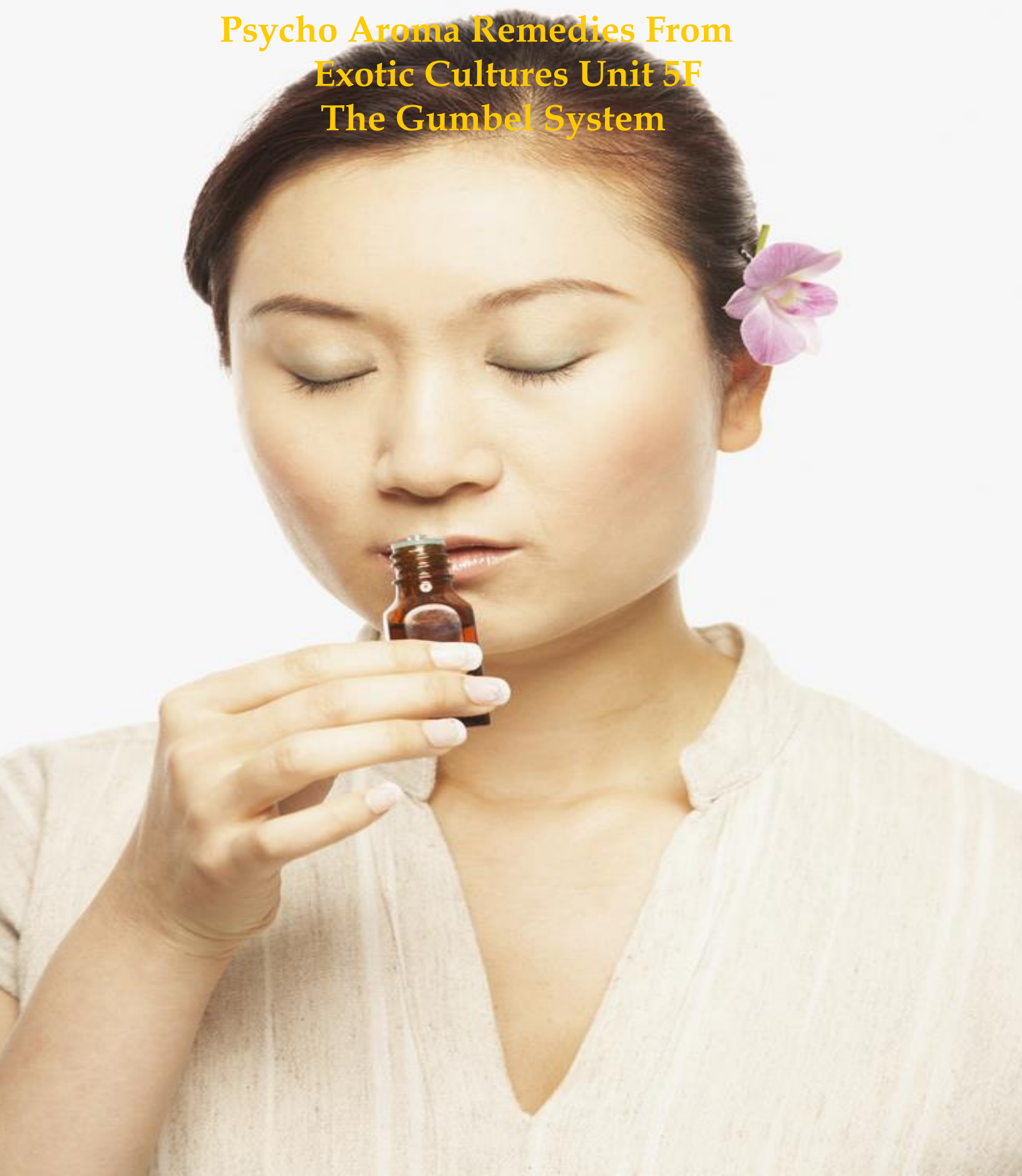


**Psycho Aroma Remedies From
Exotic Cultures Unit 5F
The Gumbel System**



The Gumbel System (5F)

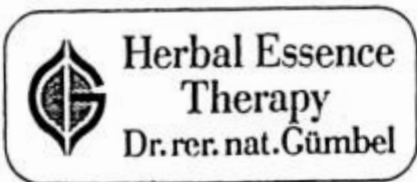


Spikenard Picture

Transformations:

1. Use a Body-based aromatherapy system.
2. Learn the therapy schemas.
3. Learn more about Spikenard Oil.

THE CHART OF COMPLEMENTARY RELATIONSHIPS OF PLANT ESSENCES, GEMSTONES AND COLOR IN THERAPY



ESSENCE GROUPS	ESS. OIL & GEMSTONE	CHARACTER	ORGAN SYSTEM	BODY INFLUENCE	MENTAL & SOUL INFLUENCE	SENSE ORGANS & COLOR	LEVELS OF LIFE,
FLOWER ESSENCES FRUIT-SEEDS	LEMON	MALE	NERVE TISSUE HORMONE GLANDS	NERVE STRENGTHEN	CONCENTRATION AWARENESS INTUITION	HYPHYSIS SENSE OF BEING <u>VIOLET</u>	ALL KNOWING THEME: <u>GOD</u> UNITY
	ORANGE	FEMALE		NERVE RELAXING	OPENNESS		
	JACINTH						
LEAF ESSENCE SPROUT ESS.	PINE NEEDLES	MALE	BREATHING LUNGS THYROID GLAND	EXHALE	INNER-PEACE STRENGTH	EYES SENSE OF SIGHT <u>BLUE</u>	SHINNING-POWER PURE JOY THEME: <u>SERAPH</u>
	CHRYSOPRASE	FEMALE		INHALE	FREEDOM LETTING GO		
	BERYL	MALE	IMMUNE SYST. THYMUS	WARMING	PEACEFUL MOOD	EARS SENSE OF HEARING <u>TURQUOISE</u>	PEACE SILENCE THEME: <u>ANGEL</u>
	LEMONGRASS	FEMALE		COOLING	DESOLVING & RELAXING		
	INDIAN	MALE	HEART CIRCULATION SYMPATHETIC NERVOUS SYSTEM	REGULATING ALL ORGANS	RECOGNITION RELAXATION INTEGRATION	ALL SENSES UNITING <u>GREEN</u>	AWARENESS THE WORD BALANCE THEME: <u>HUMAN BEING</u> LINK BRIDGE
	NARDE AMBER	FEMALE					
ROSEMARY	MALE	ENERGY PRODUCTION LIVER ISLETS OF LANGERHANS	ENERGY INCREASING	RADIATION OF WARMTH	NOSE SENSE OF SMELL <u>YELLOW</u>	RHYTHM MOVEMENT HARMONY THEME: <u>ANIMAL</u>	
CARNELIAN RED	FEMALE		ENERGY SAVING	CALMNESS & REGENERATION			
THYME	MALE	WATER & MINERAL BALANCE KIDNEY ADRENAL GLANDS	DETOX. & DRAINAGE	INNER CLEANSING	MOUTH SENSE OF TASTE <u>ORANGE</u>	GROWTH LOVE THEME: <u>PLANT</u>	
EMERALD	FEMALE		COLLECTING & ABSORBING FLUIDS	PATIENT			
WOOD ESS. ROOT ESS.	SANDALWOOD	MALE	METABOLISMS INTESTINES SEX ORGANS	ELIMINATION	STRUCTURE CREATING	SKIN SENSE OF TOUCH <u>RED</u>	MEASUREMENT NUMBER LAW TRUTH THEME: <u>MINERAL</u>
	SAPPHIRE	FEMALE		INTAKE	GROUNDING		

18. Therapy-scheme The Herbal-Essence-Therapy of Dr. Gumbel

Effect relationships of vegetal-essential oils

<i>Effect on the skin layers</i>	<i>Character: Parasympathetic-androgen</i>	<i>Body sections and organ functions</i>	<i>Character: sympathetic-estrogen</i>	<i>Effect on the skin layers</i>
Epidermis strengthens hornified layer strengthens hair and nails light protection pigmentation strengthens acid defence system promotes glandular function peroxydating	Fruit-skin-oil lemon	<p style="text-align: center;">THE HEAD FUNCTION</p> <p style="text-align: center;">the hypophysis</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> posterior lobe \ </div> <div style="text-align: center;"> anterior lobe / </div> </div>	fruit-skin-oil orange	Epidermis regeneration epithelisation tissue-regeneration pigment-development softening strenghtens skin flora strenghtens glandular function
Corium activates cell-breathing increases CO ₂ -discharge secretion promotive strengthens acid defence system antiseptic/peroxydative tightens fibres of connective tissue and the resistance function	Leaf-oils pine needle lemon grass	<p style="text-align: center;">UPPER BODY FUNCTION</p> <p style="text-align: center;">BREATHING (lungs-thyroid gland)</p> <p style="text-align: center;">RESISTANCE (spleen-thymus)</p>	Leaf-oils eucalyptus peppermint	Corium activates cell-breathing increases O ₂ intake resorption promotive increases lymph-circulation and resistance- and detoxicative functions of connective tissue
soothing, balancing, harmonizing circulation stimulating metabolism stimulating increases energy use increases excretive functions of all skin glands antiseptic peroxydative	INDIAN NARD (root-sprout-oil) rosemary thyme	<p style="text-align: center;">HEART-CIRCULATION (parasympathicus-sympathicus)</p> <p style="text-align: center;">SUGAR-METABOLISM (liver-pancreas)</p> <p style="text-align: center;">EXCRETION, METABOLISM, WATER, BALANCE (kidneys-adrenal glands)</p>	INDIAN NARD (root-sprout-oil) lavender sage	soothing, balancing, harmonizing (root-sprout-oil) soothing, relaxing vasolidating strenghtens energy-supply metabolism stimulating increases moisture contents of connective tissue regulates water balance via perspiratory gland function
Subcutis Fat reductive circulation stimulating promotes energy- and heat discharge tightens connective tissue	Wood-oil sandal wood oil	<p style="text-align: center;">LOWER BODY FUNCTION</p> <p style="text-align: center;">digestion regeneration</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> testis \ </div> <div style="text-align: center;"> ovaries / </div> </div>	Root-oil vetiver	Subcutis promotes fat depositing promotes circulation increases resorption power of the skin and cells dilates venous vessels
<i>Effect on the skin layers</i>	<i>Character: Parasympathetic-androgen</i>	<i>Body sections and organ functions</i>	<i>Character: sympathetic-estrogen</i>	<i>Effect of the skin layers</i>

