

Aromatherapy for Alzheimer's & Dementia



SCENTS FOR A HEALTHY BRAIN



JennScents[®]
HOLISTIC AROMATHERAPY

PRESENTED BY:

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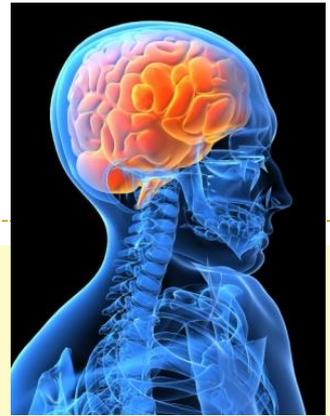
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The Brain



- **Brain is a part of the Nervous System (NS)**
 - It's where the NS functions begin and end
 - Approx. 10 billion nerve cells
 - Protected and cushioned by skull and layer of fluid
 - Receives info about what is happening all over body at any given moment then sends orders to different muscles
 - Manages emotions, memories, thoughts, reasoning, creativity and knowledge
- **Brain uses 60% of the glucose in the body (stored in the liver for energy)**
- **60% of the brain is fat (huge storage capacity – toxins)**

About Brain Health



- **Alzheimer's Dementia statistics:**
 - Affects women 2:1
 - Accounts for 5% of reported dementia
 - This is NOT a normal part of aging
 - Baby teeth research study: found high amounts of nuclear waste & nuclear fallout
 - Other studies show an accumulation of insulin in the brain
- **Contributors:**
 - Toxin & chemical exposure (damage receptor sites)
 - Neurotoxins bind with bile in gall bladder causing brain to absorb
 - Genetics
 - Heavy metal toxicity
 - Lack of proper nutrition
 - Lack of exercise, movement

Brain Concerns



● Preventative & Reactive Measures

- Hydration: Water & Minerals
- Exercise / Movement – physical and mental (use your brain!)
- Nutrition
 - ✦ Good Fats (lipids, EF's krill oil, lecithin)
 - ✦ Increased veggies and fruit (food, juicing, supplementation)
 - ✦ Antioxidants – helps detox the biliary tree (liver and SI)
 - ✦ Probiotics & Enzymes
 - ✦ CLA
 - ✦ Amino Acids
- Herbal Supplementation
- Reduce & Manage Stress
- Surround yourself with *POSITIVITY*
- AROMATHERAPY



Aromatherapy History



- 9000 years of historical records
 - Therapy using essential oils derived purely from plants
- Greeks: used rosemary to strengthen memory
- Egyptians: helps with sleep, anxiety, other medicinal preparations.
- Chinese: employ in food for intestinal health and improved digestion
- Europeans: first way of medicine; use often in culinary dishes for nutrition

Aromatherapy Safety



- Keep out of reach of kids and those with dementia
- Always use essential oils in a carrier – do not apply undiluted as it can cause sensitivities and affect receptor sites
- Not for ingestion unless working with a highly trained aromatherapist (NAHA)– can irritate esophageal lining and internal tissue states
- Avoid direct sunlight after topical use
- Contraindications: blood thinners, epilepsy, serious health issues; consult your physician

Aromatherapy Quality



- Employ 100% pure, high-quality, unadulterated, non-gmo source
- Not contaminated or “cut” with petrochemicals or varying oil quality
 - From a mono-crop (one crop vs. multiple crops combined together)
- From integrity, reputable, ethical sources
- Proper Testing – GC
- Harvesting Methods
- Proper oil origin, species



How Aromatherapy Works



- Olfactory System – sense of smell
- Nose is a protrusion of your brain – way for nervous system to connect with external environment
- Limbic System is oldest part of brain
 - Thinking and analytical development; dictate reaction to a situation
- Benefits: physical, mental, emotional, spiritual
- Effects: reduce stress, enhance body functions, improve immunity, elevate mood, promote spirituality, manage emotional imbalances, focus, memory, concentration

Aromatherapy Properties for the Brain



- **Properties: Antibacterial and Antioxidant!**
 - Antidepressant: bergamot, cedar, neroli, grapefruit
 - Antifungal: patchouli, sandalwood, cedar, thyme
 - Anti-inflammatory: frankincense, myrrh, yarrow, turmeric
 - Analgesic: lavender, tea tree, ginger, clove, marjoram
 - Cephalic: rosemary, black pepper, spearmint, lemon, lavender
 - Cicatricant: frankincense, lavender, neroli, rosewood, palmarosa
 - Febrifuge: chamomile, peppermint, lemon, lime, palmarosa
 - Nervine: lavender, clary sage, jasmine, basil, rosemary
 - Relaxant: lavender, chamomile, ylang ylang, orange, lemongrass
 - Stimulant: rosemary, eucalyptus, peppermint, cinnamon

Applications for a Healthy Brain



- **Inhalation**

- Diffusion: Aromaball, car diffuser, diffuser necklace, ultrasonic diffuser
- Room/Linen Spray: essential oils, spring water or plant-based enzymes

- **Topical**

- Bath: add essential oils to epsom or sea salt
- Body Spray: essential oils, spring water or plant-based enzymes
- Massage: oil or lotion
- Foot soak: essential oils, epsom salt
- Perfume: with plant based enzymes or coconut oil

Lavender



- *Lavandula angustifolia*
- For just about everything
- Properties: antibacterial, antiviral, analgesic, anti-inflammatory, anti-spasmodic, hypotensive
- Physical: burns, wound healing, hair loss, skin issues, insomnia, headaches, nausea
- Emotional: anxiety, nervous tension, stress, overwhelmed, anger, frustration, OCD
- Use/Application: Spray around you to reduce stress and excess heat, calm anxiety, reduce heart palpitations, improve overall circulation

Rosemary



- *Rosmarinus officinalis*
- Symbol of love, death and remembrance
- Properties: antibacterial, cephalic, diuretic, hypertensive, nervine, stimulant, sudorific
- Physical: poor circulation, coldness in extremities, memory, concentration, respiratory concerns
- Emotional: feeling stuck, emotionally cold, release negative thought patterns (Release It)
- Uses/Application: diffuse, lotion (applied in small circular motions towards the heart) to get things moving



Mandarin / Orange



- *Citrus sinensis*
- High Vitamin C (Strengthens vessel integrity to encourage cell communication)
- Relaxes & rejuvenates body/mind, simultaneously
- Properties: antibacterial, carminative, digestive, antispasmodic
- Physical: Adrenal support, scars, colic, jet lag
- Emotional: fatigue, exhaustion, overcome pessimism, negativity, depression and loneliness
- Uses: diffuse, room/body spray, bath salts, lotion

Sage



- *Salvia officinalis*
- Commonly used in cooking; clear the head, cleansing
- Properties: anti-inflammatory, antiseptic, anti-arthritic, diuretic, febrifuge, stomachic, tonic
- Physical: calms nerves, concentration, focus, digestion, regulates menses, cools excess heat in body
- Emotional: mental stimulant, depression, grief
- Use/Application: diffuse, lotion, room spray, roll-on

Cypress



- *Cupressus sempervirens*
- Phoenicians/Cretans build houses and ships (strength)
- Properties: antiseptic, antiviral, antispasmodic, diuretic, haemostatic, hepatic, styptic, sudorific
- Physical: circulatory issues (vein), lymphatic congestion; promote alertness, concentration, creativity
- Emotional: calms nervous system, anxiety, anger, stress, sadness, irritability, inspires faith
- Uses/Applications: diffuse, lotion, roll-on to promote circulation and eliminate stagnation

Mint



- Peppermint (*Mentha x piperita*) or Spearmint (*Mentha spicata*)
- Medieval times used to heal gum issues
- Properties: antiseptic, antispasmodic, febrifuge, restorative, stimulant, cephalic, carminitive
- Physical: pain relieving, nausea, diarrhea, fatigue
- Emotional: Enhances alertness, focus, concentration, memory recall, mental fatigue
- Uses/Applications: diffusion, room spray, roll-on, lotion

Distress/Rescue Remedy Flower Remedy



- Combination of flower essences to address physical and emotional distress
- For patient and caregiver
- Calms anxiety, moods, anger, frustration
- Helps one maintain balance and composure



Carrier Bases for Brain Health



- Aloe Gel: soothing, cooling, hydrating
- Avocado: high in EFA's, A & D, lecithin, potassium, chlorophyll
- Evening primrose: reduces scar tissue, hydrating, healing to wounds
- Hemp oil: easily absorbed, high in EFA's
- Sesame oil: vitamin T, helps decongest liver
- Liquid Enzymes: helps break down protein structures, activate the brain and body, hydrates the body, nerves, muscles, joints

Aromatherapy Blends



- **Alzheimer Relief Spray**

- 2 oz. Spray Bottle
- 2 oz. liquid plant enzymes or spring water
- 8 drops Lavender, *Lavandula angustifolia*
- 6 drops Rosemary, *Rosmarinus officinalis*
- 5 drops Red Mandarin or Orange, *Citrus sinensis*
- 4 drops Peppermint, *Mentha x piperita*
- 4 droppers Distress/Rescue Remedy FES
- Combine ingredients, shake, label bottle. Use 2-3 times daily and as needed.

Aromatherapy Blends



- Caregiver's Support Spray
 - .33 oz. roll-on
 - .33 oz. Liquid plant enzymes or Distilled water
 - 5 drop Blood orange, *Citrus sinensis*
 - 5 drop Cinnamon, *Cinnamomum zylancium*
 - 2 drop Neroli, *Citrus aurantium var. amara*
 - Combine essential oils in roll-on bottle, add in liquid enzymes, apply cap, shake well, label. Apply 2-3 times daily and as needed for moral support and to give yourself a big hug.

Natural Health Products



- Specialty Brain Health Products from JennScents

Shop @ www.Shop.JennScents.com

- Study Buddy Spray
- Alzheimer's Relief Spray
- Adrenal Support Spray
- Stress Away Roll-on
- Distress Remedy FES
- Liquid plant enzymes
- Herbals
- Essential Fatty Acids
- Probiotic
- Minerals

Thank You for Attending



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Best wishes for health and happiness !

Resources & References



- www.jennscents.com
- JennScents Introduction to Holistic Aromatherapy
- JennScents Advanced Holistic Aromatherapy
- JennScents Body System Anatomy & Physiology I
- www.alzheimersfamily.org
- www.naha.org
 - Become a member and enjoy free monthly teleseminars with top aromatherapist around the world.
 - 20% discount: Enter code JS20%

THANK YOU!