or Fractionated Coconut carrier oil. Apply on wrists, back of neck, and over heart as needed.

grief *emotional health recipe*

Supports: emotional stability during loss

Type: Topical Rollerball

Ingredients:

- 5 drops Bergamot
- 3 drops Frankincense
- 2 drops Vetiver

DIRECTIONS: Combine all essential oils into a 5mL rollerball bottle, swirl to blend, and let synergize for 24 hours before topping off with V-6™ or Fractionated Coconut carrier oil. Apply on wrists, back of neck, and over heart 2-4 times per day or as needed.

www.VitalityEDU.com/emotions

Get Started Today!

Now, more than ever, there is a true understanding of the need for emotional health! Our goal is to help you obtain the true wellness you desire so you can live your best life! Connect with the person who shared this page with you and start your Young Living® journey today!