



## Essential Oils for Healing Trauma

**Guest: Dr Eric Zielinski**

**Alex Howard:** So first, I'd like to welcome Dr. Eric Zielinski. So welcome, Eric. Thank you so much for joining me for this interview.

**Dr. Eric Zielinski:** Well, thank you. We're very much in alignment with your mission and what you're doing. My personal story, I'm really excited because there's an element. I'm more than passionate about this topic because I come from a place that I could speak from a lot of experience. So thanks for having me.

**Alex Howard:** Yeah. Thank you. Well, let me just give people your backgrounds, your kind of professional bio, let's say, and then I'm keen to hear a bit more of the kind of personal journey that comes into this. Then we'll jump in some of the specifics for people as well.

So Dr. Eric Zielinski is the author of the national bestselling *The Healing Power of Essential Oils*, which I've got here, which was a great source of research and I think a really good practical guide for people, and *The Essential Oils Diet*.

Dr. Zielinski has pioneered natural living and biblical health education since 2003. He's trained as an aromatherapist, public health researcher and chiropractor. And Dr. Zielinski started [NaturalLivingFamily.com](http://NaturalLivingFamily.com) in 2014 with his wife to help people learn how to use natural remedies like essential oils safely and effectively, and is now visited by more than 5 million natural health seekers every year. [NaturalLivingFamily.com](http://NaturalLivingFamily.com) has rapidly become the number one online source of biblical health and non-branded essential oils education.

So, Eric, once again, thank you for joining me. I'd love to start a little bit just with your personal story. I know you had some of your own health challenges as a child, and that sort of informs some of the path that you've taken. So tell us a bit about that.

**Dr. Eric Zielinski:** My childhood was marred by essentially being victimized by the standard American lifestyle. And I use that word carefully, but my mom and dad didn't know any better. They did the best they could, ever since I was an infant, my mom didn't breastfeed me, she didn't nurse. That was back in the 1970's and 80's there was a big shift away to a formula. So I was formula fed and that started the cascade of a lot of gut issues, tummy issues, earaches, sore throats, antibiotics.

Of course we went through the whole, the normal doctor routine eating normal food that a lot of Americans eat, the sad standard American diet. And it's just that set the foundation for a very unhealthy body. So when I became older, things progressed.

Now, there are other things that happened in my family, in my household. In my family abuse and trauma run deep generations through my family. So when you couple that into just the family dynamic, plus you're not well physically. That really created a recipe for disaster and when I started to develop cystic acne because my gut health was absolutely destroyed as a teenager. Well, what do you do? Well, you get on what's known as Accutane in America, which is also coined the suicide drug.

Well, a couple years later, I started to develop significant clinical depression, had suicidal thoughts, started self-medicating with alcohol, narcotics, alcohol. Which alcohol runs in my family, so that was something I was trying to avoid. And next thing you know, I was a wreck. 22 years old, had no hope, no future contemplating taking my life and I had a spiritual epiphany.

And when you mentioned in my bio about being a leader in the biblical health movement, it was really through my conversion to Christianity that opened my eyes, like I got to take care of myself. And it was very much not a religious experience and I say that because it was very much a spiritual endeavor where I realized, hey, I am a spirit. My body is a temple of the spirit. I need to take care of it. And so that's really what motivated me to move and to change, and one by one thing by thing, I changed my diet and changed my lifestyle behaviors. All the addictions went away, focused on healthy behavior.

It must be 17 years actually this month that we record this interview that I've been clean, I've been free, I've been living this life. The thing about it, I had that proverbial 'I was blind, now I see', moment.

And I'll never forget my favorite professor when I was getting my doctorate, the nutrition professor said, "the best doctor is the one who knows what it's like being sick." And he goes, "a lot of you young kids out there who don't know what it's like being sick. You're going to struggle and you're going to struggle empathizing. You're going to struggle with bedside manner, or you're going to struggle in areas because it's all in your head." And I remember sitting back like, wow, I got that down. I know what that's like and so it's from my pain that was birth, a passion and a purpose, and what brought me to essential oils is another story. But it's all in the same realm nutrition, exercise, meditation, prayer, essential oils, supplementation. But it's really from a place of hurt that I felt called to this purpose.

**Alex Howard:** What comes to my mind as you're speaking is people often talk about post-traumatic stress disorder. But there's also a growing body of research around post-traumatic growth where you go through a traumatic and difficult time. And it doesn't get much more traumatic than being in a place where you're contemplating ending your life.

But the potential for that actually to be a platform for a new way of living to come from that and a whole new set of choices, and it sounds like that's what happened for you.

**Dr. Eric Zielinski:** Yeah, and here we are. So I have a lot of different strategies and tips and things and I don't know how deep we want to get into trauma into abuse. But there are proven strategies that could help when it comes to essential oils, when it comes to other things that I've implemented over the years and just food for thought.

But I'll say one thing, even before we dive deeper, there's hope. I mean, there is not only just hope, but there are things that you can do starting today. And so don't get overwhelmed, especially in the context of stress or anxiety, overwhelms a big thing. And oftentimes in an interview or a summit or a documentary, people walk away not knowing what to do.

Don't let that happen to you.

Take one or two things, one or two at the most from this talk and write it down on a piece of paper and take notes of all the talks and focus on the lowest hanging fruit.

What's the cheapest, most cost effective, quickest thing you can implement now.

Focus on that, get a quick win, and grow, and grow and move toward and you'll see that you'll end up living a life that you never thought was possible.

**Alex Howard:** That's beautiful and one of things that I think is great about this topic and we'll certainly come to specifics later on, is that it's simple to implement. It doesn't require people to have sort of a great depth of knowledge of complexity to get started. But as we kind of build our way towards that, let us start off with just a few fundamentals here.

So for people that are not familiar, when we talk about essential oils, what are we actually talking about?

**Dr. Eric Zielinski:** Technically speaking they're volatile organic compounds and folks that are into the detoxification movement that is all over the world now, they've heard and learned that VOCs are bad.

Well, yes and no, VOCs from paint, from building materials, from your carpet, from chemicals are not good. But VOCs seeds from plants are good. So what are our volatile organic compounds? They are simply compounds that evaporate at ambient temperature. And so when you get a lot of plant matter, let's say five pounds, roughly three to five pounds of lavender flowers. You distill them and through the boiling hot water that breaks up the compounds of the lavender flowers, the compounds that evaporate, that are starting to flow through the condensing tube are those VOCs.

Well, once they go through the condensing tube, through some cold water or an apparatus they solidify, that's the essential oil. And so when you put your nose into a rose and you smell the aroma, you're literally smelling particles that are floating in the air. And that's why when you might be doing something on one side of the room, let's say you light a candle, a scented candle on the other side of the room, you smell it. Well, that's because those particles are floating. Now, not all again, not all VOCs are bad. Essential oils are plant VOCs and they're highly concentrated plant based compounds that most medicines today are based off of. And that's I can't stress that enough because we have forgotten that before the advent of the antibiotic.

World War One and World War Two combat medicine, the medics had in their kit on the frontlines tea tree, lavender, lemongrass, clover. What do you think they use to fight infection? And then when the antibiotic came, they're like, "oh, we don't need this messy, smelly stuff. Let's get to the pill." But the thing is, is that a chemist isn't going to invent a chemical structure in their head when they're creating a new pharmaceutical. They're based off of the plant compounds in nature and the best example is, willow.

We all know maybe you have heard of aspirin being based off of a chemical known as methyl salicylate from willow bark. And again, it's not like aspirin was invented in a vacuum. But our ancestors have been using willow bark for years as an analgesic pain relieving property. Well, when you chemically manufacture it synthetically, put it together, you can slap a label on it and now you can sell in a mass quantities. That's where we get that drug and we see that with chemotherapy drugs, antidepressant drugs, we see that through weight loss drugs all through the gamut.

So the bottom line is essential oils are nature's medicine, protects the plant, heals the plant. It's also great to consume in its whole form through nature as well.

**Alex Howard:** I think one of the things that people often forget is people get caught in the mindset of there's natural medicine and there's pharmaceutical medicine, and these are two completely separate things that are sort of in conflict.

So one has to be right and that means the other one was wrong. People don't realize that many of the underlying principles actually are shared. There's just a different way of working with things and people forget that in the pharmaceutical world you are able to protect a product it has to be kind of patented or trademarks or whatever. And then it's sort of marketed as being something that's some miracle thing that's actually built on a lot of the same foundations of things that people are using every day in a natural health context.

**Dr. Eric Zielinski:** It's a matter of dosing and concentration. The reality is we cannot produce the level of pain relieving properties through nature that you could get from like morphine. It just doesn't exist. And that's what medicine does, medicine manufacturers, high concentrations even beyond what you see in nature to give you a dose you can't get anywhere else.

And here's the difference between natural and conventional medicine. It's typically they get the same result. It's just a matter of time and oftentimes we want the quick fix. And that's been really the bane of our society. And that's been really the motivation for a lot of the vaccines, a lot of the drugs and all the things that we do. We want the solution guaranteed where natural solutions work, but they take a little bit of time.

So anyway, great observation it really is. And so for folks just know that this isn't hocus pocus, it's very much evidence based. There's thousands upon thousands of research articles and studies that have evaluated this and it's just now coming to a head. Which is wonderful in 2020 that we're able to talk like this because 20, 30, 40 years ago, this wasn't a topic that was well received in the medical community.

**Alex Howard:** Yeah, in a little bit we'll come into some more of the specifics of how people who work with essential oils and some of the recommendations.

But just to put this a bit more than in the context of the Trauma and Mind Body Super Conference, how are some of the ways that people can work with and you work with people using essential oils, when there's trauma in the body? As a way of helping the body resolve that and work with that and to digest and process that?

**Dr. Eric Zielinski:** Well, ultimately, it has to do with recognizing the root cause of the trauma. If you can recognize the root cause and oftentimes that can be hard for people. Suppress memories, I'm guilty of not being able to, not guilty but there's chunks of my life I just don't remember. I mean, years are just black and it's fine by me. Some things I don't need to remember. And so if you can, working with an emotional recall therapist, someone that could help you trace back to get to the root, to actually process it in the right way can be life changing and has been.

A good friend of mine, Dr. Tony Jimenz, as he owns and runs two cancer clinics in Mexico, The Hope For Cancer and part of the treatment at a cancer clinic is emotional recall healing. And the therapist oftentimes will use aromatherapy to help. So aromatherapy is a great adjunct to help support someone through experiences, because aromatherapy can stimulate joy, happiness, anti-depression properties, stress relieving properties. Again, it's a physical component. It's like taking Xanax, but without the side effects and at a very, very lower dose

And so there's a lot of practical things that someone can do, but it really depends on what it is that we're talking about. And there's a huge difference between someone who had a traumatic experience; a rape, a car accident, a bombing, a whatever versus someone who had a little micro traumas. And I was more of a victim of little micro traumas throughout my life.

And we see the same thing with chiropractic care. It's usually not, most people with back issues aren't the people with car accidents. It's the people that sit down all day with bad posture and micro trauma on the spine that produce degenerative conditions in the future. So it's that concept that we have to really hone in on first.

**Alex Howard:** What you were just saying about kind of accessing memories and using aromatherapy as a way of working with that. One of things that strikes me is that often when there's trauma that's held in the body, there's a certain state the body goes into.

Like one either consciously remembers a trauma or unconsciously something's triggered and something comes up. And there's a certain kind of emotional and energetic kind of felt sense of that. And if you're working with essential oils as a way of accessing certain states, or impacting on the state in the system. I can see how that could be a helpful way of supporting some of that healing and some of that processing.

Going back also to what you were saying in terms of the micro traumas, maybe say a little bit about if people are aware, let's say, of those kinds of day to day kind of impacts on their system.

How can working with essential oils also help with the healing, with the balancing out of that?

**Dr. Eric Zielinski:** For one, it's having a system and setting up a system. You know, you're a business owner and you're just telling me, all the employees you have, like you have to have a set system or your business isn't going to be able to run, especially to scale. And how many of us live a life without a system? And I'm not talking, cause I'm not very structured and my wife is to you know, she's got her calendar and if it's not in her calendar it's not happening.

I believe in the proverb, blessed are the flexible for they won't be broken. I like that proverb.

**Alex Howard:** I can see you guys have some interesting conversations.

**Dr. Eric Zielinski:** Beyond interesting. Yeah, opposites attract. So when you recognize that there are areas of your life that are triggering stress, anxiety, panic, mood disorders, depression, whatever it might be.

Having, knowing that first is key and if you're watching this and if you're just struggling, I mean, you're just beside yourself and maybe you don't know why. Maybe you're self-medicating like I did with alcohol and maybe your glass or two glasses of wine and your chocolate bar has gained 15, 20, 30 pounds. And you now are dealing with a little bit of self-loathing, a little bit of image issues and so you see this escalating, which is very common to do. If you're starting, if you're at a point where you don't even know where to begin.

Maybe it's time to journal, maybe it's time to recognize and thank God for phones that make it so easy to do whatever we want, whenever we want. You can get your notes, app or whatever app you want to use and whenever something triggers you.

Take a moment when you have a moment and make a note of when and why and what happened, and you might see a trend. You might find yourself triggered every time you have a conversation with a mother in law, with your boss, with your child's teacher at school.

There are people that just trigger us, you'll notice a lot is with people or situations, maybe it's getting into that train or the bus or getting the traffic for work. If you could start to recognize what your triggers are, now it's easy. Now it's a matter of having things that help you process them and deal with them better. It's just like having a Band-Aid when you cut yourself. You know where your Band-Aid is, you know where your first aid kit is, you go to it. And what we try to help people do is essentially create a medicine cabinet that they could bring with them to help them, especially for mood disorders.

And let me go get a couple props here that makes it show just how simple it is.

One thing that's absolutely gold in this context are a couple of different things here.

One would be an aromatherapy inhaler. This thing is a couple dollars on Amazon, but this is on the go instant aromatherapy relief and it's very personal, meaning it's not going to permeate around the room because you're smelling it and you're putting a lid on. So you're not going to bother your coworker or the person next to you sitting on the train or whatever it might be. But what this is, is a cotton swab that's saturated with essential oils and something like this can help in a huge way, stop a panic attack in its tracks. Get you to a place where you're not focusing on all the hell breaking loose around you, where you can literally just close your eyes, take a few deep breaths of something that gives you joy. And these oils and this is one thing I kind of glossed over, but I need to stress more.

Because of the power of the olfactory system, we're talking about the power of smell. The olfactory system, the sense of smell directly impacts your limbic system, your primal mood, your emotions, your brain. So when you smell something, it could trigger a historical event.

So even today, it's been 22 years and the only time I think of her is during an interview or when I smell a perfume. But if I walk by a woman that has the same perfume as my first girlfriend, I'm back to being 18 years old. It's instant. If I go downstairs or if I go into someone's home and if there is a special chicken noodle soup or something that my grandma used to make from scratch, and I loved it and I loved my grandma, I have only fond memories of my grandma. Smelling homemade chicken noodle soup reminds me of grandma gives me joy. But there are other scents, other smells that trigger the opposite and you need to be aware of that.

**Alex Howard:** It's funny you talk about girlfriend, grandmother, because my grandmother once wore the same perfume as my first girlfriend.

**Dr. Eric Zielinski:** That could be a problem.

**Alex Howard:** It really messed with my brain I have to say.

**Dr. Eric Zielinski:** You're right, that's real. So you'll know what to do, you'll have something to go to. And I want to stress the importance of what you just mentioned as well a couple of minutes ago, about your essentially talking about neuroplasticity and imprinting your brain.

If you're going through a season of healing right now and many of us are, whether it's through counseling, therapy, whether, whatever it might be. If you use an aromatherapy technique, a scent, a smell to help you because it just makes you feel good, which it will.

They produce serotonin, endorphins and dopamine, they're happy. If you find that helps you through the season in the future. If you ever have a relapse or another situation, you go back to that oil. It brings you back to your state of healing. It will trigger. It'll give you hope. It'll give you power. It'll give you enlightenment. And having that at your disposal is absolutely gold.

**Alex Howard:** I think what also comes to my mind as you're talking is that one of the things that happens when people go into, you mentioned panic attacks. When someone goes into a sort of trauma response they often lose that contact with the present moment. They're either getting sucked back into a memory or that going into an anticipated negative outcome in the future, which is what's causing that feeling of panic and anxiety.

And what strikes me is that using essential oils can either bring someone to a kind of a safe place, like a place which has a positive association or even just bring them out of the past or the future into the present moment. Which in of itself can be quite a powerful support to healing and metabolizing trauma for that response to come up. But then to realize we don't have to get lost in it, that we can stay present and stay grounded in the body.

**Dr. Eric Zielinski:** It makes the healing power of meditation applicable to anybody now. I got to say, to get me into a quiet room, to quiet my mind and to just focus and humm, it's just it's not me. I mean, and I jest because my meditation is different.

I like going out in nature. I like finding myself where I can just allow my mind to wander for a little bit to enjoy the senses around me. Like calming, like literally closing your eyes.

Only focusing on the smell. Breathing in such a deliberate way where this is where your energy is again you can count. Count three seconds in three seconds out. Three seconds in. Three seconds out. This is where your whole focus is and you say everything else around you just stops. That right they can get you out of a panic attack. That right they can get you to a place of okay it really isn't as bad as what I think or could be, and it's a tool. It's a very, very practical tool and you'll see yogis and you'll see monks and you see other people.

Everyone has their own little strategy. But this especially coming from a Christian background, there's some concern to a lot of these different spiritual practices. But there's no spiritual ramification in this. And anyone that might be listening and is a Christian, there's verses in the Bible that say "be still and know that I'm God." Well, how do you do that? How do you recognize that your God is omnipotent and all powerful and loves you? When you feel like you're going through chaos and again, allowing the mind just to kind of, okay I'm going to focus on one thing, and it's a good thing. And I'm telling you something, and this is something very positive, zero side effects, zero, if you use properly. Zero if you're not allergic to them, that's it.

There are, of course, always allergic reaction possibilities and some people just, they might misuse them. You just don't want to slather a bunch of oils on your skin and bath in them, that could burn you. Like there's some practical things we try to teach.

But just knowing that, knowing that and also for those of you who are parents, because I'm a father of four, reinforcing what you're doing to your children is extremely important. Like all we're making you happy now. We're making you feel good. Like we put body oil on our kids every day. We don't do lotion at the house, really. We have body oil and it's very simple. Coconut oil, a little bit of olive or jojoba oil with some mood elevating oils. We send them out, just jazzed up and happy and every year our teachers always say "your kids are the happiest kids in class." Well because they're lathered in orange and vanilla and lime. They can't help it, poor kids, they got no chance to be mopey.

But the thing is that we reinforced to them and they want it and so what do you think happens? The first thing they get a snuffle, an itch, a crack, whenever they're like, where's the oil? Because they know and they think and they believe it. Hey, if you believe it will happen, if you believe something is bad for you, it will be bad. Self-proclaimed prophecies as true as the placebo effect is as true as the nocebo effect is, right? And so I want to reinforce that this is proven, it is good, it will help you, you believe it, you speak it. You can say, "I'm helping myself, I'm healing myself. I'm calming the stress and calming the anxiety," whatever it is, your mantra, you're saying your affirmation, your Bible verse, whatever it is, you speak it, you believe it. Now you're in the driver's seat.

**Alex Howard:** It's great. Let's come into some sort of specifics about how to actually work with the essential oils, and I guess probably the first question is, how important is the source? Are all essential oils made equal?

Some of the kind of multilevel marketing campaigns, behind oils will make very strong claims about one product over other products. So one of the things that I really appreciate about where you're coming from, is you're not aligned to one specific brand or company and kind of banging a drum for that versus something else.



But just say a bit about, how important is the source and what are some kind of thoughts around that?

**Dr. Eric Zielinski:** It's critical. I mean, just like the source of your food and the source of your supplementation. Unfortunately, there's no regulation on any level and anyone can, in the supplement industry in the essential oil industry can put any product on the market and sell it. And so what you need to do is you do a little bit of due diligence as a rule of thumb.

I mean, I love Amazon Prime, I buy everything on Amazon, I get my groceries delivered from Amazon through Whole Foods and I love it, but I'm never going to buy my essential oils on Amazon.

I'm not going to buy my essential oils from a private dealer or a seller. There's just too much risk of contamination and tampering and I just don't know. And quite frankly, I don't trust. And I want to be sure I'm buying from the actual source. So first of all, buy from the actual company itself or a distributor that you trust, that could be a go medium, like a medium that's totally fine, too.

But when it comes down to it, I would just encourage people to be led by good referrals from friends and family and intuition and let common sense be your guide. Because here's a complaint I get, not a complaint but an observation like someone buys a bunch of oils and they spend several hundred dollars and they take this big investment. Because they went to an oil party and they take a smell of, let's say, peppermint, and they immediately get a headache and they're like all this peppermints junk, it's fake, it's synthetic.

Well, not necessarily and you'll find, and I've seen this a lot, actually. I've seen that people that have a toxic burden, people that are emotionally toxic have toxic overloads emotionally, mentally and physically. That strong sense, anything. They're essentially in a pre-autoimmune state where any sort of outside trigger can stimulate a negative reaction. It's like when your body is already in hyperdrive, you add anything else, especially something as potent as essential oils. It could trigger something that's not powerful. But once someone goes through something like a detoxification and loses a little bit of weight and goes through some therapy, they might find that this is life heaven on earth.

So first of all, I just say that to say, if you can show through a test and there are tests. That shows that the essential oil is pure, that's what you want, you want pure unadulterated essential oils. And most companies that are really good right now, they recognize they need to be transparent. So they will post the batch specific report of the oil. No, not that I expect you to be a biochemist. I'm not a biochemist. But just like you could go to ready lab dot com or your local lab across the street.

Anyone can get a heart disease risk panel nowadays for 100 bucks. Well, they'll give you an executive report that will tell you, hey, here's your risk factors, here's where you lie, here's the executive summary. That's basically what this report is. It's called a gas chromatography mass spectrometry report, G C M S. So any company that doesn't have the batch specific report on the website or readily available.

I'm not trusting that company because we live in a day and age where now Budweiser is proclaiming they have a food label now on the beer. Think of it. We've reached a new level of awareness where now beer companies are saying what's in their beer, and you kind of think about that. You've never seen that before up until last year, never seen. You have no idea what's in your booze. You have no idea what's in your beer, Bud is like, "hey, we're going to tell you what's in it." And guess what? They said "no high fructose corn sirup." Now they're making a big deal about that. So at least in America, right that's what we're dealing with here.

So basically sourcing makes a huge matter. Organic, non organic. I could argue either way, quite frankly, it doesn't matter as you might think. What matters is what's in the bottle, because what matters is what's extracted. And this report should tell you if there are adulterants in it, whether it's anything out of the ordinary. That's all I'm looking for and so, yes, get from a good source and last tip is money does have a factor. Just like today, it's impossible to get a gallon of gas in America for 50 cents like we could when I was a kid. You can't get a bottle of frankincense for 5 bucks, it's just impossible. Just because of the raw material and how much pure crude, frankincense resin it takes just to get the bottle. Same thing with rose, I mean, couple hundred pounds of rose petals to get an itty bitty bottle. That's 200 bucks, easy.

**Alex Howard:** Yeah.

**Dr. Eric Zielinski:** Right. So think about it in those terms.

**Alex Howard:** Yeah. It's the same thing with supplements, food supplements that people say, "oh well I found this product at half the price on Amazon." You gave an example and I'll say, well, we know the company that manufactures the one we recommended and we kind of know what their profit margins are, and we know they don't rip you off.

So if someone's making it for half the price, they give you at least half the products. At the end of the day, to create quality products requires a certain level of process and investment in doing that. So the source is important. Let's then come into.....

**Dr. Eric Zielinski:** How much? Intuition. I'm sorry.

**Alex Howard:** Sure.

**Dr. Eric Zielinski:** I know you're gonna appreciate this. I went back and I said, when you smell a peppermint or something, for example, gives you a headache. What you want to do, this is very practical. It's called the organoleptic evaluation. It's something that I actually recommend that you do with all your supplements and all your drugs before you just take something that your doctor tells you to do, make sure you respond well to it. So in aromatherapy, we practice what's known as organoleptic evaluation.

So when you get the oil, how does it smell? How does it feel on your skin? How does it taste? How do you experience it intuitively? So what we're looking for is no reaction. A benign reaction is a good reaction. If you smell an oil and if you just feel agitated, well, we just talked about this 10 minutes ago, there could be a reason for that.

If you put oil on, you can get a little bit of coconut oil on your hand, put a drop of oil on the back of your skin, it's called the skin patch test. We're looking for bumps, burning, we're looking for redness, any sort of reaction that's not good. As long as you don't have a negative reaction this is a good sign and you can now put in your diffuser.

Hopefully you get one of these goods on Amazon again, they can't tamper with this to make it harmful for me. So 15, 20 bucks, if you want to get a diffuser, easy, put a few drops in a diffuser and let that thing run. And again, we're looking for no reaction, hopefully a good reaction. But ultimately, you have to have a positive response to something if it's going to have a beneficial effect on you.

But most importantly, I cannot stress enough the intuition. And how do you really experience this, especially in the context of abuse and trauma, stress and anxiety, because you will not necessarily feel unless you're going through a panic attack. You might not feel different immediately, but you will sense something different and for those of you who understand what I'm saying, those who are in tune with your body, you get this, for those of you who are like, "what are you talking about?" That's a whole nother topic altogether. That I'm sure you'll sprinkle little nuggets throughout this summit, but you gotta be in tune with who you are.

**Alex Howard:** And I think that's absolutely right and I'm really glad that you said that. This is not about doing something to your body, it's about doing something in collaboration with your body and the body has an amazing ability to communicate.

And I like what you're describing in terms of giving the body the opportunity to communicate rather than just. Because it strikes me that this may also be a dose issue sometimes or a dilution issue in terms of how intense and how strong it is. And I think people can often, almost particularly sometimes people that have been through abusive or traumatic experiences, they've sort of normalized to do things in that way. And so they can tend to be more abusive towards their own bodies.

It's almost like if we've been forced into situations out of our control, we get used to that way and we start forcing our body. And so someone might watch or listen to something like this and go, "oh, right, essential oils." And we'll talk about some recommendations a little bit. "Right, well I'm gonna get that and the more I do it and the harder I do it, the faster it's gonna have an impact." And that's really not a healthy way, I think, to approach this.

It's really listening and collaborating with the body and maybe saying a little around kind of dilution of doses and how important that piece can be.

**Dr. Eric Zielinski:** Very much, especially when you're working with children and pets, and so in aromatherapy, there are percentages, conversions that we work off of and not to get too much in math.

But it's pretty, pretty simple when it comes down to it. Is that we're looking at the percentage of oil that you're using with a carrier oil. So, for example, if you have 1 ounce of a carrier oil like jojoba oil, sweet almond, olive oil, whatever, that acts as a diluting property, so you're not putting straight essential oils on your skin.

1 ounce is roughly 600 drops. So 1 percent of 600 is 6. So if you want a 1 percent dilution, you add 6 drops of essential oil into 1 ounce of a carrier oil. And that is standard aromatherapy safety for children and really anyone older than a year old. Anyone under a year old, we do even more dilution like 3 drops an ounce. But when you're trying to treat an adult, I regularly go 5, 10, 15, 20 percent dilution because it's much more, you want the dose.

Notice we're not doing 1 to 1 here. We're not doing straight essential oils, if you apply oils on your skin undiluted. And quite frankly, once in a while, if I have a cut or if I have an issue, I'll do that too. But with long term use, what it could do is create what's known as sensitization, that's a contact dermatitis. These are highly concentrated, plant based compounds. You're not going to go into your garden and see a lavender pool, there is no pool of lavender oil.

Again, it takes about 3 to 5 pounds of flowers just to get one itty bitty bottle lavender. So when you put them in the context, it's natural, but they're very manmade and they're very out of context to how nature designed for us to use essential oils. And that's important because our ancestors didn't use these things until steam distillation was invented in the ninth century A.D. by Arab alchemist's.

So these are new and what we know today is more potent than the oils that even my grandmother and her grandmother used. So anyway, with that said, dilution, very simple. There are charts out there online, just go Google essential oil dilution chart. You can print it up online, I offer them for free on my website, they're everywhere.

Topical application, I believe, is the most important to master because you get the benefits of both the inhalation. Because once you start putting oils on your skin, they start to off gas the VOCs in a good way. And then you start to enjoy and then your brain starts to be affected, and then you start recognizing like, OK, there's something around me. There's something protecting me. There's also an emotional benefit to that, too. Makes you smell good. Like these are my cologne or your perfume. But also when you put them on your skin, they're transdermal. They penetrate into your bloodstream within minutes.

So if you want a full systemic effect of essential oils, you put them on your skin. And practically speaking, I love putting them on my chest, the back of my neck and my abdomen. They're great areas because again, I'm smelling them, I'm a walking diffuser, but I'm also getting them because the body in the trunk is highly permeable. The skin in the trunk is highly permeable. It's not a best practice if you want oils to treat you or if you want to be treated by oils systemically like whole-body.

You don't want to put them on the bottoms of your feet because that's the least permeable part of your body.

**Alex Howard:** Right.

**Dr. Eric Zielinski:** So again, it's not a bad thing if you have like foot fungus or foot odor issues, you use essential oils, dilute them all day. But again, we're trying to treat ourselves so topical is wonderful.

We already covered these aromatherapy inhalers, inhalation is traditional aromatherapy, there's also spritzers. Super easy to create something like this because this is more of a potent, concentrated amount that you use. Spray it once you disperse it, this is like your poo-poo spray that some people have in their toilets. I'm very practical, this is how we aromatize our house because we don't have aerosols anymore. If you want to put this in your car.

But if you want a higher, more strong dose because you're just getting a big whiff of it, this is something that's very effective, very safe, also doubles up as a hand sanitizer. Again, how many things can this do? A lot, because all these essential oils are antimicrobial. So if you're afraid of viruses, if you're afraid of bacteria, if you're afraid of fungus, or you just want to clean your hands. I would much rather you use an essential oil based solution than the stuff with the triclosan and the isopropyl alcohol. This is going to dry your skin. And so there are a lot of things that you could do. Very simple, we haven't talked about internal use which is very effective as well.

**Alex Howard:** I was going to ask, is that something that you recommend? Is that something that's better under a practitioner guidance?

**Dr. Eric Zielinski** Yeah. It's here's the thing and this is an argument in the essential oil industry because the pendulum has swung on both ends of the extreme. 40 years ago, the only people using essential oils were hippies or aromatherapists.

Then the network marketing companies came out and because of mass awareness and grassroots marketing. Tens of millions of people are using essential oils all over the world right now. And because people are not trained in aromatherapy, they're not trained in health care. They're just mom and pops trying to help themselves and their families, some are making a business.

There's a lot of recommendations out there that quite frankly are unsafe. Like you never put a drop of oil and water and drink it because oils and water don't mix. And I never burn myself worse than putting a drop of oregano in water and drinking it because that's what I read on Dr. Google. And this blogger seemed to know what she was talking about a long time ago, and I was like, well, that was stupid. I burned myself there, caustic.

And so what aromatherapists have done is try to balance the mishap and the myths and the misinformation, they've gone super conservative. So here's the thing I want to point out with that. If you are consuming food that is made at a manufacturer and sold at a store, you are consuming essential oils all day long and you don't know it. It's just micro doses.

What do you think, flavors your Coca-Cola? When you think flavor's your bubblegum? And it's either natural or synthetic fragrances or flavoring, that's the key. Natural fragrances, natural flavoring, synthetic flavorings, synthetic fragrances. One is a central oil based one that is chemically manufactured. And so when you recognize that you're consuming them in culinary doses at the microscopic level, hey, putting a drop of lime oil in your guacamole and cilantro with your guacamole, it's wonderful. It's a nice way of getting a minor culinary dose that enhances the flavor, but it's yum. That's one safe way of consuming oils for those of you who really want to treat something, especially anxiety or chronic condition.

You can get a gel capsule. I would recommend a vegan veggie gel capsule either on Amazon or your local health food store and you could put 2 to 3 drops of an essential oil in it. Put a little bit of coconut or olive oil as a carrier and you can consume that. I mean, these are the types of things that we've helped people through our essential oil diet protocol. They've weaned themselves off of benzodiazepines, Xanax, they've gone off of drugs that have really bound them to a point where they are unhappy with their lives anymore.

So essential oils can help you but here's the thing. This is the disclaimer. And it's really true, it's not just to save my butt from getting sued. The reality is, please, please don't practice medicine without a license. And if you are under the guidance of a healthcare professional, especially for a habit forming drug like opioids, like anti-anxiety medications, like antidepressant medications, you need to work with your doctor if you're going to introduce something else, because there are known drug reactions. So you need to be careful about that.

But also, these oils and lifestyle behaviors that you're going to learn in the Summit can help you with the guidance of your doctor wean yourself off. And the reality is two to three months, two to three months, maybe four to six months for someone who's really struggling.

You should be able to wean yourself off of these medications under the guidance of your professional, because these remedies can help.

**Alex Howard:** I think often also what is important is dealing with the underlying issues, not just masking them. And sometimes people need pharmaceutical support to get through a crisis or to deal with a particular situation. But ultimately, we also want to be dealing with the underlying issues that are going on. Let's come into some of the specific recommendations. So if somebody is suffering, we've talked about anxiety and panic attacks.

So let's say someone has a pattern of let's say their stress threshold gets breached and they go into a sort of kind of panic response. What would be a recommendation of a kind of cocktail of or a specific essential oil that might be helpful in a situation like that?

**Dr. Eric Zielinski:** There are several. I actually have a list, I published a report on my website based off of a literature review that evaluated the research over years and years and years and there's a lot.

Ultimately, though, you have to find what works for you. And I say that with lavender in mind, because lavender is usually the go to when someone considers a soporific, calming sedative property. But lavender also has the uncanny ability, unlike citrus oils, to produce agitation in some people.

**Alex Howard:** Right.

**Dr. Eric Zielinski:** And we have seen with children, especially with learning disabilities, that's just through experience they sometimes can get triggered. And so, of course, lavender is the first one that comes to mind and roman chamomile is another one. There is a string of essential oils ylang ylang is also well-known for its anti-anxiolytic properties because it will help in a number of different ways.

But you have to like the smell of ylang ylang and it's very potent and is very floral and I make the joke. I mean, if you're a guy listening to a man you got to be conscious of that. I'm not going to go play beach volleyball with my guy friends smelling like ylang ylang, they'll take my guy card away right? I used to jest, but nowadays I do it and they make fun of me, but they know who I am. But you got to think about that stuff because the last thing you want is social anxiety.

**Alex Howard:** Yeah.

**Dr. Eric Zielinski:** Because that's what I used to struggle with too. In addition, all the other things and so as a man, maybe something you might want to consider are frankincense, myrrh, sandalwood, some of the earthy cedar wood oils. They have also a grounding sedative effect valerian, which would be very earthy and rooty.

Now, as a whole, the citrus oils are the ones I mean, over and over, whether it's petitgrain, whether it's bergamot, neroli, orange, blood orange, sweet orange, wild orange, all the oranges, lemon, key lime, lime, all of that, grapefruit. They all are rich and d-limonene. They all have mood boosting properties and they've been shown especially lime and bergamot. They've been shown, and neroli, to help specifically with anxiety. And again, they've been shown because they were tested. But I would also assume that the other oils as well, because they share a lot of the same chemical properties.

So I would say stick with the citrus oils. You could blend them together. I mean, frankincense and lime is a wonderful blend. Then you kind of start blending them together and if you need help type up on doctor Google what blends well with frankincense. You'll get a lot of good ideas from a lot of these bloggers and folks like myself because we've been doing this for so long.

**Alex Howard:** That's great. How about someone who is kind of the opposite side, let's say the trauma response they are in a sort of shut down, low energy depressive sort of state. What might be some recommendations there?

**Dr. Eric Zielinski:** Yeah. The citrus oils as well, I mean, quite frankly, proven antidepressants. Yet you can also incorporate a nice blend that we use a lot at the home is peppermint with citrus oil. So peppermint and orange actually work wonderful together.

Peppermint is a natural energizer that increases V02 max and respiration health. It's been shown to help athletes, college athletes perform better. Wonderful, maybe a little bit of orange, spearmint is another one that mixes well. But yet at the end of the day you will find something that you will be drawn to. And currently, just because of what's been going around everywhere, everyone seems to be coughing and dealing with some respiratory stuff.

I've been really drawn to eucalyptus and eucalyptus blends very well. My little secret blend that I've been using is eucalyptus, bergamot, lime and frankincense, I'm just loving it right now. Again, it's a lot of that where we talked about wanting to feel uplifted and eucalyptus is another one of those that can perk you up.

**Alex Howard:** That's awesome. Do you have a particular recommendation for supporting just kind of ongoing calming, you may have already talked about it, but sort of supporting healing?

So if someone's going through, perhaps they're processing some difficult historical trauma or they're in a kind of physical healing journey. Is there anything that's just kind of soothing and supportive as part of that process?

**Dr. Eric Zielinski:** I would recommend creating different remedies for different situations and so let's be practical and let's be strategic. So let's say you have your sleepytime blend, get that ready, you put them on at night. You have your get up and go morning blend, have that ready. Maybe your midday just needs something.

One thing that we do, myself included, we're creatures of habit. We find ourselves and then we try to use one thing for everything and that doesn't always work or we don't mix it up. But having strategies for a variety of different situations, I think is the key.

Variety is the spice of life, right? And so I would think that you come up with a sleepytime solution, which is really important. And I can't stress enough and you know this, ask any doctor and anyone worth their weight in salt. I mean, you cannot heal unless you're sleeping.

And a lot of folks dealing with emotional disorders and trauma and abuse, sleep can be tough. It can also put you in a nightmare situation. And so get a nice sleep routine and we have a detox bathroom recipe that we like to recommend. Imagine you give yourself like a half an hour to an hour of you time, and again I get it. We have four kids. My wife's actually pregnant with baby number five and we're busy people.

**Alex Howard:** Congratulations.

**Dr. Eric Zielinski:** Thank you. We put the kids to bed and then we have us time, well there's me time alone or us as a couple time. Imagine if you're really intentional about that particular, make it sacred.

Make your nighttime sacred where you have a bath and you allow aromatherapy to really enjoy. Very simply put you can get some olive, don't use coconut oil, by the way. Never use coconut oil when you're using anything in the bath or shower because coconut oil will harden and clog your pipes. That's a big issue. You get a little olive oil, a few drops of, let's say, lemon and a couple drops of lavender.

Just start with there and get some Epsom salts and just run that in your hands and allow a nice hot bath and just soak. We call this our detox nighttime bath, soak in there for 15, 20 minutes, have aromatherapy diffuser with your with that blend in it as well. And imagine, give yourself a little foot rub or your spouse or your lover gives you a foot rub and neck rub. You just put some oils on the bottoms of your feet and maybe on your neck and you just end up going to bed reading a good book. You get yourself into a routine like that that, that will be sacred for you and that will help get you to a state where you will sleep.



A good sleep blend would be a vetiver, Roman camomile and lavender. That's a wonderful, very strong, wonderful sleep blend. But that's just for sleep and you create something similar like peppermint and orange oil. That's a wonderful get up and go remedy.

So first thing in the morning, you put that near diffuser or you have your aromatherapy inhaler or you got your spritz. Imagine waking up first thing in the morning, you get this. That's a really nice thing instead of having someone yell at you or hearing your kids scream or hearing the dog barking at the mail guy.

Imagine you are putting your life at the forefront, your happiness at the forefront, you as a priority. It's all self-care, it's all self-love. So it's these little strategies and having that blend like again, mine right now is eucalyptus, lime, frankincense and bergamot. That's just my thing, I love it, I don't get it. I know why I like a lot of the properties. I'm writing my book. I'm dealing with a lot with the kids in my house, a new baby and all the things, I'm just really going to do this thing throughout the day. So again, I have three different focal points right now, including adding oils to my food, oils that are in our soaps and lotions and all over the house. So again, you go to our home. It's like an aromatic experience, but you leave out of it. You're like, wow, I feel great, and you don't even know what happened to you.

But here's a point, though. Not to overwhelm piece by piece. One by one. Start small and add and when you focus on that, next thing you know, you look back a couple of weeks from now, a month now, and you're doing four or five things that you never thought would be possible. It's easy once you take baby steps.

**Alex Howard** I really like that. It's setting things up so that you win, right? And as you start to get those positive results, that positive reinforcement, it then gets easier to build upon that. Rather than starting with something so overwhelming that we sort of guarantee failure and then we just sort of give up and it feels impossible.

And I think that's a great way to end. Dr. Eric Zielinski, thank you so much for your time and sharing. I think this is a really good, practical, simple place that people can start to put in some self-care and self-support so thank you so much.

**Dr. Eric Zielinski** Thanks for having me.