

# Addiction Recovery & Essential Oils

An addiction is an obsession, compulsion, or extreme psychological dependence that interferes with an individual's ability or desire to function normally. Common addictions include drugs, alcohol, coffee, tobacco, sugar, video games, work, gambling, money, explicit images, compulsive overeating, etc.

(Modern Essentials, 4th Edition, p.142)

## The Road to Recovery

Individuals struggling with addictions typically fail to quit for some of the following reasons:

- Fear of withdrawal symptoms or life change
- Lack of motivation or low self-esteem
- Denial of substance abuse or addictions
- Unrealistic expectations of the recovery process

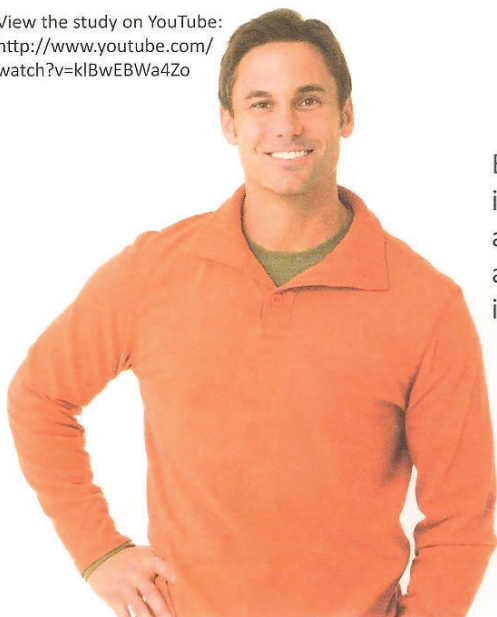
**USING THE FOLLOWING ESSENTIAL OILS IN THE RECOVERY PROCESS WILL HELP REDUCE WITHDRAWAL SYMPTOMS AND IMPROVE MOTIVATION TO OVERCOME ADDICTION:**

Condition	Essential Oils
Eating disorder(s)	bergamot, rosemary, metabolic blend
Smoking	black pepper, clove
Alcohol	lemon, Roman chamomile, thyme
Prescription drugs	soothing blend, orange, Roman chamomile, bergamot
Street drugs	grapefruit, bergamot, Roman chamomile, geranium

## Reduce Stress to Avoid Addictions



View the study on YouTube:  
<http://www.youtube.com/watch?v=klBwEBWa4Zo>



Research shows that **DIFFUSING** essential oils has multi-dimensional benefits, including the following:

- Relaxation of the mind and body
- Improvement of mental clarity



By **REDUCING STRESS** and **IMPROVING MENTAL CLARITY**, individuals have an easier time avoiding addictive substances and habits. In addition to preventing individuals from turning to addictions, diffusing essential oils into the air can help calm the inflammation and pain caused by substance abuse.

**Recipe for soothing nasal passages and lungs to provide an overall sense of well-being:**

Diffuse two drops each of eucalyptus, lavender, lemon, and melaleuca.