



**THE SPECTRUM  
OF HEALTH**  
— P O D C A S T —

## Podcast Session #70

### ***Reaching the Parasympathetic State***

With Jodi Cohen

*Jodi Sternoff Cohen is a bestselling author, award-winning journalist, functional practitioner, and founder of Vibrant Blue Oils, where she has combined her training in nutritional therapy and aromatherapy to create unique proprietary blends of organic and wild-crafted essential oils. She has helped over 70,000 clients heal from brain-related challenges, including anxiety, insomnia, and autoimmunity. Her first book *Healing with Essential Oils* is available on Amazon.com, and her new book *Essential Oils to Boost the Brain and Heal the Body* will be released March 16, 2021.*

*To listen to all of the amazing practitioners mentioned - Kiran Krishnan, Greg Eckel, Jack Wolfson, Stephen Porges, Marco Ruggiero, Diana Driscoll, and David Perlmutter - use the sign-up link below. The summit is free and will run from November 9-15, 2020.*

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Sign up for the Parasympathetic Summit here: [ParasympatheticSummit.com](https://ParasympatheticSummit.com)

**Dr. Christine Schaffner:** Hi, everyone. Welcome to the Spectrum of Health Podcast. I'm Dr. Christine Schaffner, and today my guest is my dear friend, Jodi Cohen. Jodi Sternoff Cohen is a bestselling author, award-winning journalist, functional practitioner and founder of Vibrant Blue Oils, where she has combined her training in nutritional therapy and aromatherapy to create unique proprietary blends of organic and wildcrafted essential oils. She's helped over 70,000 clients heal from brain-related challenges, including anxiety, insomnia and autoimmunity. Her website 'Vibrant Blue Oils' is visited by over 500,000 natural health-seekers every year, and she's rapidly become a top resource for essential oils education on the internet today. Her first book, 'Healing with Essential Oils' is available on amazon.com and her new book 'Essential Oils to Boost the Brain and Heal the Body' will be released March 16th, 2021. I hope you enjoy my conversation today with Jodi Cohen. She talks about her upcoming summit, 'The Parasympathetic Summit'. We have a link in the show notes if you'd like to join us for the event. Enjoy the podcast.

**01:05 CS:** Welcome, everyone. I have my dear friend, Jodi Cohen, on the show today, and I'm so excited to not only have this conversation, but also she is launching her 'Parasympathetic Summit' which is a labor of love and an amazing project. I'm really excited for her to share this combination and culmination of, really, years of hard work. I'm really excited to have this conversation today, Jodi.

**01:31 Jodi Sternoff Cohen:** Oh, gosh. Well, thank you for having me. You suggested a lot of the great guests. A lot of them were your idea, so thank you for that.

**01:39 CS:** Well, I know that you excel in everything you put your mind to, and that you really did a wonderful job. You have over 50 people, I think, on the summit?

**01:48 JC:** Yes, because I'm not a last minute person. So I started so early, and then by the time it was getting closer, more people were coming out of the woodwork and volunteering, and I had the bandwidth to interview them, and they're fascinating. It's great.

**02:03 CS:** You named the summit 'The Parasympathetic Summit'. That is a term that gets thrown around a lot these days. Everyone is talking about getting into a parasympathetic state, and you need to be in parasympathetic to heal, but what does that mean to you and why are you so passionate about this topic?

**02:26 JC:** It's really foundational. Your body basically doesn't heal when it's in danger because it prioritizes getting you out of danger, and that means that the critical components to healing, like your ability to digest food, eliminate toxins, anti-inflame, and turn on your immune system, are all put on the back burner. And if they stay on the back burner for too long, then all of these problems can start to arise. It's a little bit like saying, "My light switch doesn't work and the fuse box is shut down." That feels to me like you have to be in the right gear in order for all these functions to naturally work so that you can keep up with absorbing your nutrients, getting your building blocks, eliminating your toxins, even sleeping, and making sure that your immune system is turned on and working with you and not against you.

**03:18 CS:** Why are we so blocked from engaging our parasympathetic state these days?

**03:28 JC:** Great question. So, stress is defined as anything that we feel might be a threat. And it's not that there are so many lions chasing us down the street, it's more our thought process, our anticipatory stress--"My boss is going to be disappointed in me. My husband and I had a fight this morning. I'm worried about my child and I don't know what to do. My parents are aging. My friend has cancer." All of these things that we worry about, our body doesn't really differentiate between thought-driven stress and actual physical stressors. And especially the environment of the world and the uncertainty of our future, I think that we're all overthinking. And in response to that overthinking, our body releases chemicals like cortisol and other stress hormones to keep us locked in that state. And we're so unaware that we're doing it, we're not even aware that we should maybe be doing something different and that we have strategies to shift gears.

**04:28 CS:** So true. Modern life presents so many challenges, right? When people come with a chronic illness, we look at, of course, their terrain, their ecosystem, environmental toxicants, and then this whole aspect of our emotional and mental and spiritual health, and the traumas that we've all walked through in life, and how that can really create imbalances and stress and dysregulation within our nervous system. So I think it's such an important topic, and probably everybody who is listening can relate in some way or another. I know we have a lot to cover, so before we dive into some other specifics, the other term that gets thrown around a lot right now is the concept of our vagus nerve and the tenth cranial nerve and how it really is one of the key factors in supporting a parasympathetic state. Can you give us a high-level

overview of what the vagus nerve is and how that plays into the parasympathetic state?

**05:29 JC:** As your listeners probably know, your autonomic nervous system controls all your automatic functions, like your ability to breathe, your heart beating, your digestion of food, your detoxification process. And the sympathetic state is more like the gas pedal. There's an emergency, blood needs to go to the arms and the limbs, the heart needs to go faster. Parasympathetic is more of a break. You're safe, you get to digest your food, the immune system turns on.

**05:58 JC:** The on and off switch between those two systems is your vagus nerve. It's the longest nerve in your body. It connects the brain to the gut and the gut to the brain, and it basically controls all of the information that flows from the brain down and then from the body back up. And it's really critical that it flows in both directions. If you've ever been driving and you have a copilot who's a terrible navigator, you're going to get lost. If the brain's not getting good messages from the body, it's not responding with the right cues, and then your body falls out of balance and you present the symptoms.

**06:35 CS:** I think that's such an important part to talk about, this bidirectional communication, because we think about cranial nerves, we think a lot of top-down nerves, so the brain communicating to the body. But one of the things that I'm always trying to digest in my understanding of the vagus nerve is that 80% to 90% of the vagus nerve fibers are actually ascending, meaning it's getting information from the body to relay back to the brain. So did you learn anything in your summit or have any insights, with that knowledge, into how we can enhance our parasympathetic state?

**07:10 JC:** Yes. Kiran Krishnan, who owns MegaSpore, his was one of my favorite talks. In fact, if you just sign up, it's free. You can watch it at your leisure, but he really talked about how you're trying to activate the nerve and there are all these different strategies. You can splash your face with freezing water, activate any of the organs that are enervated by the vagus nerve like deep breathing for the lungs, coffee enema with the gallbladder, but what he was saying is that you're looking at these emergent programs because when you come at things from different angles, so it's more effective. So his strategy was, you take the probiotic, which basically seeds the gut for better communication from the gut up, but then you also activate the vagus nerve on the brain, so top-down, so you're just hitting it from as many angles as possible. It's a little bit like if you want to lose weight, you could just go on a diet or you could exercise, or you could do both. And the more you do to help you shift into that new state, the more effective it's going to be.

**08:17 CS:** And that really highlights, what are we talking about with the gut-brain connection, right? And so, really, the information and the sensing that the nerve has on the gut via the microbiome. The gut microbiome is informing the brain that things are okay or they're not okay. I love Kiran's work. I've interviewed him a bunch and he's just brilliant. Every time I listen to him, I learn something new.

**08:42 JC:** Oh, I know. He does the best job of making incredibly complicated things really simple.

**08:47 CS:** Absolutely. I'm totally curious about anything that you heard in your summit, and something that I'm reflecting on after interviewing Dr. Rollin

McCraty, who's on the podcast, who was the Director of Research at HeartMath, he talks a lot about heart-brain coherence and how a lot of the innervation in the heart, via the vagus nerve, is ascending fibers. And so we just talk about the gut-brain but we also have to think about the heart-brain connection, and how the more that we have coherence and strength in the electromagnetic field that the heart is generating, the more that actually informs your neurology. I know HeartMath has been around for a long time but it is something that I continue to digest. It's like, wow, the heart is more of a conductor in our physiology than we talk about.

**09:36 JC:** Yes. We have Dr. Greg Eckel and Dr. Jack Wolfson that are both addressing that, but one thing that I loved, that Greg was saying, that really landed on me, was a great analogy saying, "The brain, you don't want to live there." That's really where the anticipatory stress and all the fear are. If you're feeling overwhelmed or anxious, or having panic attacks, that's because you're too much in your head. The more you can land in your heart and really process things through the heart, that's why gratitude practices, forgiveness practices, all of these kind of mental strategies that really activate your heart, they help you feel safe. You're so good about that, with Ann Marie. She's so cute with her gratitude and it's such a great thing to teach her.

**10:24 CS:** Oh, thank you. We start our day with our gratitude. We know we feel better when we're in a state of gratitude, or we're in these positive or energy-producing emotions, and we're literally wired to respond in a positive physiological state when we get into that energy. I'm going through a huge transition in my life right now, and whatever the day brings, I try to start my day with gratitude, but I'm also trying to end my day with gratitude and reflect. I'm like, wow, all of the blessings that had happened in the day, no matter

what obstacles are coming in. And it is amazing how much better you feel and it helps you...

**11:07 JC:** You know what else? Heart-opening poses like yoga...Actually, someone gifted me a yoga wheel where you just recline over it. Sometimes moving through hard emotions is really intense and painful, and there's something about using your physical body and yoga poses to do it because you can control it. You can lean back and feel this unbelievable rush of emotions that you don't really like but you just want to release them, and then you can always sit up, which kind of controls it. It's almost like you don't have to drink from a fire hose. You can control the flow and the intensity.

**11:46 CS:** So true, and as we're talking about this idea of heart-opening gratitude and how that can help us engage the parasympathetic state, obviously, a big reason why you did the summit is your work with essential oils. Can you share some insight into essential oils that open the heart, or your experience with that?

**12:06 JC:** Yes, essential oils work on so many levels. There's the chemical level. We know that over 50% of our pharmaceutical drugs were derived from plants, right? Aspirin is derived from white willow bark, Valium from valerian root. So, oils, physically, are just the concentrated essence of plants. So one drop of peppermint oil is the equivalent of 25 cups of peppermint tea. It's concentrated dry herbs that have medicinal properties. So that's one aspect of it.

**12:36 JC:** Another aspect is, as you and I talk about, it's really hard to get the right remedies into the right area of the brain, and that's why you work with so many herbal tinctures and liposomal remedies. The olfactory channel is the

most efficient way to get things into the brain, and the brain is protected by the blood-brain barrier which only lets super, super small fat-soluble molecules through. So oils are the perfect way to get within the brain, and into our cells since our cellular membranes are also fat. Also, transdermal topical application, one of the things that you're so gifted in. People struggle to digest their nutrients, so you have suppositories, you have IVs, you have light therapy, you have all these workarounds to help put people in balance when digestion is compromised.

**13:24 JC:** And I think that, like your Lumvi cream, anything that you can do to use your skin, which may or may not be your largest organ, as a doorway to your body and your bloodstream is really powerful. And a lot of the oils are really good. We have the five senses that we're aware of. Some of us are very intuitive and have other senses. But smell is the one that goes directly to the part of your brain that is kind of looking for danger, called the amygdala. All of the other senses are routed through the thalamus first, and that's because it plays a powerful role in danger. We can smell fire, we can smell predator odor. On the flip side, we can smell food and water to keep us alive.

**14:10 JC:** And what's interesting is, there's is a Nobel Laureate here in Seattle named Linda Buck, who did all of this research on olfactory receptors, and she identified the olfactory receptors that were correlated with predator odor, and then she took it one step further and she said, "What would calm them down?" And it turns out, it's roses. So, just stopping to smell the roses, or rose oil, in our physiology, it's almost like we have on switches, off switches, and there are a lot of things that can shift us in and out of balance. Smell is really powerful, and especially calming, beautiful smells like citrus and flowers can really calm us down.

**14:48 CS:** It's amazing how in society, we have these practices and these traditions, and there's such a deeper meaning, right? Obviously, rose is such symbolism of heart energy and love, and there's a deeper truth, right, behind all of that.

**15:04 JC:** Maya Shetreat, on the summit, talks a lot about that and how bringing flowers is like sharing the gift of nature. That's what I love about the parasympathetic, it's not just one answer. There are so many ways, all roads led to Rome, there are a lot of ways that you can get there. There are expensive devices you can use. There are thought-based practices. It's not a one and done. It's kind of a 'pick what works best for you.'

**15:32 JC:** Absolutely. That's what's so exciting about your summit. You have such a great array of speakers. Whoever is listening now, and who watches the summit, you'll find what resonates with you, and just seek those speakers out to find some tools that you might not have thought about to help in your healing journey or that of your family or friends. So, Jodi, there's so many speakers. I have them in front of me and I'm excited to listen to them. One speaker I want to touch on as we transition out of our conversation on the vagus nerve is Dr. Stephen Porges. He has his whole polyvagal theory and he really has groundbreaking ideas. And it's complicated, right? When we read blogs about him or listen to podcasts, it's kind of hard to first digest what he's saying, but what are some of the CliffNotes that you want to share today about your interview with Dr. Stephen Porges?

**16:28 JC:** I know. I obviously own the Polyvagal Theory. I've read it many times, and there are times when I can just tell, like my eyes are glazing over,

and I'm like, "I'm not tracking. Somehow, the dots are not connecting." And he's such a gracious, kind human being. He's so warm. And in the interview, he simplified it so much. It's like Ann Marie could understand it. Well, she's a brilliant 2-year-old...But my point being that it was really accessible, and what I really loved is he really tied it into what's going on in the world today, with the idea that we connect to others to feel safe, and back to HeartMath, our heart radius is kind of five feet, so being six feet apart, we don't actually feel each other's energy and each other's energetic support.

**17:18 JC:** And wearing the mask, we can't smile at each other. You can't see it and you tend to avert your gaze, which makes people feel unsafe. So he was just talking about what he's observing in the world, and how that affects the vagus nerve, and some smart workarounds. One of the things that I wanted to say, I had worked with other practitioners before we became friends, and they just say, "Just take this," and I wouldn't really know what it was for, and so my compliance was, "Eh." And then with you, you're so good about saying, "This is for your liver. This is for your lymphatic system." And I think that once you know what something does, it makes it easier. You understand why you need it, and so it's easier to adhere to compliance.

**18:00 CS:** That's great, and I'm excited to learn more about his work and hear that interview. And then you had this amazing opportunity to digest a lot of this information over time. What are some other speakers that really stood out or some clinical pearls that you really want to share today?

**18:17 JC:** I loved your suggestion, Dr. Marco Ruggiero, he's adorable. And you guys did some amazing research in developing your Sophia Flow Cream. One of the things that you've discovered and practiced is that when the vagus

nerve isn't signaling properly, then it's almost like the first domino to fall, and other things fall out of balance. And it's not just stress that can impact it, but also physical toxins, especially in the mouth. You did such an amazing job really getting into what is going on in the mouth and how that can cause toxic drainage that can then impact the vagus nerve. It's almost like you guys are a one-two punch, you set it up, and then he showed... You guys have done sonograms of the neck. And think about the neck as like a row in an airplane, and maybe there is someone that's really too big for that row, and you're not getting your armrest. If your lymph is really congested from all these toxins, it's going to compress into your vagus nerve, and your vagus nerve is not going to signal as well. And Dr. Ruggiero showed slides, he showed all the research. That was so fun to learn. He's so thorough.

**19:23 CS:** Yes, he's a scientist and a researcher, and I've learned so much from him over the years, and he takes a lot of his insight and creates some wonderful, amazing products. So it's been really fun to get to know him over the years.

**19:36 JC:** Like the flow cream product, amazing products.

**19:42 CS:** And he's just amazing, yes, he really put that together.

**19:45 JC:** And then I loved Dr. Diana Driscoll. She did a really nice job of explaining acetylcholine. And her background is optometry, and shared some of the other symptoms, PCOS, dry eyes, and things that can happen when your vagus nerve is dysregulated. She has a great story too.

**20:03 CS:** Yes, she has an incredible story. I interviewed her on the podcast, and she came out with a product called Parasym Plus that I used often with patients.

**20:12 JC:** I'm taking it. You're right, it helps. So acetylcholine does a lot of things, but it also helps with focus and anxiety. It makes me calmer and better able to focus.

**20:21 CS:** Any other speakers that stand out that you want to share tonight?

**20:25 JC:** I really liked David Perlmutter, who kind of put his flag in the sand for grain brain, but his latest book, 'Brain Wash.' He talks about the amygdala hijack, and that idea of repetitive thought patterns. I thought he shared some really lovely strategies, and just the low-hanging fruit, easy things that people can do for free anytime, anywhere.

**20:48 CS:** Love it. I haven't read that book yet. I would like to.

**20:51 JC:** I have it. You can borrow it.

**21:01 CS:** Awesome. You have over 50 speakers, right? When does your summit air live, Jodi?

**21:08 JC:** It airs live after the election, November 9th through the 15th, when hopefully, the world will be calmer. Who knows?

**21:16 CS:** Great. I had someone ask me this when I did the summit, this is an interesting question. For the listener out there, how do you approach your

summit? Any words of advice for anyone who's listening on how to approach the summit that you put together?

**21:32 JC:** Well, we really do have a lot of great information. I would kind of look at it and figure out what speakers I really wanted to hear, and then we do send you the information for each day. I think I'm going to do a little Facebook Live and kind of share the highlights. But I just start with the one that I think is going to be the most interesting, and then, it's a little bit like binge-watching a Netflix show. I wind up watching all of them or all that I can. And then there's also a replay weekend, where you can binge as well.

**22:02 CS:** Awesome. Jodi, you've been busy. You created this amazing summit that I'm so excited to share with everyone. And then you wrote a book, and your book is going to come out in 2021. I'd love to start getting the preview of the book. What is it about?

**22:18 JC:** So it's 'Essential Oils to Boost the Brain and Heal the Body', and I actually wanted it to be 'Oils For the Brain', but as we were talking about, it's bidirectional, the brain impacts the body. I get a little frustrated when people are like, "Oh, there's an oil for everything. It's a magic bullet." I don't think there are any magic bullets. If you're deficient in Vitamin B, oils are not going to help you. If you're having a heart attack, you need to go to the ER. But there are five key areas where I think oils really do stand out, and can make a dramatic difference. For the vagus nerve, which we talked about, you can use a blend of clove and lime. The vagus nerve is most accessible to the surface right behind the earlobe on the mastoid bone. In fact, there is a vagus nerve stimulation insert. It's kind of like a pacemaker that they surgically attach right there for that reason.

**23:11 JC:** But then also sleep, we talk a lot about sleep and how if you're not sleeping, you can't heal because your brain actually shrinks when you're sleeping, and the glymphatic system washes it out. And then the biggest thing is drainage. I think, and I've learned this from you, drainage is the most missed part of healing. Everyone thinks, "Oh, detoxification," and they're drinking green juice, and, "Yay, they're mobilizing toxins." But if those toxins are recirculated, it's a little bit like Sisyphus. You just keep pushing the same stone. Your poor liver keeps processing those same toxins over and over again, and so making sure that the toxins that are mobilized leave the body is important.

**23:48 JC:** And this is one thing that oils, especially cypress and black pepper oil, can do, they really help open the vasculature, and expand the lymph, and allow for better drainage. The fourth thing is having the energy to heal. Stress just drains your energy completely, so anything you can do to rebalance your endocrine system, your hypothalamus, your adrenals, your thyroid, just gives you more energy that you can use toward healing. Then the last concept is immune modulation. Your immune system needs to be working with you, not against you. And that's actually another sweet spot for oils, they're known to be anti-microbial, anti-bacterial, and really good for supporting the immune system.

**24:31 CS:** Wow, that's incredible. So those five areas of focus you go through in the book. And then, going back to sleep, first, you mentioned your parasympathetic blend, that's clove and lime, a lot of my patients really enjoy it, and that's a really nice way to activate the parasympathetic state. And then, with sleep, sleep is complex. I really work a lot on sleep with patients, and it

can be multi-factorial why they're not sleeping. But of course, the goal is to get proper melatonin production so people can have restorative sleep. And so you have a blend called Circadian Rhythm?

**25:07 JC:** Yes.

**25:07 CS:** Can you share some essential oils that you put together to target sleep?

**25:12 JC:** We talk about this a lot, your pineal gland is what releases melatonin in response to darkness. And a combination of toxins in the environment, like fluoride in the water, can calcify the pineal gland. Light at the wrong times, because it responds to light, can really throw it off. So it's a combination of oils. I think, we've kind of talked about this, there's a blueprint for what each organ functions like when it's healthy. And oils and humans are really bio-familiar, we kind of have the same blueprint. So you can combine different oils to match the frequency of a healthy pineal gland and it's almost like sending a signal. Like, think about your TV, you use the remote control to change the channel. You're sending a signal, and it says, "Oh, I'm going to channel four, or five, or whatever it is." You can use oils around your head to activate your pineal gland, and it says, "Oh, this is my signal to release melatonin."

**26:14 CS:** We call it resonant frequencies, that there's an optimal frequency that every organ system basically vibrates at. And so when we're off-balance, a big part of my work and the work that we're all doing, who are in this field is how do we get people back to their natural resonant frequency? There's so many things that take us off track, so how do we give the body information so

that blueprint or that field of information is telling our biochemistry to turn on and off? I think there's just so much to explore and so much to share. I feel like we're at a tipping point in a lot of ways also, that a lot of people really are seeking these types of treatments out and are really more open-minded to this form of, for lack of a better word, energy medicine. Dr. Jerry Tennant talks about the frequency of oils, but I think, other than that, people don't really use that knowledge base to share why they're working. So I think that's really exciting.

**27:22 JC:** You and I have talked about everything. Light has frequency. Color has frequency. There are so many ways. And it's such a gentle way, and I know it's been your experience as well, that when people are really chronically ill, it's often because they're just very sensitive, and I'm a very sensitive person. The gentler frequency-based medicine is a lot easier for me. It doesn't Herx me out or make me feel worse. It kind of feels like it works better with me.

**27:53 CS:** There's a technology and a system called Frequency Specific Microcurrent. And why I mention that right now is that it's specific, right? So getting the right frequency at the right time to support the body really can make the shift. And so it's just working with tools or people or technologies that will help match what you need at the right time, and that's when you see these things work their magic, it's wonderful. So Jodi, you have a summit, you have a book, you're in the throes of this huge launch, and you have a lot to be proud of. How are you staying in the parasympathetic state through all of this?

**28:32 JC:** You know, it's funny. I think we all have our coping mechanisms, right? And I realize, in Seattle, the air quality got really bad for a while, and we couldn't go outside. That was really hard for me. I think my number one coping mechanism is just being outside and moving in nature. I do have my parasympathetic blend that I apply a lot, but actually, as an upsell for the summit, I'm doing a lot of things, but one of the things I put together was the 10 tips, the 10 things I do every day, just because I think it can feel overwhelming. And you don't need to do everything. If you just pick one thing, if you just remember to be grateful...Like I shared, my father passed away about a year ago, and he used to say, "You need someone to love, something to do, and something to look forward to." So that's where I try to focus my gratitude, because it just helps me feel productive, and I do it first thing when I wake up. And then before bed, I like to walk in nature, do yoga, Epsom salt baths, intestinal binders, I think anything you can do to help your body release things that it doesn't need, that can be causing the immune system to turn on and cause inflammation, are really helpful.

**29:48 CS:** It was all divine timing. I know that you had this plan for a long time, but this is such an important message to get out into the world, because 2020, I think, has brought everyone to their knees, looking at how to navigate a very uncertain time, where no matter who you are or what your experience is, there's something in your life that has profoundly changed, right? And so how do we navigate that stress? We're learning a lot about how to stay resilient and how to access the parasympathetic no matter what we encounter and what we face, it is really outside of our control. So I think this is a really important topic.

**30:30 JC:** I think especially when you're chronically ill, and sometimes you have setbacks or things aren't actually going the way you wish they would, you and I have both kind of had onslaughts of things that weren't on our bucket lists, we didn't wish for them. And what I learned is, when everything is crazy outside of me and I have no control over what our leaders decide to do, what the weather decides to do, I can always control myself. I can always control how I respond. And I always do better when I pause because one of the things that happens when you're feeling unsafe and in danger is that your creative problem-solving skills really narrow down. It's actually physical, your pupils, the black parts of your eyes get really big, like saucers, because that allows you to hyper-focus on the next thing that will keep you safe. I'm going to run into that cave. I'm going to use my pepper spray against this assailant. Whatever it is, because if you had the potential to see all the options, you might not move and you might die. And so when you're starting to feel really overwhelmed and afraid, the best thing you can do is just really try to calm down your nervous system.

**31:45 JC:** I forgot, our friend Amy Stark shares some tapping techniques, really simple points you can tap on, that help calm your nervous system immediately. And then, suddenly, so many options appear. When you might have thought there were only two choices, you can see 20 different possibilities. And when you have options, then that allows you to feel more safe and more in control.

**32:10 CS:** That's such a great point. I think people get into that like hyper-focused or even frozen state, in the sense that they don't see the bigger picture, right? And so I'm taking those moments to pause and reflect, and not make hasty decisions. I think that's really important.

**32:29 JC:** Not email that person back when you're riled up.

[laughter]

**32:34 CS:** I know, that's something that I have definitely learned over my decade of practice, is that you just have to take things in and digest them, and then respond when you have some space. Your body tells you how you feel, right? It's like, think of gratitude, where we just talk about how people are relaxed and harmonious, and then when you feel endangered and emotionally-charged, that's not the energy you want to be sending. It's like you want to come back, reflect and come from a more grounded, centered place. And your body will tell you that. Nothing feels good when you're really charged and reactive...

**33:16 JC:** You know, that reminds me, Elisa Song did a really good job talking about the cell danger response, and it's particularly relevant to your community because she talked about how you get people to healing. They're on that really strict protocol, and they're almost better, and then somehow it doesn't set in. And she said it's because the cell danger response hasn't fully reset into the parasympathetic state. And so even though you're eating all the right foods, you're taking all the right supplements, maybe you're doing saunas every day, and coffee enemas and foot baths, and everything right, there's that one little tweak that you can refine, that really kind of puts you on the new path.

**33:57 CS:** I love the cell danger response as a framework to understand why people are stuck in a really dysfunctional physiological state. It explains so much, I'll listen to that one too.

**34:10 JC:** Especially, you know, she's a pediatrician. If she can explain it to kids, she can explain it to anyone.

**34:17 CS:** I know, right? She's awesome. Well, Jodi, this is amazing. It's amazing to have this all come to fruition at this time. Any last words of wisdom or anything on your heart that you want to share?

**34:33 JC:** You know, in addition to if you're overwhelmed, running things through your heart, not your head, there is a trick that I use a lot. And it's this idea, it's like a panic reset. Oh, also in the summit, Titus Chiu talks about how when you're having an anxiety attack or a panic attack, that's over-activation of your right frontal lobe. And what's wonderful about oils in the olfactory channel is that, normally, the right side of the brain affects the left body, and vice versa, but your nose, your olfactory channel, your right nostril goes to right brain, left nostril goes to left brain. So, to balance the two hemispheres, you can smell something through your left nostril. You just plug one nostril, smell through the other side, that stimulates the left frontal lobe, balances the two hemispheres, and the panic passes...

**35:25 CS:** Great. Well, we'll have a link to your summit in the show notes, but where can people find more about you and your work, and all the wonderful things you're up to?

**35:35 JC:** Thank you. They can email me at [info@vibrantblueoils.com](mailto:info@vibrantblueoils.com), and we'll answer any questions, or they can visit [vibrantblueoils.com](http://vibrantblueoils.com). The book is called 'Boost the Brain and Heal the Body'. It's already up for pre-sale on Amazon. And you don't know this yet, it's going to be published in Brazil as well. We've got some international interest there.

**35:54 CS:** Oh, that's so exciting. Well, congratulations Jodi, for all the wonderful success ahead. You've just done a fabulous job at putting together this panel of experts, and bringing a lot of important information that is, again, so relevant and so needed right now. So, congratulations, and I'm really excited to hear my community's feedback, and what they learned. And my patients will tell me what they took away. I'll be listening too, but it will be fun to hear what my patients also bring back and want to explore, and share with me.

**36:29 JC:** I'd love to know that, and especially as you're building your next amazing experience, that'll be helpful for you too.

**36:36 CS:** Thank you, Jodi. Well, everyone, again, the link for the summit will be in the show notes, and we'll have all of Jodi's information as well. There's so many summits out there, information overload, but this is one that you really want to access and tune into, and I know that you will learn a lot of amazing information and wonderful pearls to take with you, so thank you.