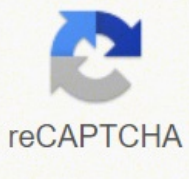




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HEALTH & HORMONES PAGE 2

3. Manage Emotions & Moods

- Imbalance hormone levels can cause emotional instability.
- When essential oils are **diffused**, odor molecules trigger production of happy, calming, & healing chemicals in the brain.

In the relaxed state, the brain triggers healing hormones: Oxytocin, Nitric Oxide, Dopamine, Endorphins

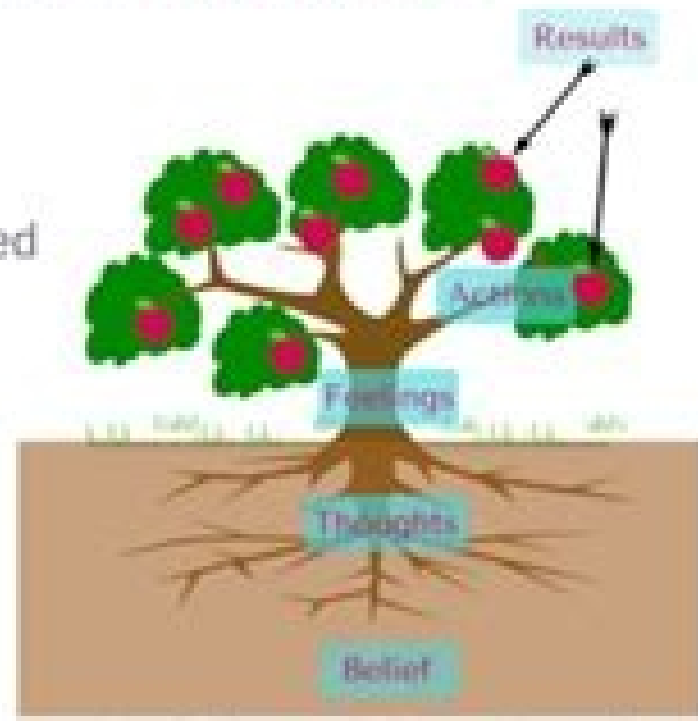
Mood Management Oils to Diffuse:

Citrus Bliss: Invigorated, stimulated, creative

Balance: Grounded, reassured

Serenity (Lavender Peace): Calm, composing, relaxed

Elevation: Inspired, encouraged, optimistic



Healing at Root Level

Beliefs > Thoughts > Feelings > Actions > Results

When we identify undesirable results in our life (health, finances, relationships concerns) we can resolve them permanently by being **self-aware** and then rewriting our **root false beliefs** and thoughts that have created those results.

Get an iTOVi scan to discover the exact essential oils and products for you.



www.jadebalden.com/itovi



Emotional Aromatherapy Oils:

Motivate: Hopeful, energized, confident

Cheer: Uplifted, joyful, determined, restored

Passion: Inspired, alive, spontaneous

Forgive: Light, free, tolerant, renewed, empathetic

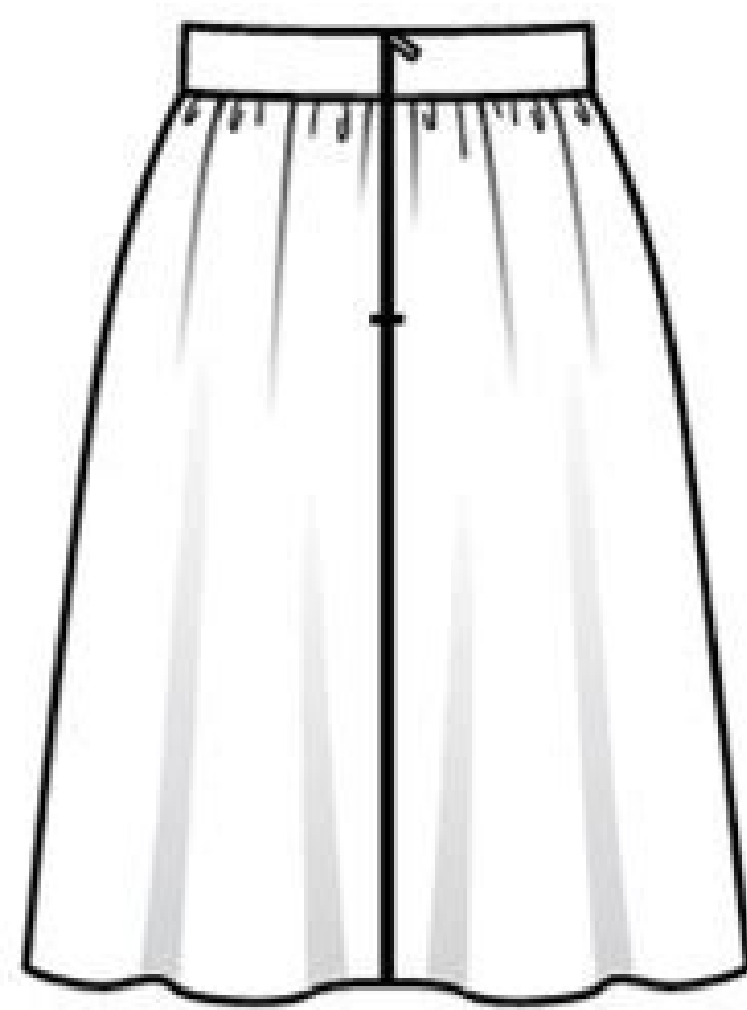
Console: Comforted, whole, serene, healed

Peace: Content, still, spiritually connected



4. Energy & Vibrations

- Our thoughts, feelings & emotions can physically manifest if left unresolved.
- Healthy people have high vibrations, and sick people have low vibrations.
- Essential oils have high energy vibrations. Look up essential oils in the **Emotions & Essential Oils** book to help you understand how to raise your vibration by changing thoughts and beliefs.



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