



Lesson Ten

Inflammation, Anxiety, Depression

Inflammation

There are several factors that contribute to inflammation. The number one factor is stress, but also unresolved emotions and/or a diet rich in red meats and sugar.

It's a fire related disorder, balancing the element of fire is important. Guiding someone to be more fluid(water element), letting go of rigidity whether it's with a rigid schedule or a rigid mindset can help a great deal.

Addressing and releasing anger issues through the use of sacred oils is very helpful and can completely clear inflammation. Most often, anger and blame is the layer of emotions that overshadow grief. So when working with a sacred oil, I choose an oil that helps to release grief such as violet leaf essential oil.

Topically, massage oils or salves made with anti-inflammatory oils is helpful, particularly if inflammation is caused by an incident such as a bug bite, injury, or tendonitis. I use **cyprus, pine, wintergreen, and peppermint** in several of my oils and salves. **Blue chamomile**(german chamomile) used "neet" on swelling and inflammation is the best anti-inflammatory oil.

Anxiety

Anxiety is on the rise, along with the use of technology and a decrease in a connection to nature. It is considered an air imbalance and practicing grounding exercises, particularly outdoors with nature can be super helpful.(earth element)

The thing with anxiety is that it can stress out your adrenal glands. When your adrenals are stressed, it can cause sleeplessness and/or waking up in the middle of the night with a gasp, which further perpetuates anxiety.

Anxiety can also develop as a result of adrenal fatigue. It's a which came first, the chicken or the egg type of scenario.

When there is anxiety, always treat the adrenal glands. Make a strong massage oil or salve using cloves, nutmeg, and rosemary —all very warming oils. Massage onto back just above kidneys and apply heat.

What I have found most helpful in restoring adrenal stress is drinking strong infusions of oat straw on a daily basis until anxiety has subsided.

Also, inhalation or a foot bath of grounding oils, such as the **evergreen oils, patchouli, or root oils** such as vetiver are most helpful. **Neroli** is one of the better known anxiolytic agents. (used to reduce anxiety)

Helping a person to address their fears and to live in the present moment is especially helpful. Often, a person who suffers from anxiety has had an experience in their life where they've gasped, or, "It took my breath away." type of situation. This is why it's a condition related to an imbalance of air. People with anxiety live in the future worrying about things they have no control over. Worrying about the future is another air imbalance since the future is formless, it exists in the ethers.

Depression

Depression can either be a fire imbalance or a water imbalance. The person is weighed down with a lack of drive which is the element of fire. Or they can be living in the past and feel like they're drowning in despair.

Massage oils as well as inhalation methods, using the citrus and flower oils can help. Sweet orange or rose come to mind.

In regards to sacred oils, I would first start with yarrow to see if it would help clear some of the energetic cloud that comes with depression. And then I would work with an oil that helps release emotions from the past, such as violet leaf that works wonders for grief, followed by holy basil that helps a person connect with their Divine life force.

Both anxiety and depression can be symptom of trauma. I've worked with people who have anxiety and depression and haven't understood when I wouldn't see the results I was looking for. When I looked deeper, I discovered that what the person was initially suffering from was trauma. Trauma has a tremendous effect on a person's brain, and over time, can spiral into depression, anxiety and addiction.