

# dōTERRA Essential Oils Recommended for Addiction

(from Emotions & Essential Oils – 1<sup>st</sup> edition (originally) and then updated with information from other editions)

## Addiction in General

### Bergamot

- Despair, hopeless
- Low self-esteem
- Self-judgement
- Unlovable
- Cleansing stagnant feelings and limiting belief systems – bringing hope and courage to share inner-self
- Invites optimism

### Frankincense

- Abandonment
- Distant from one's father or fatherly love of the Divine
- Spiritual darkness
- Spiritually disconnected
- Unprotected
- Creating a healthy attachment with one's father
- Enhances practice of prayer and meditation – opens spiritual channels for connection to God
- Helps create new perspectives based on light and truth
- Powerful yet gentle (nurturing/guiding/protecting father energy)
- Recall to memory of spiritual understanding, gifts, wisdom and knowledge Soul bought into this world
- Remembrance one is loved and protected
- Reveals deceptions and false truths
- Shields body and soul from negative influences
- Spiritual awakening, helps one feel fatherly love of the Divine

### Peppermint

- Heaviness
- Intense depression
- Muddled
- Pessimistic
- Unbearable pain
- Assists in staying on surface of emotional issues
- Not to be used long term, but as a short breather
- Rediscover joy to being alive
- Regaining strength needed to face their emotional reality

## Vetiver

- Apathetic
- Crisis
- Despondent
- Disconnected
- Need to escape
- Scattered
- Split
- Stressed
- Ungrounded
- Also allows one to deeply connect with what they think and feel, guiding one downwards to the root of their emotional issue
- Brings one down to earth, grounding into the physical world
- Very supportive in self-awareness work

## Zendocrine Blend (Restart Blend)

- Addiction
- Difficulty with transitions
- Limiting beliefs
- Toxic habits
- Can assist in times of transition – especially major transitions (new diet, quitting smoking etc) and change – detoxing old habits and limiting beliefs
- Cleansing of non-essentials
- Cleansing organs of the body
- Provides support and inner strength to make commitments and follow through

## Caffeine/Energy Drinks

### Basil

- Addictions
- Adrenal exhaustion
- Fatigue, low energy, weary, tired, drained, exhausted
- Nervousness, anxiety, depression
- Overwhelmed, inability to cope, mental strain
- Gives hope and optimism to tired soul
- May strengthen adrenals
- Rejuvenation of vital forces after long periods of burnout and exhaustion
- Relaxation to the mind
- Restore body to its natural rhythms of sleep, activity, rest
- Strength to the heart

## Smart & Sassy Blend (Active Blend)

- Disgust or hate for physical appearance
- Feeling ugly
- Self-criticism
- Worthlessness
- Supportive of weight loss
- May help address emotional issues underlying weight issues - supports in releasing the heavy emotions which can contribute to physical and emotional pounds
- Encourages one to find self-worth, rise above self-judgement, embracing the body's natural beauty and inherent value

## Drugs & Alcohol

### Basil

(see above)

### Zendocrine

(see above)

### Frankincense

(see above)

### Roman Chamomile

- Discouraged
- Drudgery
- Frustration
- Purposeless
- Unsettled
- "Do what you love, and everything will be a success"
- Assists in feeling connected with divine helpers and guides
- Assists one to shed meaningless activities that consume life
- Can soften the personality, easing the overactive ego-mind
- Discovering your true-life purpose
- Like a guardian angel, leading to where need to be
- Restores one's confidence to do what they came here to do

## Eating Disorders

### Grapefruit

- Addiction to food or dieting
- Anxiety over appearance
- Eating disorders
- Hate for the body
- Assists one to listen to their own physical needs and impulses
- Teaches true respect and appreciation and encourages a positive relationship for one's physical body based on love, tolerance and acceptance

## Smart & Sassy

(see above)

## Bergamot

(see above)

## Cinnamon

- Body rejection
- Controlling
- Fear
- Jealousy
- Over-active sexuality
- Sexual abuse and/or repression
- Acceptance of body and embracing physical attractiveness
- Assists in relationships where insecurities show up as jealousy or control
- Can nurture strong relationships based on mutual love and respect
- Helps heal sexual issues
- Invites individuals to be honest and vulnerable for true intimacy to emerge
- Nurtures healthy sexuality
- Rekindles sexual energies where repressed
- Strongly supports reproductive system

## Eating Disorders (Foods/Overeating)

### Grapefruit

(see above)

### Basil

(see above)

### Thyme

- Anger
- Bitterness
- Emotional bondage
- Hate
- Rage
- Resentment
- Unforgiving heart
- One of the most powerful cleansers of the emotional body
- Addresses trapped feelings that have been buried for a long time
- Very useful for hate, rage, anger, resentment. Transforms hate and anger into love and forgiveness
- Opens the heart, one can then feel more tolerance and patience of others
- "It's time to move forward and let go"

## Smart & Sassy

(see above)

## Entertainment (computers, internet, shopping, television etc)

### Vetiver

(see above)

### Lavender Peace Blend/Serenity Blend (the Calming Blend)

- Anger
- Bitterness
- Criticism
- Perfectionism
- Resentment
- Sadness
- Unwillingness to forgive
- Powerful effect on the heart
- May calm feelings of hostility, fear, anger, jealousy, rage, resentment
- Forgiveness oil; soften the hardened heart and assists one to overcome criticisms and judgements of other people
- Relaxes perfectionistic expectations; teaches Divine grace is for all, and no one is perfect
- Encourages one to look at themselves when they are blaming others

### Balance Blend (Grounding Blend)

- Disconnected
- Scattered
- Ungrounded
- Unstable
- Unwilling to take responsibility for self or life
- Calming hyperactive people
- Good if need to “connect to roots” (this blend is made up primarily of tree oils and roots) - grounding
- If seek to escape life through disconnection or dissociation
- Teaches true perseverance, by staying present with a specific plan until embodied

## Other Resources

Elena Brower - Essential Oils for Unhealthy Habits: <https://elenabrower.com/essential-oils-recovery/>

Black Pepper: Inhaled vapor of black pepper oil was found to reduce cravings for cigarettes and symptoms of anxiety in smokers deprived from smoking, compared to a control (Rose JE, Behm FM (1994 Feb.) Drug Alcohol Depend. 34(3):225-9) <https://www.ncbi.nlm.nih.gov/pubmed/8033760>

The following recommendations come from “**The Essential Life**” book – it has several pages on addictions.

### **Energy Drink/Caffeine Addiction**

- Place 3 drops of Basil essential oil on the bottom of each foot
- Inhale Basil essential oil regularly throughout the day
- Place 1 drop Grapefruit essential oil under the tongue, hold for 30 seconds, swallow anytime you are experiencing cravings.

### **Tobacco Cravings**

- Aromatically use Black Pepper to alleviate cravings; diffuse, inhale
- Clary Sage, Patchouli, Spikenard – use topically and aromatically
- Put a drop of On Guard Protective Blend or Cinnamon essential oil on a toothbrush and brush your teeth
- Combine 2 drops each of Clove, Frankincense, and Peppermint essential oils in your palms. Inhale, apply to bottom of your feet
- Use On Guard Protective Blend on the tongue or in water when the urge strikes; additional considerations are Cassia and Cinnamon essential oils