

# Recognizing the Emotional Root to your Physical Ailment

with Natalie Goddard and contributions by Quinn Curtis

Emotional Root	Physical Response	Suggested Essential Oils	Desired Results
Overwhelmed	Colds, Upper Respiratory Issues	<b>Basil</b> , AromaTouch, PastTense, DigestZen	Relaxed
Stressed		AromaTouch, Serenity, YlangYlang, PastTense, <b>Basil</b>	Balanced
Confused		Clary Sage, Lemon, <b>Peppermint</b> , Rosemary	Clear
Over-analyzing	Flu, Stomach Flu	Wild Orange, Ylang Ylang	Flowing
Pessimistic		Wild Orange, <b>Peppermint</b> , <b>Ginger</b>	Hopeful
Repressed	Seasonal Allergies	<b>Lavender</b> , Vetiver, Black Pepper	Progressing
Fearful		Cassia, Cinnamon, Birch, Cypress, <b>Lavender</b> , Myrrh	Believing
Grieving		<b>Breathe</b> , DeepBlue, Geranium, Lime	Comforted
Angry		Thyme, Serenity, Geranium, YlangYlang, Clearskin, Whisper	Calm
Judged	Digestive issues	Lavender, Cinnamon, Lime	Accepted
Anxious		Basil, Breathe, PastTense, <b>Peppermint</b>	Peaceful
Avoidant		<b>Fennel</b> , <b>DigestZen</b> , ClaryCalm	Courageous
Fearful	Sleep issues	Cassia, Cinnamon, Birch, Cypress, <b>Lavender</b> , Myrrh	Trusting
Perfectionistic		Bergamot, Lemon, Peppermint, ClearSkin, <b>Serenity</b> , <b>Roman Chamomile</b>	Relaxed
Self-Critical	Headache	Slim & Sassy, Bergamot	Self-Accepting
Conflicted		<b>PastTense</b> , Vetiver, <b>DeepBlue</b> , DigestZen, <b>Peppermint</b>	Clear

# Recognizing the Emotional Root to your Physical Ailment

with Natalie Goddard and contributions by Quinn Curtis

Emotional Root	Physical Response	Suggested Essential Oils	Desired Results
Scarce	Lower back pain	<b>DeepBlue</b> , Cassia, Cinnamon, <b>Birch</b> , Cypress, Lavender, Myrrh	Abundant
Stubborn	Middle back pain	<b>AromaTouch</b> , Bergamot, Lemon, Citrus Bliss, Peppermint, ClearSkin	Flexible
Unsupported	Upper back pain	<b>Birch</b> , Bergamot, <b>Breathe</b>	Supported
Self-Critical	Mood Issues Anxiety, Depression	<b>Elevation</b> , Basil, Breathe, <b>PastTense</b>	Self-Accepting
Angry		Thyme, <b>Serenity</b> , Geranium, YlangYlang, Clearskin, Whisper	Peaceful
Hopeless		Melissa, ClarySage, <b>Immortelle</b>	Hopeful
Insecure	Weight Issues	Cassia, Bergamot	Secure
Vulnerable		ClaryCalm, Terrashield, OnGuard	Confident
Self Conscious		Patchouli, <b>Grapefruit</b> , <b>Slim&amp;Sassy</b>	Self-Accepting
Unfulfilled		Roman Chamomile	Fulfilled
Suppressed		Cassia, Black Pepper	Authentic
Apathetic	Fatigue / Energy Issues	Lemongrass, Vetiver, Lime	Passionate
Indifferent		Melissa, Breathe	Enthusiastic
Resistant		Vetiver, DeepBlue, DigestZen	Receptive
Stuck		Cypress, Lemongrass, Thyme, DDR Prime, Birch, Fennel	Progressing

Disclaimer: This information is not medical or psychological advice, and should not be treated as such. If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider.