

Olfactory Training “Smell Therapy” Regime

Olfaction: Olfaction is a sense in which external chemical information is carried and transformed into the central nervous system in patterns of brain activity, which is involved in mediating odor perception.

The goal of smell therapy is to recalibrate and reboot your nerve communication between the smelling centre in the nose (olfactory - “smelling nerve”) and the brain centres for processing odor.

Step 1: Obtain essential oils for:

- * Rose (or other distinct floral scent)
- * Eucalyptus (or other camphor based smell, ex-menthol, vaporub)
- * Citronella (or other strong citrus scent)
- * Cloves

Step 2: Smell each in turn 3 times in a row.

Repeat three times a day for three months or more.

