



Trim Healthy Podcast with Serene and Pearl Episode 64 - Essential Oils Part 2

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny · Dr. Z = Dr. Eric Zielinski

Mama Z = Sabrina Zielinski

[00:00:00]

S This is the PODdy. With Serene...

P And Pear

S Get it right. P- O- D- D- Y.

D Women and men, boys and girls, welcome back to another fabulous episode of the Trim Healthy Podcast with Serene, Pearl, Danny and now Part Two with our special guest, Dr and Mrs Zielinski, authors of the book, the

Healing Powers of Essential Oils. We are getting to the nitty-gritty in part two are we not?

P Part One, wasn't that awesome?

D Part One was a killer, I feel like I'm almost an essential oil convert, okay I'm an essential oil convert. I'll admit it. Hallelujah!! It comes from the earth and I have no argument with mother earth okay? Hello.

S But listen, I just threw in an interesting question right there at the end of part one. So part two is going to be if you dare, just don't blame us and don't write us letters if it's just too much for you.

Dr. Z Part Two is going to have a little bit of mature content, let me say that upfront.

[00:00:54]

P We are going to discuss and discover.

S Solly wants to go under the nursing blanket, I can see.

Dr. Z Go Solly, go.

P Such as how essential oils can help you with vaginal dryness, with sex, with candida, with childbirth, with nursing. Oh my goodness we have got so much to cover.

S Enemas

P Menopause and peri-menopause, but Serene wants to do this.

D Listen to Serene.

P The whole enema thing

D May we never forget.

P Serene, at the end of part one if you missed it, she left us with a cliff-hanger.

[00:01:22]

S Can I use an enema? It's not like I'm dreaming to use it, it's just for like major health issues maybe.

D Oh you can't wait.

P She wants to put essential oils in an enema, Dr Z?

Dr. Z Of course, I mean why are we even asking this question? We have totally, no offense, forgotten what aromatherapy is. I mean, we have just marginalized aromatherapy of like going to the hippy store and getting incense. Aromatherapy is the medicinal use of essential oils, which includes suppositories and enemas and internal use and topical use. So yes, it's just a matter of how to do and what to do it, right?

S I have doctor's clearance.

Dr. Z Yes 100 percent

P If you were going to do an enema and, well maybe we'll talk douche later here. Do we say douche or douche here and in the US?

D I don't say either.

Dr.Z You'll just have to check up. This is the fun thing, well not the fun thing being a doctor here but we are going to talk nitty-gritty women's health

stuff.

[00:02:18]

D Danny is so used to it [overtalking].

P But if you were going to do like an enema perhaps, why must one do this
Serene, maybe for?

S Well I was just considering it for...

P You want to clean your bum out?

S I wish it was something funny but it's not and that's why I stopped. It just
wasn't funny enough. It's well you know I was actually thinking for my
children but then that sounded weird. I just thought DCS again, I'll just
shut up.

P DCS is always coming after her for some reason...

S With my baby and the flu, I was just thinking of a very massively diluted,
just one drop of a very mild, non-burning oil, in a little tube just to get it
right in, medicinal. That's all I thought. Straight away I thought DCS guys.

Dr. Z It's smart, I mean if you want to bypass the kidneys and the liver to get an
immediate into the bloodstream, it's very effective. Lavender, Roman
Chamomile, Sandalwood, those are very good ones.

[00:03:25]

P And we've learned from you already that we should dilute some carrier oil,
to put them neat in the water and then we would first dilute in some

coconut oil.

S Say I was just going to, like you know those little droppers that you get your tinctures in? How many drops, say I get a tablespoon of liquid to, everything up to the recipe is a tablespoon. How many drops?

Dr. Z Just use one drop.

S One drop

Dr.Z So you would pre-mix a blend. So if you have your Lavender and Roman Chamomile, you can make that into a nice blend, just mix that up. That would be it.

D Can I back up and ask why we are doing this again?

P We are trying to get the power of the healing essential oils into our body in a quick way by bypassing the digestive system, bypassing skin, bypassing everything.

D Yes but with no medical reason

S No medical reason, I'm just saying, sick baby with fever, sick toddler vomiting and antibiotics won't work, and you don't want to do antibiotics, whatever. You're just like, I need something that's not like, rubbing a little bit of Lavender on the foot.

[00:04:31]

Mama Z Let's face it, you just had a baby too and always after I've had a baby for usually six months I do a full detoxing process that includes the colon. And it's really important to take care of your colon as well. So not even just for other medicinal purposes, but for your own purpose. Because your body goes through so much when you are pregnant, then when you're nursing and all that stuff because your body is not your own.

Dr. Z Fair enough. So for baby, I wouldn't do this for a baby under six months, for sure. Their skin is like a sponge. So what we do is use a highly diluted, a half percent even of coconut oil with Lavender, with some Wild Orange. And we don't talk enough about Orange by the way. Orange is fantastic or Sweet Orange. And just a nice back massage, and anything that you put on the baby's skin will get into the baby's bloodstream. But I would be more inclined to do this for young children through adults, so with babies just be careful. And in my opinion, all babies really need like 99 percent of the time is mama's milk. Then you get, and here's the benefit, you use the oils and then the baby will get the residual effects from you. So you could do the enema and really Sabrina she gets a little gassy.

Mama Z We do detox baths and those are so effective that even for my nine year old, now she's old enough, it's in the book under the detox bath. Even for a nine year old I still do like half of the amount. So it's a half a cup of Epsom salts, an eighth of a cup of apple cider vinegar, one drop of lemon and four drops of lavender. I put a little bit of coconut oil in my hand and mix the oils in

and run it through the bath. Then they soak for 30 minutes in as hot water as they can stand. And each one of my babies is different about how hot that they really need for it to be.

P So double that amount would be a great detox for us adults too [overtalking].

S So if you have a little tiny baby bath.

Mama Z You would actually take the children's amount and then half that again. A fourth of what a regular recipe is in the little bath tub.

S Now I just heard the word gassy and the lights were going on in my head.

P Gassy, anyone heard of it?

Dr. Z Well I just noticed for Mama Z you know, black beans. I noticed, it was really interesting to me seeing Mama Z get gassy after black beans and baby getting gassy, like what happened to the baby? Because remember Mums, everything you are putting on your body and your skin, is going to the baby. And even in utero, you know about the Environmental Working

Group cord blood study, they tested the umbilical cord blood and they found literally 280 chemicals in the cord blood. That was going to the baby. Mum is not a crack addict, mum is just a normal person using chemicals. She was a shampoo user and she was taking antibiotics and she was on maybe some sort of drug or pharmaceutical. But those chemicals get into the baby's blood also. So just remember, everything you put on your body will get to baby.

P Well can we talk about gassy because gassy is a big subject.

Mama Z I found that in different babies, when I was pregnant.

P I'm talking about me being gassy!

Mama Z Well we have a digestive blend. There are lots of different digestive blends out on the market.

Dr. Z With some good oils out there

Mama Z Fennel and Peppermint and Ginger

Dr. Z Cardamom

[00:08:01]

P Do you find, I have always been, I'm just sharing, I mean TMI right? Serene and I are always a bit TMI but I don't know, it's the way our organs are shaped and I fully believe this, our Nana was like this.

S We call it the Bowen Bloat

P Things get a little compressed, it's the way our intestines are shaped with

our uterus, they are all tilted.

S You know when you see our pictures on the cover of our book, you can see our tilted intestines.

P If you tend to be gassy, Trim Healthy Mama has helped me. Before Trim Healthy Mama I was gassier. But I still get a bit gassy. A cup of peppermint tea honestly doesn't reach it. So you are saying that this is going to be so much better for me.

Mama Z So much better, the thing is that even with bruises, when you use Arnica for instance, like healing from the outside in and taking a homeopathic healing from the inside out. It's the same kind of thing for that kind of condition for essential oils. For me because I'm very similar, so I like to use those digestive blend oils topically, diluted of course, on my stomach. So then if I know that I'm bothered by something then I usually mix up a little blend with coconut and some of those essential oils and use them properly, ingesting them, because then I notice a difference right away, things totally settling down.

[00:09:24]

P Really so we have got coconut oil, fennel. You'll put fennel in and what else put in there? I know it's in your book but..

Dr. Z Cardamom, you know with babies, our friend, two weeks old actually they're probably your biggest fan. If I may call the name, Amy, Amy Black, the biggest THM fan on the planet, she when I told her I was going to run

the podcast today, she was like are you kidding me?

P Hi Amy

Dr Z She's living vicariously through us. Her baby had just chronic colic, baby screaming and crying and digestive issues just two weeks old. So Mama Z recommended a super highly diluted less than 1 percent topical, over the baby. Like a nice digestion blend, and within 20 minutes, remember the five from last time. Within twenty minutes for concentration in the blood stream, the baby just let out a big old toot and pooped and slept like baby.

P You know my daughter Meadow, her baby little Warren, he's gassy.

Dr. Z That can help, just pre-mix a blend.

[00:10:22]

P Well this is good to know. So can we get to a biggie, a hugey? Candida, what can ladies do about it because I hear about it all the time. Systemic in their bodies and then vaginal. Serene used to suffer with incredible.

S Thanks Pearl, you're awesome. I'd just love to leave it at the gassy intestine.

P Serene is gassy. But we are talking in the past though.

S The Trim Healthy Mama approach has changed it for me, after five years of dieting and all the years since you don't have to think of me like that.

P I just said, used to suffer from a lot of vaginal yeast infections. I just wanted to get that out there. So what can we do about this?

Dr. Z Well first and this is so important for you all, you can't live the McDonald's

lifestyle and go to essential oils and expect there to be change. So you have got to be on the THM program

S Where I came from, the raw food lifestyle, or just living fruitarian

Dr. Z It's too much juice.

S And I wasn't even into fruit juice.

[00:11:24]

P Serene you ate a lot of veggies too.

S Yes lots of it, just too much fruit.

DR Z So first you need to eat a lot of plants but then there are a lot of things you can do with essential oils, topically, internally and I'm actually putting it in my book, because there are two capsule recipes I came up with. The research was pretty profound. Clove and Thyme are super potent when it comes to fungal infections. One thing we need to remember is when it comes to anti-fungals, like many women take, like the Monistat stuff, they're causing anti-fungal resistant fungus. Just like we have antibiotic resistant bacteria, so a problem with a lot of women so A we're talking about two things, systemic and also vaginal. So we are talking vaginal and the problem is when you get on an antifungal or an antibiotic, what it is doing is it is wrecking your microflora balance which is causing UTIs. So basically you take the antifungal for the vaginal and that causes a UTI and then you get on an antibiotic which causes a fungal infection now. Basically, we are finding women going back and forth. That's why so many

women have fungal infections back and forth and the problem is that we are creating superbugs. Bugs, fungus and bacteria that won't die. It's funny, not funny, profound that research has shown Thyme, Clove, Oregano, Lemongrass, these kill antifungal resistant, antibiotic resistant types. This is the design of God, I don't know how to describe it. We can't explain it.

[00:12:53]

Dr. Z So if you have a vaginal infection, I go to the clinical aromatherapy book written by Dr Jane Buckle, she's my mentor. And she is convinced, just a tampon or a douche with Tea Tree and Lavender and I add yogurt and honey specifically but man this thing will knock it out in three days.

S Raw honey right.

Dr. Z Raw honey

P Is this recipe in your book?

Mama Z The Candida Tampon.

Dr. Z On a tampon, in a douche, and I am telling you all, there is one thing to mention, this is proven, this Lavender Tea Tree concoction will work but it will take maybe a day or two longer than your over the counter stuff. Remember it usually takes three to four days to knock it out. But you are good and you are not going to get a UTI afterwards. Versus a lot of the mamas out there who have taken, they knock this thing out in a day but then get a UTI and go back into it.

P A vicious cycle

Dr. Z A crazy cycle because that's what is happening.

[00:13:51]

P It is. So can we talk about systemic yeast then? Obviously the Trim Healthy Plan is going to go a long way.

Dr Z It's huge.

P But some people are so filled systemically that they might need some extra help.

Dr. Z And this is where the internal use of the capsule, the Cloves and the Thyme. And there's another blend actually, what I call my candida synergy blend, with Clary Sage, Lavender and Ylang Ylang, with evening primrose oil. I like evening primrose oil a lot for women's health in general but you just apply a lot, even up to a five percent solution and you have got to go back to your first PODdy to hear that. The solution is to apply that topically over your abdomen. I don't want to say don't ever put on the bottoms of your feet but there are permeability measures, right? Our skin is more permeable on your tummy rather than the bottom of your feet so why are people putting on the bottoms of your feet? You are quite frankly wasting your money.

S Especially if you live on the hilltop. And get hilltop callouses.

Dr.Z And for babies this doesn't apply because their skin hasn't been affected. But yes if you have any choice, over your abdomen, back and neck. These

are great places to put essential oils.

[00:14:58]

P Okay so we would look at that recipe but let's say someone doesn't have your book, they would be looking at coconut oil base or an jojoba or olive oil base.

Dr. Z What I would recommend specifically for Candida is this synergy blend topical. I like evening primrose oil, you can also use coconut oil or jojoba. You have got Clary Sage, Lavender and Ylang Ylang and we will talk a lot about Ylang Ylang just as we mentioned.

P It's one that we love.

Dr. Z It's beyond. You know why I like it? It's cost effective, it is the women's health oil next to Clary Sage and Lavender.

P Does it do anything for libido?

Mama Z It's the oil of love.

D Which one?

Dr. Z Ylang Ylang.

D It's easy to remember.

Dr. Z Oh it's beautiful. The thing is about, you go and again you get all of these libido blends. There's usually Jasmine, Rose and Clary Sage and Geranium and Ylang Ylang. The thing about Ylang Ylang is it doesn't actually help boost your libido. What it does is it reduces the anxiety related to sex.

[00:16:02]

P That's so huge for women.

Dr. Z Because of vaginal dryness and vaginal atrophy, a lot of women post-partum or peri- or post- menopause, they are in a situation where they just don't want to. Ylang ylang just helps bring peace there.

P Hey you are listening to the PODdy with Serene and Pearl and I'm Pearl and who are you?

S Serene

P Okay so what would one do if one has, we're in menopause or maybe we are breastfeeding, that's a time of vaginal dryness too? What do you suggest for that, because that does cause anxiety.

Dr. Z It does. I love a really nice highly diluted, about one percent or less of oil, again coconut oil is fantastic for all women's health issues because it is naturally anti-fungal. I would steer away from MCT when it comes to this stuff because you want the anti-fungal properties of the nutritious coconut oil. MCT, we were talking about that before. It is great for other things, internal use but when it comes to especially around the genital area, always use regular coconut oil. And even olive oil is anti-fungal. People don't talk enough about olive oil. Yes, use Clary Sage and Ylang Ylang, Lavender oil, Chamomile. All of these oils will come again and again in all these different ways. It's really all about finding what works for you.

P How would that help with the dryness? Do you know, Mama Z?

Dr. Z It helps balance the body's ability to produce estrogen which is the number one cause, it is estrogen dominance so lack of estrogen or being estrogen dominant.

P But estrogen, it is lack of estrogen that causes that dryness. So during menopause.

Dr. Z It creates balance.

Mama Z And that's the key, because working with the midwife that I have, she said she has seen whether it is age related but definitely if you have had a lot of children after the third, it definitely changes what is going on in there. She said every time when one of my Mums and I have been in thousands of births, has had the third child, it goes right to dryness. And she said you can prevent other problems from happening and tearing other things. Oil, oil, oil. And what we found, my husband and I, is when we would prep the perineum prior to the birth to get everything ready, we would use the jojoba oil with Geranium and Camomile and Lavender and we have the recipe in our book. We used it to prep the area so I have girlfriends that would say, so are you stretched out to kingdom come when you are ready to have this baby?

[00:18:33]

Mama Z And no, it's just like a muscle because then it's able to expand and contract the way that you want it to and to do the things you want it to do, and you want to keep good vaginal health. And what we found is by the time we

would prep for the next birth, we'd have to work through all the scar tissue from the birth before in order to get ready for the next birth and so then preventatively, before we would start our intimate relations, we would start working through the scar tissue because then it opened up so many more doors, and then you have started the process with the oil, your body is prepped for it.

P So even before the usually six to eight week period after a baby where you are not having intimate relations with your husband, you start prepping the perineum.

Dr Z Can I talk to the guys for a minute, suck it up and do it. I hear so many things.

P So the man would be a helper in this prepping, yes.

Dr Z A hundred percent, you have to. It's not impossible but it's really hard for a woman to do this properly with the angle of where the perineum is.

Mama Z Have you ever tried to get like angle a mirror or anything? Even the angling is hard.

[00:19:40]

Dr Z Seriously you all. And at the end of the day, especially right before the baby is born.

Mama Z And it's called a perineum massage but I'm telling you ladies it's not a massage. And Doctor Z even said stop making those faces. And I said okay I'm going to make those faces, I'll put my nightgown over my head and

make faces underneath here, because you are working out that muscle. And you need that muscle to have that definition and tone to be able to expand and contract. Our largest baby was nine pounds eight ounces, no tearing of any sort and my second baby was a 98th percentile head and no tearing.

P So this perineal massage does not sound sexy at all but what if we are talking about, and we have talked about this subject before on our podcast and the importance of marital intimacy, which does get a bit sexy because you want that spice up your love life. So what can a couple use from these plants and oils to help with that? You said Ylang Ylang?

D So how do you set the tone?

Mama Z It's important to, especially when you are starting back up in marital relations, set the tone with your diffuser and have a good diffuser blend, the Spice Up Your Life blend that has those oils in them because oils affect my husband differently than they affect me but if you have a good blend of oils, they'll be able to affect both of you in that way. It sets the tone.

[00:21:16]

P And it affects your brain too. There are so many women that, and it happens to men occasionally but more so there's issues with women just not being interested in sex and maybe the husband is more so and they're

like oh, god, do I have to do this again? But when you are actually stepping out in faith and saying, I'm going to go ahead and put this diffuser on. I'm initiating this and start creating the atmosphere in my room. This is healthy and going into my brain space. It's an act of faith even more than the oils.

S It's so true. I love that, the act of faith. I'm going to go onto something that's not so spiritual but just very nostril.

D From the spiritual to the nostril

S You may not be interested in sex, you may be frigid and may have had hormonal issues or abuse in the past, you may have a lot of issues and we can't touch on all those things here. But if you walk into a room and you're full but then you smell the most incredible food cooking, you feel a little bit snacky. I do all the time because I home school around my kitchen I have a snacky problem right now because I am like, I just ate lunch but they're cooking lunch right now and it's like wow, smells good. What I'm trying to say is, you may not be in the mood for your husband to have intimate relations but dirty socks in the corner is not going to help right, but an aromatherapy diffuser with Ylang Ylang?

[00:22:41]

S And all those awesome sounding essential oils, it's just nostril scented, it just makes sense.

Mama Z And Dr Norman Vincent Peale said the heart over the body will follow. So

it's so important that, for me the negligees are just going to end up on the ground but my husband loves those. It's whatever your partner loves. You want to be able to add that component. And so whether it's an essential oil massage that helps or aromatic, or a combination.

P It's just those steps yes.

Mama Z I say try all those things. Find out what works best for you. Then dial it in. And make each time better.

P I love it. I love that we are Christians talking about the importance of sex, and we are owning it. Because the Christian married people should own it and rock it.

S When my husband was in Kuwait, he was away and I just wanted to invite him home to this beautiful boudoir, because we had this kind of construction home. So I was looking for all this romantic prose, poetry to tattoo all over the wall. I got a sharpie and I just wrote all over the wall. I had to just staple the songs on, everything else was just boring I didn't even consider it. You've got to be dripping with all those essential oils and poetry.

P It's been robbed from us, now it's all just Hollywood and movies. They have the sex life. But they really don't. And I just love that we are getting some practical steps here with help from Dr and Mama Z.

[00:24:20]

Dr. Z We need to talk more. We need to express and to set our boundaries. Like

for Mama Z a foot rub and a back rub just softens her heart, it softens her. And at the end of the day guys, for those that are listening, if a 20 minute back rub gets you what you want at the end, it's worth laying down your life a little bit for a back rub.

D It's 20 minutes. Not a long time.

Dr Z It's not, but you have to find out what works. You know that scents, and this is proven, I did this in an endocrinology class when I was getting my DC degree. Pumpkin Pie Spice, it's interesting, non-Americans don't know what that is I guess. Clove and Cinnamon and Ginger.

Mama Z All spice.

S We make soup.

P Down under we make soup out of pumpkins and we cut them like with a knife and fork and eat them with a little salt.

[00:25:08]

Dr Z Those spices, it is clinically proven that Pumpkin Spice and Cinnamon and the Ginger, these are what stimulate male libido. So women listening, we have Ylang Ylang and Rose and Jasmine and Lavender and Clove .

P Danny doesn't need something for himself, he needs something for the Misses.

Dr Z But also if you are trying to produce some love with your hubby, you could set the tone. The Pumpkin Spice blend.

Mama Z The Pumpkin Spice blend is my favourite. It's six oils, it is Vanilla, Nutmeg, Cinnamon, Clove, Ginger, Allspice.

S It's Thanksgiving.

Mama Z Yes it's all thanksgiving and clove. So those six are so powerful, if you make your own pre-blended blend, you have that going in the diffuser, it smells like Thanksgiving without having to do all the work.

D The brain-washing at my house begins tonight. Are these oils that I can take home here?

P You guys have to leave, you have to rush off but real quick before you do, what about, I am now 47 and now entering into those peri-menopausal years.

[00:26:29]

D Congratulations Pearl

P Thank you. I know I look 27 but the real age is 47. I'm just kidding. What do you suggest then for someone like me or for someone who has already moved past that, at the end of full-blown menopause? Is it different oils here, should I be rubbing them on my body or should I be taking them internally to try and balance my hormones.? Because obviously this is a season where I'm going to go in and then sometimes I'll be releasing an egg from my ovaries and sometimes I won't. I don't know what the heck is going to be happening in the next few years.

Dr. Z The thing that I love about essential oils is that it really helps with

symptoms. Whether it is sleeplessness, libido, nausea, all the different things, hot flashes, a little bit of peppermint rubbed on the back of your neck or massaged on your tummy could really help cool you down, wild orange as well. But when it comes to menopause and perimenopause and post menopause, Vitex oil is like the oil that I have seen in most of the research studies out there, it has a really nice way.

P I have heard so many times to take Vitex or Chaste Tree Berry for balancing hormones. I have never heard of it as an oil.

Dr Z 100 percent, it's why it is in most of the Menopause Blends in my book. It just helps.

[00:27:45]

S I'm going to be reading.

Dr. Z And all those things. Ladies, the important thing is, in my book and other places, you go online and get a list like these five or six oils are good for menopause, you have got to find what works for you. Try a little bit, maybe try Vitex by itself, try Lavender, Clary Sage, but whatever works for you. I sound like a broken record but there are women health oils and we'll list them really quick here. These are the oils you can use for a number of things and it starts with your Clary Sage, you have Lavender, Geranium, Rose-Scented Geranium, you have Ylang-Ylang, Vitex, I would even like to see Rose, did I mention Rose? Jasmine. And these are very good women's health oils and Sandalwood is good too and Frankincense as well.

P For my symptoms like peri and post meno do you feel like the best way to treat these issues are topically

Dr Z 100 percent

P I don't need to go and ingest the Vitex oil then?

Dr Z When it comes down to it, at the onset of peri-menopause, so for those ladies at that mid 40s stage, maybe just start incorporating just a really nice abdominal and back and neck massage and just enjoy even the benefit of inhalation through your diffuser.

[00:29:01]

Dr. Z And just make this a part of your daily routine. This part where we talk about daily or not daily, this is where it helps because you are going through a condition. You want this to be pleasant, you don't want it to be troublesome, you don't want your libido to be shot and all this stuff.

P We have heard about massage and I know you have got to run, but what about DMSO and making things penetrate further. Would you ever suggest that or not?

Dr Z I'm not a big fan of it. I'm just not sold on it. It's a by-product of the paper industry and at the end of the day I just don't think that it is the best way of going at it. There's other ways, like fractionated coconut oil, MCT oil, like natural things that aren't so highly processed. There are other ways of skinning the cat, so to speak.

S What about Copaiba?

Dr Z Oh Copaiba, I love it.

P What is this?

Dr Z Copaiba is a resin, it's a residue and it's fantastic. A lot of people are using CBD. Cannabis oil, can we talk about cannabis?

P We could please.

[00:30:00]

Dr Z A lot of people are struggling with cannabis oil or CBD oil because some of the products they are getting have still traces of THC, they're getting that psychotropic effect. They're finding that Copaiba is actually a good replacement for that.

P I'm playing Danny, I don't know what copaiba is. Can you teach me?

S I have it in my cupboard.

Dr Z Yes Copaiba

P What sort of substance is it, is it oil, I don't know.

Dr Z It's a tree resin, very similar to Frankincense.

P An herb

Dr Z No, like a resin, like a resin that comes out of like a tree like maple syrup, the sap, like if you tap a Frankincense tree you get a sap that hardens into a resin. Myrrh, Frankincense and Copaiba.

P So what am I missing this Copaiba for in relation to essential oils?

S Dr Z knows. I just brought it up because I have heard that it helps the other oils penetrate deeper is that right?

[00:30:51]

Dr Z Oh Copaiba, actually one thing about Copaiba essential oils that I really like is that it is exceptionally anti-inflammatory, for pain, for even mood and systemic issues. We haven't talked a lot about inflammation. So really the number one cause of autoimmune disorders, so for a lot of women dealing with Hashimoto's and thyroid stuff.

P Can we talk about that please?

Dr Z It's inflammation you all. You really have to tighten up your diet and have good mind-body practices. You have to meditate and pray and be at peace with yourself.

P We talk about those things every week.

Dr Z I know, it's so important. And then you add essential oils to the mix. Some people find that it's the missing piece to the puzzle.

P Would you consider Copaiba then like a top three anti-inflammation oil? I've never even heard of this.

Dr Z Yes, and Orange. Why I love Orange is because Orange is rich in a chemical known as d 'liminine and that is a literal cancer fighting agent.

[00:31:45]

Dr. Z It is also extremely anti-inflammatory. Again we always go back to inflammation, which is the number one cause of heart disease. It's not cholesterol.

P Just say it again, for all the hundreds of thousands of people listening, just say it again.

Dr Z That cholesterol isn't going to kill you? Please. Every cell of our body is wrapped in a phospholipid membrane, which main ingredient is cholesterol. People don't eat, if you don't eat six to eight eggs worth of cholesterol every day your body has to produce it so people are finding their intestines, which produce it, being taxed and over-burdened because, especially vegans. You know what it is like.

S That's why I was so messed up.

Dr Z You need fat. We need fat and don't get me wrong, vegans incorporate a lot of fat. You need to have a lot of fat in your diet. But copaiba, how do you spell it? Copaiba.

P Do most essential oil companies sell Copaiba?

Dr Z Yes thankfully, it is a very popular oil. It's one of the two main ones.

[00:32:54]

Mama Z One of the things I have seen overall whether it's inflammatory disease, peri-menopause is that people had a hard time sleeping and if you are having a hard time sleeping then your body isn't getting the proper repairing time that you need. So essential oils can help so much there. And one of the blends in there, Sweet-Sleep, that's in the book, that is a great blend for sleeping. And I'm one who loves a foot massage like Dr Z mentioned, it's not necessarily that it is going to permeate everything but

taking that 5 to 10 minutes even if you are giving yourself a foot massage with those oils, having good sleep oils in the diffuser. And I know some people with post-menopausal or peri-menopausal have the racing heart and so using the Lavender, Peppermint and Ylang Ylang blend can help with that. But really focusing on using essential oils that can help with sleep and slowly be shutting that brain down. So you are not making that tomorrow's list in your head while trying to go to sleep and being able to have your body trying to focus solely on good quality sleep.

S I know we are closing, I just had one more question quickly, when we were talking about intimacy and all that. Where does Cedarwood play in that? Because I have another piece of information, thinking that with the temple in the Bible, the Holy of Holies, the innermost sanctuary was lined with Cedarwood. Correct? I was just thinking there was something there, with intimacy?

P Serene's theology

[00:34:40]

S I'm just putting it out there, you know about essential oils, I don't know much about cedar wood but I do know that it was the wood that lined the innermost sanctuary and I know marriage is a type of union.

Dr Z Well like Frankincense, Cedarwood, Jojoba wood, Agar wood, Buddha wood, these wood oils help bring focus and clarity. So for a lot of people where there is menopause or any sort of autoimmune condition with brain

fog, it really helps you just clarify and focus. So it makes a lot of sense why God would design the anointing oil the way he did, with the temple because it helps clear distractions, but also for intimacy.

P She was going for the intimacy part.

Dr Z I know but intimacy starts in the mind right? You have to be focused.

Mama Z I don't particularly like it on its own but I do like it blended with other things because it softens it, it's so earthy.

Dr Z And also this is true for Vetiver for children with learning disabilities, ADHD, autism, these things help. Just diffusing them, again even on the neck. I would even say for some of these kids just rub it on the bottom of their feet so you get the nice benefit. The bottoms of your feet can help because you still get the inhalation benefit. Not in your bloodstream as much. But there is a lot of different things.

[00:35:55]

P Well thank you guys so much.

Dr. Z Never-ending

P We will have to do it again. Get the book, The Healing Power of Essential Oils because it's this times a thousand, and the knowledge gained.

S I just need one for the bathroom, the kitchen and the bedroom.

P And where can people go to learn more? You're an educator. You don't sell essential oils, you just educate us on how to use them. So where do we go?

Dr Z Okay so go to www.drericz.com or Dr Eric Z on Facebook and I also have

an essential oil page on Facebook, the Essential Oils Revolution. We're up to two hundred thousand people on that page alone, just fun with essential oil lovers. Just join the tribe, join our newsletter, we have an Essential Oil Digest we send every week. It is free education, we go into all areas of this stuff.

P We have so many cross peeps. Our Mamas love essential oils and this is right down our alley. So I'm glad we got to talk about these important issues and clear the air about so many myths about essential oils.

Dr Z I am so glad, because you haven't talked about essential oils much have you?

[00:37:01]

S No we haven't. And I'm just so thankful for PODdy Part Two too. And just throw it out there, an enema question, maybe they would thank me and my enema.

D Thank you Serene

P Thank you bodily fluids Serene