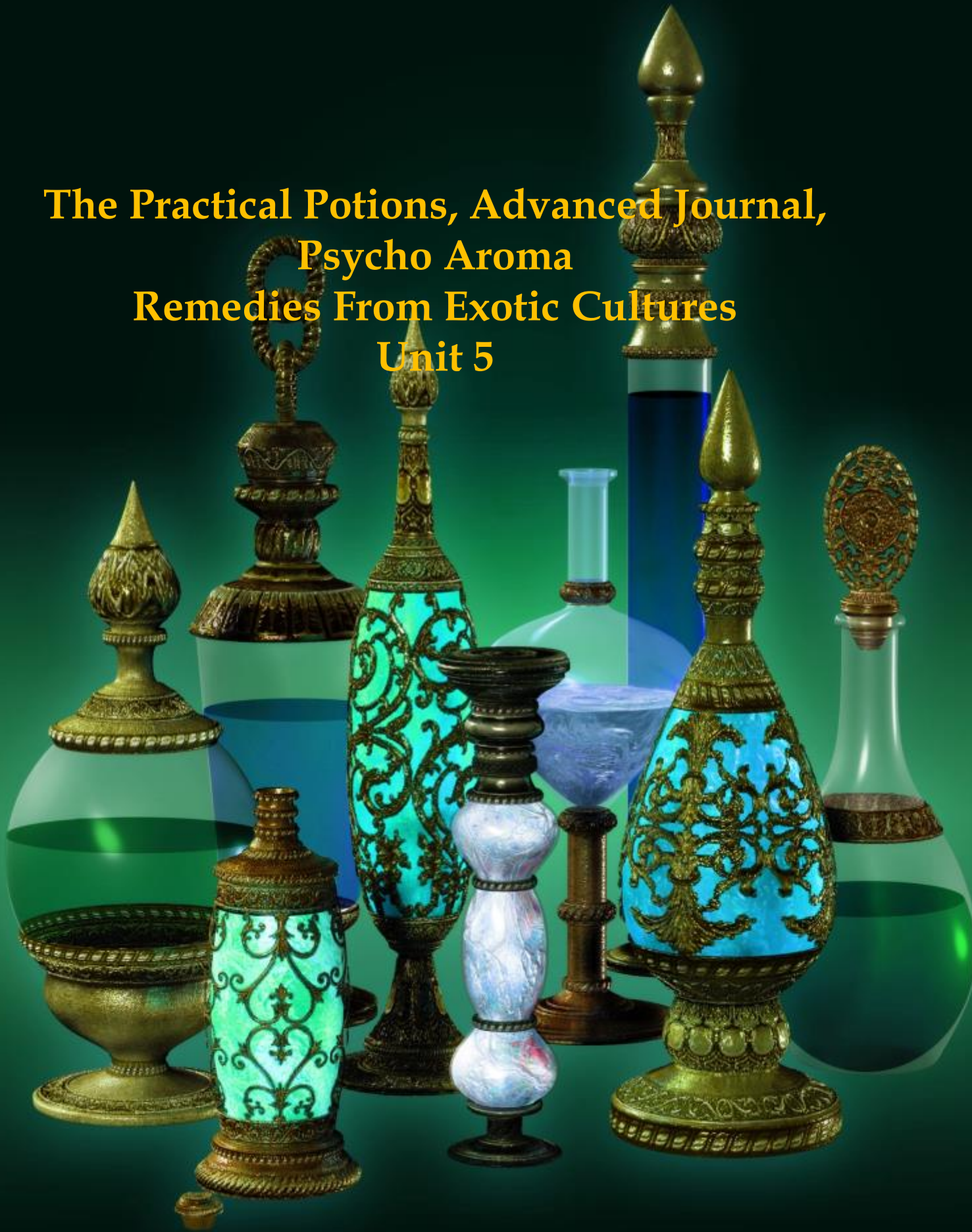


**The Practical Potions, Advanced Journal,
Psycho Aroma
Remedies From Exotic Cultures
Unit 5**



Psycho Aroma Remedies From Exotic Cultures

Unit 5 A Overview



Psycho Aroma Overview (5A)



As we have noticed in our travels, depending on the culture or time-period we visit, healing is viewed from different perspectives. From current scientific articles that explain how scent affects the brain, to the Hippocratic system that influenced early western medicine, each system gives clues to how mental and physical healing can occur.

Transformations:

- 1) Learn more about which physical/personality type you are in each system by filling in the questionnaires for the various psycho-health systems.
- 2) Look for clues in each system, as to how to enhance your own mental and emotional journey.

3) What practical tip can you take away from each system?

4) How can you use these personality systems to learn more about your family or clients?

5) Which of the systems resonates most strongly with you?

6) How can you incorporate at least one of these systems into your personal or professional practice.

7) Share your findings in your Facebook Forum.

SEDATIVES

Raphe Nucleus, Serotonin

(Anxiety, Tension,
Stress, Hypertension,
Insomnia, Anger)

Cedarwood

Carrot

Clary Sage

Immortelle

Lavender

Linden

Marjoram

Melissa

Neroli

Nettigrain

Rose Abs.

Sandalwood

Taget

Valerian

Violet Leaf

Chamomile G.

Chamomile R.

Yarrow

Anti-
Inflam.

STIMULANTS

Locus Ceruleus, Noradrenalin

(Lethargy, boredom,
Immune deficiency)

Angelica

Basil

Cardamon

Fennel

Grapefruit

Jasmine

Juniper

Lemongrass

Nutmeg

Peppermint

Rosemary

Ylang-Ylang

Black Pepper
Cinnamon
Clove
Eucalyptus
Tea-Tree
Thyme

Anti-
Microbial

REGULATORS

Various

(Mood Swings,
Hormone Imbalance)

Bergamot

Frankincense

Geranium

Rose Otto

Rosewood

Verbena

MENTAL STIMULANTS

(Mental Fatigue,
Concentration or
Memory Difficulties)

Angelica

Basil

Cardamon

Peppermint

Rosemary



APHRODISIACS

Pituitary, Endorphins

(Emotional coldness,
Impotence, Frigidity)

Clary Sage

Jasmine

Patchouli

Rose Otto

Ylang-Ylang

EUPHORICS

Thalamus, Enkephalins

(Depression, Lack of
Confidence, Moodiness)

Clary Sage

Grapefruit

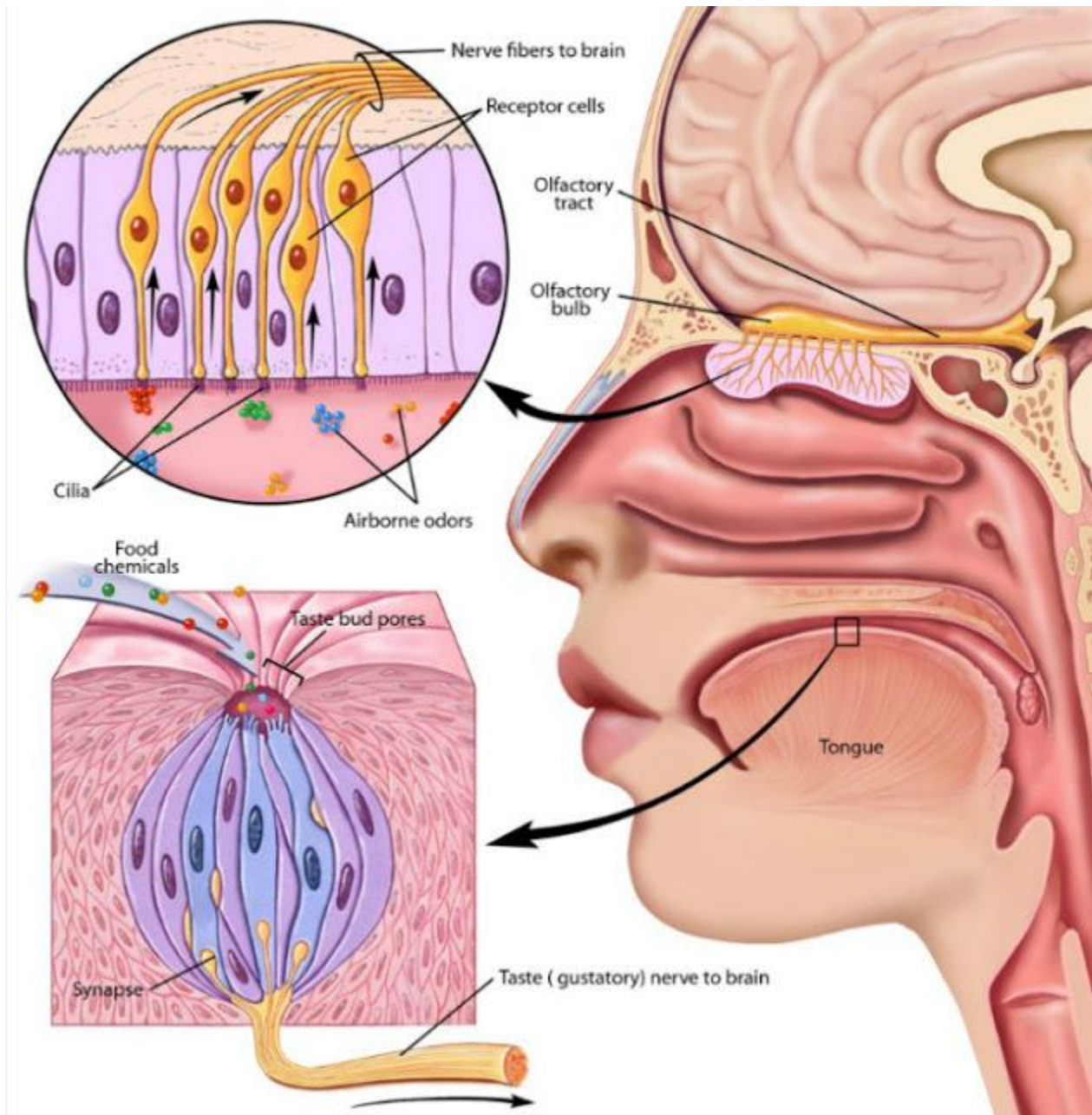
Jasmine

Neroli

Nutmeg

Rose Otto

Ylang-Ylang



Credit: [University of Delaware](https://www.universityofdelaware.edu/)

The DNA of Scent

We have about 4 million smell cells in our noses, divided into about 400 different types. There is tremendous genetic variability within and between populations for our ability to detect odours. Each smell cell carries just one type of receptor or 'lock' on it - the smell floats through the air, fits into the 'lock' and then activates the cell.

Most receptors can detect more than one smell, but one, called OR7D4, enables us to detect a very specific smell called androstenone, which is produced by pigs and is found in boar meat. People with different DNA sequences in the gene producing the OR7D4 receptor respond differently to this smell - some people find it foul, some sweet, and others cannot smell it at all. People's responses to androstenone can be predicted by their OR7D4 DNA sequence, and vice versa.

Professor Cobb from The University of Manchester's Faculty of Life Sciences and the other researchers studied the DNA that codes for OR7D4 from over 2,200 people from 43 populations around the world, many of them from indigenous groups. They found that different populations tend to have different gene sequences and therefore differ in their ability to smell this compound.

For example, they found that populations from Africa - where humans come from - tend to be able to smell it, while those from the northern hemisphere tend not to. This shows that when humans first evolved in Africa, they would have been able to detect this odour.

Statistical analysis of the frequencies of the different forms of the OR7D4 gene from around the world suggested that the different forms of this gene might have been subject to natural selection.

One possible explanation of this selection is that the inability to smell androstenone was involved in the domestication of pigs by our ancestors - androstroneone makes pork from uncastrated boars taste unpleasant to people who can smell it. Pigs were initially domesticated in Asia, where genes leading to a reduced sensitivity to androstenone have a high frequency.

The group also studied the OR7D4 gene in the ancient DNA from two extinct human populations, Neanderthals and the Denisovans, whose remains were found at the same site in Siberia, but who lived tens of thousands of years apart.

The group found that Neanderthal OR7D4 DNA was like our own - they would have been able to smell androstenone. The Denisovans are a mysterious group of our extinct relatives - we do not know what they looked like, and they are known from only one tooth and a finger bone, from different individuals.

Their DNA showed a unique mutation, not seen in humans or Neanderthals, that changed the structure of the OR7D4 receptor.

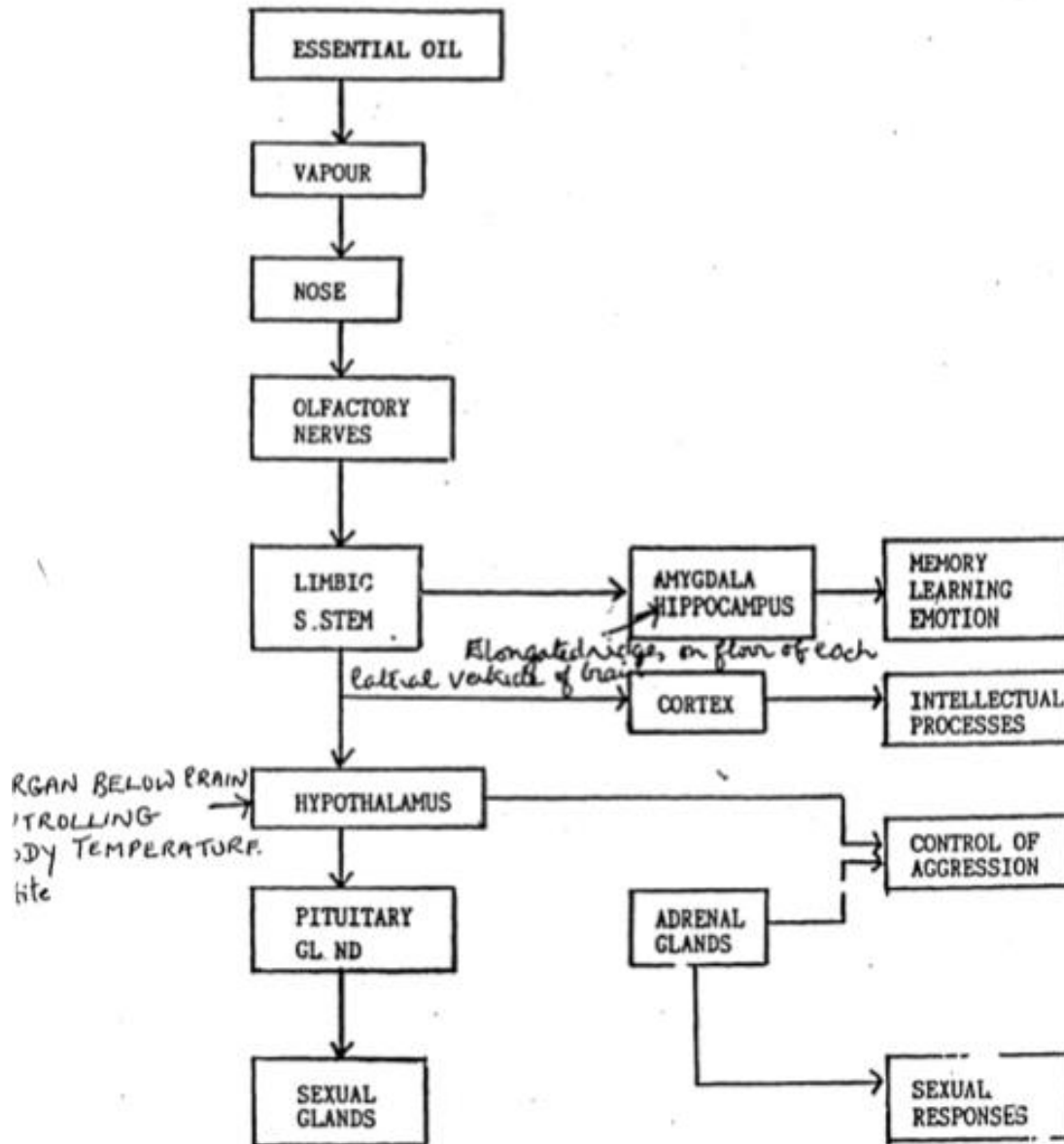
Team-member Hiroaki Matsunami at Duke University in the USA reconstructed the Denisovan OR7D4 and studied how this tiny part of a long-extinct nose responded to androstenone. It turned out that despite the mutation, the Denisovan nose functioned like our own. Both of our close relatives, like our early human ancestors, would have been able to detect this strange smell.

This research shows how global studies of our genes can give insight into how our taste for different foods may have been influenced by variation in our ability to smell, and, excitingly, show that it is possible to see back into deep evolutionary time and reconstruct the sensory world of our distant ancestors.

The research was carried out by scientists from the University of Alaska Fairbanks, State University of New York, Duke University and The University of Manchester, and is published in the journal *Chemical Senses*.

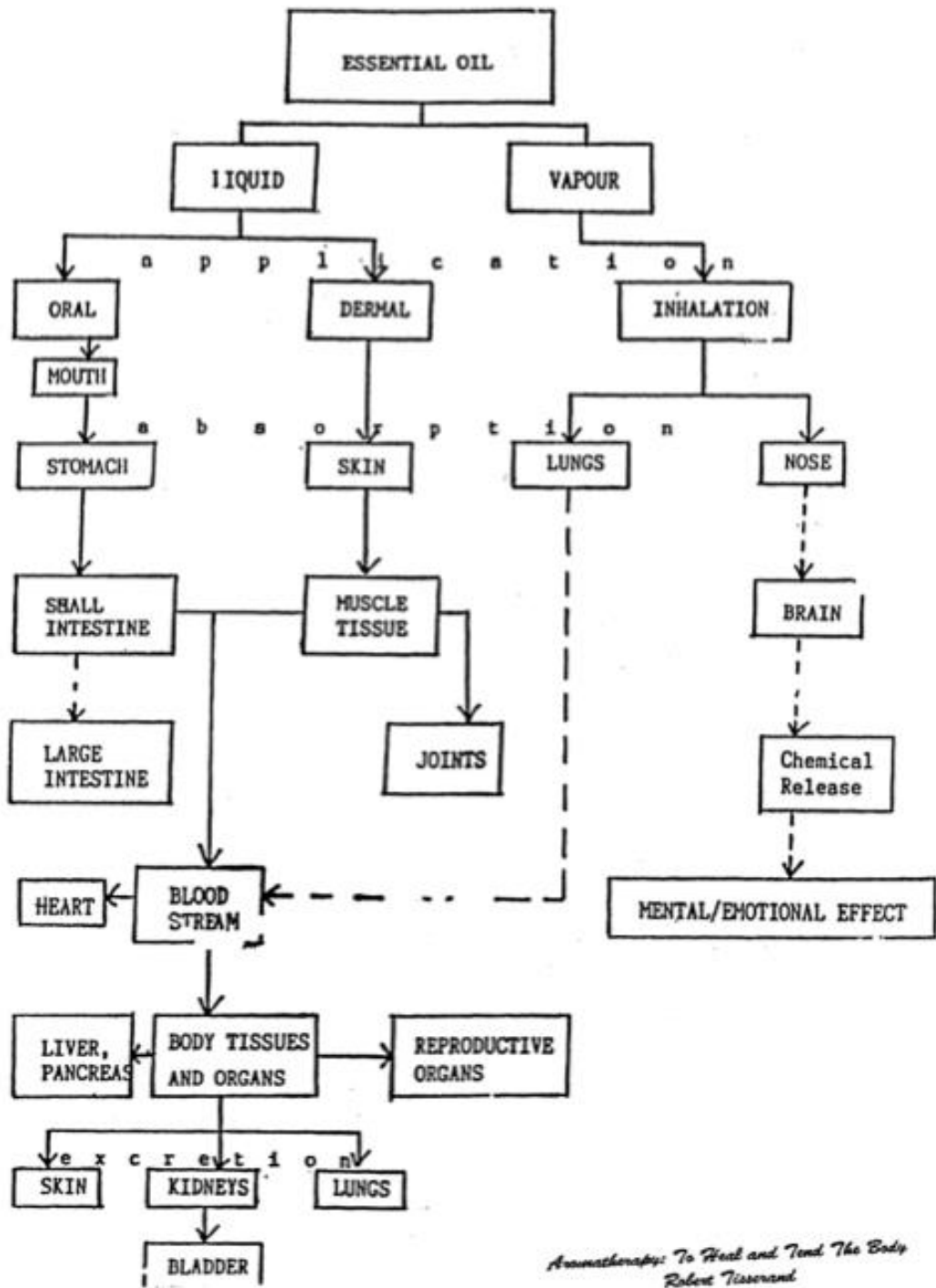
This article is from the University of Delaware.

DETAILS OF MENTAL/EMOTIONAL CONNECTIONS



*Arromatherapy: To Heal and Tend The Body
Robert Tisserand*

PATHWAYS TO ILLUSTRATE HOW ESSENTIAL OILS AFFECT BODY & MIND



Aromatherapy: To Heal and Tend The Body
Robert Tisserand

AROMA/COLOR/PLANT/SOUND CORRELATIONS FOR HEALING

AROMATHERAPY	CHROMO-THERAPY COLOR / CHAKRA COLOR	SYMBOLISM SYMBOL / EMOTION	CHAKRA CHAKRA ELEMENT	PLANT THERAPY HERB / ORGAN / S	AUDIO-THERAPY SOUND	ACTION OF COLOR / SCENT UPON ACT	NUTRITION THERAPY FOODS
SCENT							
Rose, Sandalwood, Camphor, Patchouli, Geranium, Jasmine, Pluacapple	RED YELLOW	Strength, Vitality, Life FEAR	ROOT #1 EARTH	Roses, Jasmine, Sandalwood for the blood and sex organs	C	stimulates circulation, reduces depression, stimulates and excites, menstrual tonic, used for skin disease (measles, eczema), provides warmth	Tomato, Beet, red Pepper, Radish, red wine, Berries, Plums, red Onion, black Cherries
Vanilla, Citronella, Bitter Almond, Heliotrope, Violet, Bergamot	ORANGE bright BLUE	Energy, Courage WORRY	SACRAL #2 WATER	Bergamot, Orange juice for intestines spleen	D	body normalizer, used for asthma, improves thyroid, normalizes calcium, releases nervous tension, improves digestion and assimilation	Apricots, vitamin A, calcium, Carrots, eggs, Pumpkins, Peaches, Rutabaga, Persimmon
Orris, Lemna Verbena, Calamus, Mugwort/Acacia	YELLOW golden ORANGE	Mind, Intellect ANGER	SOLAR PLEXUS #3 FIRE	Acacia, Lemons, Camomile for liver, stomach	E	laxative, stimulates intellect, muscle stimulant, improves bile secretions, builds nerves, heals skin, exhaustion	Corn, Banana, Lemons, Melons, butter, Pineapples, Yam, Papaya, Grapefruit
Tuberose, Narcissus, Jonquil, Musk, Benzoin	GREEN PINK	Harmony, Balance LOVE	HEART #4 AIR	green herbs, Mints, Sage for heart or headache	F	antiseptic, the master healer, used for all conditions with other colors, soothes entire system, increases vitality, heals burns	salads, Asparagus, Cucumber, green Peppers, Apples, Kiwi, Celery, green Cabbage, Chives, Leeks, Limes
Sweet Pea, Lilac, Orange flower, Magnolia	BLUE TURQUOISE	Assertion, Serenity, Inspiration, Devotion SORROW	THROAT #5 ETHER	Violet flowers, Orange flowers, Corn flowers for throat & gall bladder	G	astrigent, reduces fever, calming, reduces pain, cooling, reduces hot inflammations, reducing agitation or bleeding (profuse menstruation)	Blueberry, Plum, blue Cornmeal, Grapes, Prunes,
Balsam Tolu, Lavender, Tonka, Storax, Gardenia	INDIGO blue WHITE	Intuition, Sensitivity, Power of Vision BROODING	3RD EYE #6	Ginseng, Echinacea, Balsams for sense organs	A	anesthetic, purification, lymph tonic, inflammation of the sense organs, stimulates parathyroid action, rheumatism	blue foods, violet foods, Eggplant, red Cabbage
Peppermint, Cinnamon, Carnation, Clove	VIOLET GOLD or SILVER	Clairvoyance, Spirituality PENSIVENESS	CROWN #7	Clovers, Carnations, Rosemary for kidney or bladder	B	stimulating, restorative, builds resistance to disease, for bladder and kidneys, stimulates spleen and white cells, helps adrenals, decongestant	Blackberry, Broccoli, red & blue foods, Plums, dark purple Grapes, Garlic, Beet tops

Dr. Richard Amler, Color Healing Leah Mapples Gertzel, Sound Medicine, Inc. *Sound & Song*

Sound & Song

