

[00:00:01.390] - Lisa Qualls

Welcome to the Adoption Connection Podcast where we offer resources to equip you and stories to inspire you on your adoption journey. I'm Lisa Qualls.

[00:00:10.410] - Melissa Corkum

And this is Melissa Corkum. Don't worry, we get it, and we're here for you.

[00:00:18.690] - Melissa Corkum

Hey, friends, welcome to episode 160 of the Adoption Connection Podcast. One of the things we love most about you, our community, is that you are so dedicated and persistent when it comes to finding things that will help our kids and their nervous systems. So one tool we have in our family's tool belt is essential oils. Now, I know that there are a lot of mixed messages out there and opinions about essential oils, so we wanted to bring you an expert here to the podcast that could use brain science, which you all know is my favorite, to kind of help us out and bring clarity to something we really should be considering using to help our kids and their nervous systems. So this week we have Dr. Danielle Daniel. She is a doctor of psychology and a licensed clinical social worker with a holistic approach to the brain. She trains hospitals, clinics and therapists around the world on the field of psycho aromacology and the application of psycho aromatherapy.

[00:01:22.090] - Melissa Corkum

Dr. Danielle, welcome to the Adoption Connection Podcast.

[00:01:25.810] - Dr. Danielle Daniel

Hi, thank you so much for having me. I'm really excited to talk about the subject we're going to dive into.

[00:01:30.950] - Melissa Corkum

Yeah, I'm so excited. I have been following you for years through doTERRA. So will you start by just telling our audience a little bit about how you even got interested in using essential oils in your practice?

[00:01:44.650] - Dr. Danielle Daniel

Yeah, for sure. So for those of you who don't know me, I am from San Diego, California. I was raised with a mom who was very into natural health, and so we always took herbs and used essential oils growing up. And when I got into my field into the mental health field, I just noticed that there was this holistic approach in the model that I was in. And when I would see these children and these teenagers, and I'd be like, I just want to try some other things versus just running off to medication or behavior therapy. And I thought, why don't we do a holistic approach? And because essential oils, especially after using doTERRA essential oils cleared up some of my own gut health issues that I was dealing with, I really wanted to start diffusing them in my office, and so I did. I just started putting a diffuser and I started using them with my teenagers, and I noticed a difference in their behavior in their ability to process their emotions and talk therapy, being able to talk about what's going on with them and just their mood lifting as they would just inhale the essential oil. And I thought, wow, this is amazing. And that's what led me to the essential oils in the brain and do my dissertation on mental health and aromatherapy yeah.

[00:03:02.840] - Melissa Corkum

I love that. I have so many questions. One of the things I said to my husband today before I started recording, I was like, she started a new field. She's the beginning of something so cool and so new. So when you publish your dissertation, you talk in there about kind of this new area that you're kind of merging and you call it psycho aromatology, which I just again, like, so jealous that you have this new thing that I think is really going to rock the world. So can you just explain a little bit about what that is like, what you did your dissertation on, some of the exciting things that you found in that?

[00:03:38.230] - Dr. Danielle Daniel

Yeah, for sure. So as I was studying my doctorate degree, we have these different courses that we do. And in these courses, we have, like, a final research paper that we get to choose from that subject,

like, if I was on a stress or if I was on ADHD course or whatever the course was right. So I would take the subject and look up, okay, I'm going to look up how we have ADHD, for example, what is the neurobiology going on with ADHD? And then I want to look at how essential oils that have been studied with more of the brain science that's been studied with essential oils has been done on rodents. But the field has to start somewhere, so that's what I had, and that's where I started. So I started plugging in, "How does this brain science..." And that's always what we do. We always start with any type of research, we start with rodents. And as you look at the rodents and then we go, okay, this looks like this could work for a human. So then we do some little trials on humans. So that's kind of where the field is that we're just barely starting to do trials with humans with diagnoses. So I would look at the trials that have been done with rodents and healthy humans, and then look at the brain science behind, for example, ADHD. And so as I was plugging these in and kind of putting them together, I came to study a class called Psychopharmacology, and all of a sudden, it just dawned on me it was a really kind of a divine inspiration moment where I was like, this has to have a field. This field has to have a name so that it can even start. Like, I'm pioneering this brand new thing. And so I just took the root of that, psycho, which is the mind, the brain and aroma, which is the aroma. And then Cologne or ology is the study of. So I just took psychopharmacology and said, this is the study of how aromatics interact with the brain. So that's how I created that. And then just to kind of piggyback the application, like the therapy modality. I named psychopharmacotherapy.

[00:05:33.610] - Melissa Corkum

I love that. So you've talked a little bit about the brain science, which for those of you who have been listening to the podcast for any amount of time, know that I love brain science. I love how there's so many applications, and starting with that science and understanding our behavior, our kids behavior, everything from brain chemistry to physiological state and Vegas nerve, all of those things. So can you tell us just a little bit about what science has already shown us? Because I know a lot of people listening will have had some kind of experience with essential oils, and most people listening probably have started to form an opinion about essential oils one way or the other. And there's definitely folks out there who kind of want it to work or have heard it working, but don't understand why we would even be headed towards the fields of Aeromatics. I know when it was first mentioned to me all the way back in 2014, I had no foundation for this, and so I almost ignored the person who was trying to tell me because I equated essential oils with like Glade. And I couldn't make the jump between what I knew about essential oils, which was the smell to why is she suggesting that I try this with my daughter, who is struggling with anxious feelings? And so because I couldn't even start to make that jump, I kind of just dismissed it. Fortunately, she was kindly persistent and eventually made the leap. So for folks who are listening and feel like they've dropped into the Twilight zone, can you kind of help them bridge what they might already know to how the brain science is starting to support why this is so important.

[00:07:17.770] - Dr. Danielle Daniel

Yes, absolutely. And that's kind of why I wanted to dive into the brain science. I like the research, I like to know why and how things are operating. So first off, I'll back us up a minute. Anytime we inhale something through our nose, it goes to our brain. This is true, like with laughing gas. When you go to the dentist, it makes you feel a little loopy, right? Because it's gone to the brain and triggered something, so there's that. Or not to be on the negative side, but cocaine or something that people sniff in again, it just goes right to the brain and it causes a chemical interaction. So if you think about all it is our body, right? 90%, I believe, is around of what is communicated in our body is just broken down into chemistry. So when you have plants, when you eat a plant, I like to just help people relate to this. When you eat something healthy, like some lettuce or broccoli, it breaks down into your body into nutrients. With that nutrient is its own chemistry formula, and that is taken through your body and does different things for you. So same with the plant that is the aromatic part of the plant. So there are these little aromatic molecules. And so they're very light and molecular weight similar to what you would think of rubbing alcohol like it just kind of evaporates into the air. And so if you have, like, a peppermint leaf or a lavender plant, you can actually or thyme, you can rub that leaf and you will smell that you have broken the aromatic sacks on there. And so then you can actually inhale that. And they're on there for different reasons. They're for pleasure because they smell really good, they're also for pollination, so bees and things will be attracted to those plants. And it's also there for herbivores to keep ward them off. They have so many great purposes, but when you break down the chemistry

and what they do in nature, so something like tea tree, which helps with fungus and things like that. And so it's in an environment where it's rarely wet, and so it helps us keep that tree or that plant, right, that whole area from having fungus grow on the plant. So that's where you're talking. It's just chemistry, chemical interactions on the plant. And because plants are carbon based and we are carbon based, again, they interact synergistically in our body. So I just think it's fascinating. That's kind of the science side. So inhalation is one way. And then with our way is through the gut brain connection. So we can put essential oils on topically that will go right into the bloodstream and carry it to the brain. Now, because essential oils have this unique and complex molecular structure, they can actually pass through the blood brain barrier and interact with our cells. They help with brain fog, and they can help with inflammation and so many other things that are big barriers to nutrients arriving to those areas. So you've got on the bloodstream as well as you have in the gut when you ingest when you ingest any plants that are healthy for you. And there are certain essential oils that you're already ingesting when you eat marjoram and thyme and oregano and lemon pill and things like that. So again, that gets into the gut and then just helps to purify, and that chemistry just on another note, and probably a lot of you already know this about essential oils, but what's amazing is like, if you look at lavender, for example, it's going to help the body with supporting melatonin and serotonin. It's not serotonin and melatonin itself. So if you were to take, for example, melatonin pills to help you sleep, that's going to give your body melatonin, and so then your body doesn't produce melatonin because of melatonin is going to go on those receptors. And then your body is like, oh, it's there. I don't need to produce it. And so with lavender, it's so different. It doesn't replace on those receptors. It just gives the chemistry, like the energy boost the kickstart to say, hey, let's do some melatonin. Let's support some serotonin here and it just supports the processes so that it can aid you in sleeping. So that's my best way that I like to just relate it for people that are maybe newer or want to just understand a little bit more of just the logical side. I think people like, oh, they just work, they're just so great. It's like, yeah, they are, but I like the logical side. I'm totally if you can't count and tell already analytical and logical and science based. So that's how I like to look at it.

[00:11:56.220] - Melissa Corkum

You're talking about molecules that cross the blood brain barrier, which I know is really important. And when we're looking at the nervous system and supporting the nervous system, there are not many things that do that. And so this gives us, on one hand, I see it as the amazing opportunity to support the nervous system. And there are other people out there who are, like, blood brain barrier. I don't know if I want to have things across my blood brain barrier. What can you help to alleviate fears people might have about things that can go directly to the bloodstream and cross the blood brain barrier?

[00:12:33.950] - Melissa Corkum

Hey, friends, just jumping in to invite you to our new Enneagram study in our membership community, The Village. Beginning February 1, we'll be working through Suzanne Stabill's new book, The Journey Toward Wholeness, to help us get a better understanding of ourselves and the people we love.

[00:12:50.690] - Lisa Qualls

You can join the Village at [theadoptionconnection.com/village](http://theadoptionconnection.com/village). Use the code PODCAST to get 50% off your first month. We would love to see you there.

[00:13:06.390] - Melissa Corkum

What can you help to alleviate fears people might have about things that can go directly to the bloodstream and cross the blood brain barrier?

[00:13:14.380] - Dr. Danielle Daniel

Let me start with kind of where I just left off with lavender and being that it's not going to fabricate anything in your body. It just gives your body the energy boost it needs to support. Like, if you already have enough melatonin in your body, for example, they're very adaptogenic. It's probably the best way to describe it, like those adaptogenic herbs, and they will support the production, but it's not like using the reference earlier of cocaine, where it's just going to force a whole bunch of dopamine. So cocaine is such a powerful chemical plant, basically, that's just going to force a whole bunch of dopamine and essential oils don't do that. Even if you take too much of one, it doesn't give you more of the effect. In

fact, it lessens the effect of the essential oils if you take too much. So one drop is great. And so I'll give an example. There was a couple that I worked with and her husband had brain surgery, and they had to drill into his brain, which just like, oh, through his skull, grosses me out. That is why I did not go into medical school. I'm like, I like science, but I cannot do the blood. And like, I get so grossed out when I see those things. So kudos to all you doctors and nurses that can do that. Anyway, what happened was this is now two months post surgery. There's a lot of damage to the tissue, inflammation in the area, and cells were just really not functioning so well. And so he would be able to walk for just a few minutes, and then he'd have to sit down. He just couldn't sustain mental clarity and he would get dizzy and he wasn't able to walk very much. So we started using some essential oils again. This is talking about blood brain barrier, and I had him put them on the location of the area where the brain was drilled in, and we used Frankincense. We used a blend called Immortelle, and it has frankincense, helichrysum, myrrh, rose and lavender and a few others because I'm not remembering at the moment, but they are very good at managing and regulating inflammation as well as boosting cellular health. So what that means is if our cells aren't healthy, they're not moving around, they're not repairing. So oils don't heal you. I just want to make that very clear. They actually just support the processes of your own body to heal itself. So as he started using that on location within about two weeks, I think it was he was able to walk, like, 20 minutes and that's huge. It's such a big difference in so crossing that blood brain barrier, it helps regulate the inflammation. Inflammation, there's a healthy level of it. And that's what I love about the oil is a very adaptogenic. It's just going to help regulate. And then it's also going to help those cells have that vitality to start repairing that area and move that blood around, give the area energy to heal itself. So that's how I feel or how I can explain the safety of essential oils in the bloodstream. And it's just like when you eat a healthy meal, a healthy salad, for example, those nutrients that you were ingesting, they get into your bloodstream as they go through your intestines, and they get carried through the intestinal wall throughout your entire body and bloodstream. And those nutrients are what's going to help produce that energy that you need.

[00:16:38.190] - Melissa Corkum

That's an amazing story. So you specifically did some research on how essential oils help individuals who are suffering from PTSD, specifically. Can you start by just talking about, most of our audience have children or themselves have some kind of trauma, either from parenting kids with trauma or their own experiences, and a lot of our kids came from early adversity. We'll know a lot of these things already, but just for the sake of argument, what are some of the typical symptoms that individuals experience who have PTSD?

[00:17:23.190] - Dr. Danielle Daniel

Yeah, that's a good question, and it's actually quite complex. And so there are four categories in the diagnosis of PTSD, which is post traumatic stress disorder. In the diagnosis, there are four categories. In order to actually have a diagnosis, you have to have a certain amount of symptoms within each of those categories. So the four categories, one is called intrusion, which means there's intrusion symptoms from flashbacks and memory. The other one is avoidance, which means when you have a trauma, you do everything to avoid talking about it ever being triggered again because it's so uncomfortable. The next one is called negative mood, and that is negative alteration in mood and cognition. It's not actually depression, but it is, like just irritability and outbursts and things like that. And then there's arousal. It's a category, and that is recklessness and destructiveness hypervigilance, startled response. So those are the four different categories. And so when we look at PTSD, like the actual diagnosis, I like to just bring it back down to the core. The core of what's going on causing all of these four symptoms is stress. It's a stress disorder. It's not an anxiety disorder, it's an actual stress disorder. And so the stress, which is caused from this external or thought processes that actually trigger your HPA access, which is your hypothalamus, your pituitary, and your adrenal gland. Those three two in the brain, one is the adrenal glands on the kidneys. They interact together and they cause, like, a hyper response to stress, which means they increase cortisol and a whole bunch of other chemicals in the brain, glutamic acid and other things that cause, like this heightened state. And in that heightened state, you get some of these, you get these symptoms that come about the majority of these symptoms. So that's what I like to look at. And so when I looked at doing the research on PTSD, I'm from San Diego, so we have a lot of military, and I wanted to do something to help our veterans and our military first responders. So I did the research project with firefighters,

Marines, Navy Seals, nurses, and it turned out really great. But I looked at all these symptoms, and I'm like, oh, my gosh, how am I going to there's so much to treat with PTSD. And so when I broke it down to what the core of it is is stress, stress onsets, all those symptoms. So then I looked at essential oils that can just help calm the HPA access. And what I narrowed down from all of the research, and there are some heavy hitters in there that would be amazing for stress. But I could only do one and I wanted to do a single oil, not at a blend, because I really this is again pioneering this brand new area of research. We need to start with the base level so that we can now grow and go, what if I combine this or what if we do one with this separate and then combine? So I chose Bergamot essential oil, which is kind of like if lavender and lemon had a baby, it's awesome. So it has your essential oil or your chemistry, your limonene. That helps with uplifting mood. So it also has linalol and linalyl acetate and beta pinene. So linalol and linalyl acetate are heavy in lavender oil, which are super calming to your central nervous system, as well as helping reduce anxious feelings, anxious emotions, and all that and stress. And then beta pinene comes from your tree oils. So beta pinene comes from tree oils. And so that's another one that is good for just grounding, and so Bergamot was such a great choice for my research study, and we had phenomenal results using that.

[00:21:18.630] - Melissa Corkum

So for people who are thinking, Well, my kids have more of, like, a complex trauma history. They're not veterans, obviously, they're not first responders. Can we break down and say, because of the way the chemistry works in the brain, and because it all comes back to stress, that if a parent is parenting a child who has hyperarousal in terms of, like, hyper vigilance and quick to anger and kind of a low window of tolerance, if we see our kids avoiding the things that make them anxious or avoiding things that remind them of a past experience, if we see, like, isolated symptoms, will essential oils still work even if there's not, like this formal PTSD diagnosis?

[00:22:15.230] - Dr. Danielle Daniel

Absolutely. And the reason being is because again, it's just chemistry. Everybody has an HPA access. Everybody has the hypothalamus that is responding in a similar way. So whether it be because you have been triggered from a trauma by being overseas in the military or from adoption, you're absolutely going to be able to interact with chemistry in a similar way. So I'll share an experience with my cousin. She adopted several children and one of her children, she is about five years old at the time, and her whole life had had these disassociative outbursts and tantrums, maybe a lot of you have had to deal with that as well. Where once she started tantruming and if they couldn't intervene with her right away to calm her down, she would just disassociate and just be tantruming for a long time. And so we talked about some of the oils she could get, and one of them was called serenity. And that's a blend of just heavy, heavy liquid tranquilizer almost. So they set blend of massive calming action in the body and on the spine. So one day when she had just barely received her oils that I helped her order, she texted me and said, My daughter is starting her tantrum. What can I do? What can I do? She didn't want her to get too far into it to start disassociating. So I said, grab the serenity, do a drop in your hand, put it on the back of her neck. And so this is the occipital point, and this is going to be the soft spot between the skull and the spine, you will feel and you'll put it right there. So it gets into the bloodstream and into that fear based part of the brain as well as the spine, which is going to calm the central nervous system. So she just texted me back. Okay. I'm doing that now. And so she did a drop. And it was about three minutes later. She texted me back and she said, Are you for real? Is this stuff for real? And I'm like, okay. I was like, oh, what happened? And she said she's just laying her calmly. Oh, my gosh. I was like, thank you. Thank you. I'm so grateful for her. And so instead of going into a hyper state, she was able that a serenity being intervened in a moment of crisis. Her daughter just laid there and just was able to kind of cry it out and then lay there and go back to normal processing afterwards. And that's the power that is the power doesn't matter of diagnosis, but that's the power of interacting into our chemistry and into our body.

[00:24:47.070] - Melissa Corkum

Yeah, that's amazing. I know I'm going to get a bajillion emails after this going serenity, where can we get that? So we'll definitely put a link in the show notes. We'll let people know where to get that at the end. We had some questions in our community and something that I think kind of piggybacks off of the story is, is it okay to kind of just defuse them in the air? Some of our kids do get really aggressive, really violent. They don't want us to touch them, they're not going to let us get near them. So in this

situation, if you can't get a drop of serenity on the exhibitable point, what's the power of diffusing do our people need to know or care what are some other ways if we're really resistant kids?

[00:25:28.590] - Dr. Danielle Daniel

Yeah, absolutely. And there's a lot of sensory issues sometimes with children. And so we do need to be sensitive to that. So diffusing is going to be an immediate relief anyway. And so when I did my dissertation, I did the research study using one drop of bergamot in the hand and had them inhale it through their nose. And that was four times a day, and then they diffused it overnight. So inhalation is crucial, and so if you can diffuse it around your child, you can also make a Spritzer with some water and some essential oil blends and just spray it around them. That is going to get into the brain and help. And so I just highly recommend having a Spritzer that you can do, like you could use some of those little body spray aluminum, you can buy them on Amazon bottles that you can do little tinkers with and spray those. Have those if there's something that happens and you get a spray, if you don't have a diffuser plugged in by you, ready to go. So those are the two options. I also will share a story. I worked with an equestrian area in San Diego that they see kids with disabilities with special needs and autism. And there was one child who came over to the equestrian to play with the horses, and we were doing essential oil therapy with the horses with the children. And one of the kids from the bus ride had gotten very stimulated and hyper aroused and was like flapping his hands and not able to focus, and they were trying to talk and he was making noises and just not able to talk. And again, these kids don't like so much touch, so I took just a teeny bit of this essential oil called balance, and I put on my finger and I just kind of lightly swiped it on the back of his neck. And then I stepped away and he looked at me like, what was that? What did you do? I violated a little bit of that space, but about five, maybe six minutes in all of a sudden he just stopped. He stopped slapping. He sat down and was just listening to the instructions of working with the horses that day. And I just find that phenomenal is how nothing else happened but that. And he was able to calm down and listen and then actually do the therapy with the horses, so there's a lot you can do, even if it's just like the lightest touch on the back of their neck, a Spritzer and a diffuser. And I would highly recommend some of these oils, like the serenity, the balance of those hyper arousal States. And the balance is for a really calming state as well, but in a different way. I like the balance because it's got tree oils in it. And when you look at trees and this is how I like to describe, you don't have to know all the grounded and rooted that is deep, solid, like winds come and it doesn't blow them over. So if you are feeling like you need centered and groundedness or the children need that not necessarily like calm down a super hyper state, but get them a little more grounded and focused. The tree oils are going to be great for that.

[00:28:25.770] - Melissa Corkum

What you already mentioned kind of right at the back of the neck. Are there other topical places that you recommend families use?

[00:28:35.250] - Dr. Danielle Daniel

Great question. So there are a few brain points that I highly recommend. For topical use, you're talking the back of the neck, the occipital, you're talking the front of the neck at the pulse points, so around your throat area, around the trachea on the other sides of it is these pulse points, and that's where blood gets taken to the brain. So kind of like where you'd put perfume, so that's another good point. I like to do wrists, not because that's a brain point, but then they can smell it by putting their wrist to their nose. And then the other area, which is very powerful, is going to be the bottom of the foot on the big toe. So the bottom of the big toe. And you just do one drop is plenty every time you use them and just stimulate it in, like by massaging it into that big toe. And so that's a really good point, especially if they're going to wear shoes and socks and they maybe not want to smell the essential oil. The brain point is phenomenal on that point. I have a friend who has a child who is struggling with focus and attention and being grounded at school, and so we did a blend called In Tune. And that blend, I like the smell, but it's kind of stinky for a kid going to school in fifth grade, so it's got patchouli, which is just really hippy, powerful smelling. And so I had to put it on the bottom of his foot on his big toe and then put his shoes and socks on. So he came home that day, and I guess she texted me afterwards and she said that he came home just super happy and said I had such a good day. I got all my homework done and he said that stuff really works. He told her he really liked how it made him feel. And it was just on the bottom of his toe, so those are my favorite topical points.

[00:30:16.270] - Melissa Corkum

How often is it safe to apply? If you have a kid who's kind of hyper all the time, how often can we kind of put a little drop of balance or serenity on the back of their neck?

[00:30:29.550] - Dr. Danielle Daniel

Yeah, good question. So I recommend using one drop of oil for every 4 hours and that's of a certain oil. So if I use balance, one drop every 4 hours is plenty, especially for a child. And then if I also want to add maybe lavender with that, I can do that at the same time. Layering oils is okay. They're different chemistry. And again, you can't overdose necessarily on this way. What happens is if you use too much, it's actually less effective. That's what I think is cool about it. So it's like you can just do one drop every 4 hours and you're good. And then for diffusing overnight. I really recommend, in fact, I almost didn't do my research project with a diffuser because it was just a whole extra thing to focus on and do and tell them how to do and buy all the diffusers for all my participants. Because when you're doing research for your dissertation, I'm funding it. This is not funded by anybody. So I almost thought no, and then last minute I thought I have to do this. And I'm so glad I did, because it actually made the biggest difference. And so I recommend diffusing overnight, something that's calming you can do a blend, but I would do lavender and serenity, but I would also do Frankincense. Any way you can get Frankincense into the brain, it is phenomenal. It has so many properties that help with cellular health as well as regulating inflammation. It just has this way about it. I've seen with kids with autism phenomenal results from just having it diffused overnight for a couple of weeks, and then they're able to process. I saw one child that she was, I think, eight years old at this time and wasn't able to dress herself or even pick out her clothes. It just wasn't, her brain did not function that way. But her mother started diffusing Frankincense overnight, and for about two weeks later, one morning, she got up an outfit and put it on. That's huge for a kid with autism. I would highly recommend diffusing overnight.

[00:32:44.220] - Melissa Corkum

Yeah, we have a program here at the Adoption Connection called The Regulation Rescue, and we provide diffusers and some of those blends you're talking about balance, specifically, another one called adaptive, because it is kind of the easiest if you have a big family. If you put something on the kitchen table while everyone's eating, or they're getting ready in the morning. So that's a great tip. One last question. There's a lot of this, like let your people choose what oil they need. We support parents in giving our kids voice and choice, especially those who have come from adverse experiences, that can be really important. And whenever there's a safe way to give them a choice, but then there's also this, like if you're naturally drawn to something, maybe your body needs it. Is there any science behind that?

[00:33:37.100] - Dr. Danielle Daniel

I don't know if there's any science behind that, but I do think it's very important. A couple of things that you just said, like letting the children have the choice. And one thing I've taught a lot of parents when they have children with behaviors and where we want to do an essential oil regimen with them. I tell them, make sure that you're doing this regimen with all the kids. You do not single out that child. Oh, you need this treatment. And so this is really good way to sit all the kids down, or if it's just you and one kid or you and your husband and a kid or a spouse, a partner. Just sit down with all of you and say, hey, we're going to do this new intervention for us because it is good for every single person, for the brain.

[00:34:19.740] - Melissa Corkum

Yeah, it's good nervous care.

[00:34:21.700] - Dr. Danielle Daniel

It doesn't have to be targeted on one child. And so I think that it's good that you all do this and say, okay, it's our oil time. We're sitting down at 6:00 pm after dinner. Or whatever you do, just create a regimen that ever participates, it's not singled out. And even sharing, like, if you're going to spritz, just say, oh, mom just needed a little spritz. I just was feeling some emotions come up you can say something like that. Don't make it about them singling them out. So with that being said, I like to have a good handful, maybe five different essential oils that are your key. And I can give you some of my top ones that we've already talked about. Obviously, Frankincense, Lavender, Bergamot, Serenity and

Balance would probably be my top five. But you said another one adaptive, so I'm going to add that in at six. It's a great one, it's a newer one that has blended to help the body adapt to stress. So those top six, you could just say, hey, let's sit down at our oil time and let's smell them. Which one do you want to try right now? And I'll share with you why? I think that having inner intuition and what scent you're drawn to is very important, and this is where I learned this. Back at the equestrian. Remember what I was telling you about going to the equestrian? So we have these horses around us, and I had that oil balance out, and we were working with the kids and showing the oils to the horses and putting it up to the horse's nose. And I had that balance, the horse could care less about the balance. It just kept moving his head. He's like, I don't care about that. I don't want to smell it. The lady, the trainer at the equestrian, she comes over and she says, oh, that horse likes breath oil because he has respiratory issues. And I'm like, seriously? So I pulled out the breathe essential oil, which is for the lungs and the respiratory system. And I pulled it out, and I kid you not, the horse's nose went right to it and would not leave my hand for probably 20 minutes. I had finally I was like, all right, are you done? He kept his nose and followed the breathe oil in my hand with his nose for the entire time. It was hilarious, and he knew he needed breathe. And she told me another horse over there. She was that horse likes oregano and he has intestinal parasite issues. And I'm like, what? Like if it's intuitive for a horse, I guarantee there's intuition for us as well. So that really taught me seeing it firsthand with that horse needing the breathe oil and could care less about the balance oil. So I do think there is merit in letting each of you sit down with the family and smell which one do you want to put on your bottom of your feet right now? That's a good way to kind of end your evening.

[00:37:08.460] - Melissa Corkum

Yeah, I love that. Well, Dr. Danielle, I could probably talk to you for hours, but you have given us so much to think about, a lot to digest, and I'm just really grateful. I know you're a really busy person, really grateful just to have your expertise and your knowledge here at the adoption connection and to share with our audience, so thank you so much.

[00:37:30.180] - Dr. Danielle Daniel

Thank you so much for having me on. I'm excited to connect with more of you, and I love to hear your success stories, so please feel free to reach out on Instagram and share with me what worked, because that's what I learned from as well from you guys and what you're doing in your home.

[00:37:48.010] - Melissa Corkum

Guys, I am so inspired every time I hear from Dr. Danielle. You can follow her on Instagram @drdaniellepsyd. To purchase any of the six essential oils she recommended at the end or for a link to her Instagram or other information for this episode, you can head to the show, notes [theadoptionconnection.com](http://theadoptionconnection.com), 160. Before you go, we'd love to connect with you on social media. Our new Instagram handle is @postadoptionresources. Or better yet, join our free Facebook community at [theadoptionconnection.com/facebook](http://theadoptionconnection.com/facebook).

[00:38:27.190] - Lisa Qualls

Thanks so much for listening, we love having you. And remember, you're a good parent doing good work.

[00:38:35.470] - Melissa Corkum

The music for the podcast is called New Day and was created by Lee Rosevere.