



Transcript: #377 Essential Oils to Boost the Brain & Hormones with Jodi Sternoff Cohen

Wendy Myers: Hello, everyone. My name is Wendy Myers of myersdetox.com. Welcome to *The Myers Detox Podcast*, where we talk about everything related to heavy metals and chemical detoxification. We discuss all the things you need to do to support your body, to facilitate detoxification. Today we have my friend, Jodi Cohen, on the show. We're going to be talking about her new book, *Essential Oils to Boost the Brain & Heal the Body*.

Wendy Myers: Today we'll be focusing on essential oils for sleep, to balance your hormones, to reduce stress, to stimulate the vagus nerve to reduce stress and to boost the brain, as well. We'll discuss essential oils to boost lymph flow and why the essential oil that you choose is just as important as how you apply it. We'll also talk about some of the research behind essential oils.

Wendy Myers: Jodi hosted the *Parasympathetic Summit*, where she gave people all kinds of tips and interviewed all kinds of experts about how to reduce stress. It's really popular. Over a hundred thousand people attended this summit. Ms. Jodi gave so much amazing information about how to reduce stress. Her new book is fantastic. I highly recommend it. We're going to talk about that, what's in it and why it's a great book for beginners as well as very experienced users of essential oils.

Wendy Myers: Jodi really does her research. She really knows what she's talking about when it comes to essential oils and how to apply them. She's got a fantastic line of essential oils called Vibrant Blue Oils. What I love about them is that she creates these different blends. She has one for liver and one for lymph, for parasympathetic and for the gallbladder. You can get one of her essential oils, you know exactly how to use it and exactly what it's for. It totally takes the guesswork out of essential oils. They're absolutely fantastic blends. I just love them.

Wendy Myers: If you guys want to learn more about detox and want to get all the latest tricks and cutting edge tips about detoxification, please go to myersdetox.com and sign up for our newsletter. When you do that, you'll get our *Top 10 Tips to Detox Like a Pro Checklist*. It has my top 10 tips and the number one thing you need to be doing, if you want to detox your body effectively, for metals and chemicals.

Wendy Myers: I know you guys listening are really concerned about your level of heavy metals and chemicals. You wonder what's inside of you. Where did you get this stuff? How did you pick it up? How do you get these toxins out of your body? I created a quiz at heavymetalsquiz.com that will give you your relative level of body burden of toxins. Then it gives you a free video series after you take the quiz, that answers all of your frequently asked questions about how to detox. What kind of testing should you do? What kind of supplements are best for detox? How long does it take to detox? All these questions are answered after you take the quiz at heavymetalsquiz.com.

Wendy Myers: Our guest today is Dr. Jodi Sternoff Cohen. She's a best-selling 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's helped over 70,000 clients heal from brain-related challenges, including anxiety, insomnia and auto-immunity.

Wendy Myers: Her website, vibrantblueoils.com, is visited by over 500,000 natural health seekers every year. 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. Her new book, *Essential Oils to Boost the Brain & Heal the Body*, will be released on March 16th, 2021. You can learn more about Jodi and her whole suite of essential oils at vibrantblueoils.com. Jodi, thank you so much for coming on the show.

Jodi Cohen: Oh my god. It's a pleasure to see you. Look at your beautiful surroundings.

Wendy Myers: Yes, thank you. I moved to Mexico about five months ago . I love it here. I feel very, very blessed to be here but I'm so excited for you. You have a new book about essential oils coming out.

Jodi Cohen: Yes.

Wendy Myers: I wanted to talk about that and talk about essential oils. I absolutely love essential oils. They're such a huge part of my health routine. I have some of your essential oils. I have your parasympathetic blend going in my atomizer, right here. I just love it.

Jodi Cohen: Oh, wow.

Wendy Myers: I do a lot of different things to reduce stress, and essential oils are a part of that. Why don't you tell us about your new book and why you wanted to create that?

Jodi Cohen: Obviously, I started my company in 2012, so I've been in the essential oil space for almost 10 years. I realized that people are saying, "Oh, there's an oil for everything." My feeling is, if you break your arm, go to the ER. I don't think oils are for really acute situations, but I think they're very helpful for a lot of underlying health conditions. I started to notice patterns in the people that would see me.

Jodi Cohen: They would come to me and they would think they had all these things going on. When I'd listened to them, I'd start to realize it's usually one of five things that are out of balance. Either they're not sleeping, they're not draining the toxins that they're mobilizing, their nervous system is stuck in the stress-survival state and not able to access the rest-digest-heal, parasympathetic state, they're lacking the energy to heal which goes with circulation and blood flow or they're stuck in inflammation and their immune system is either overreacting or under-reacting.

Jodi Cohen: Those five things lend themselves very well to essential oils. Oils can do a lot to shift people back into health. I really wanted to share what I'd been seeing in clinical practice, that I can then back up with research. It makes it less of a guessing game and a very specific, "Here are the exact oils that seem to help shift this situation, and here's the exact way to apply them."

Wendy Myers: What I love about your line of essential oils, it's Vibrant Blue Oils, is that you put the issue on the label that they're going to address. That's really key. When I first started with essential oils, I bought this single oil, lemon and then peppermint and this and that. I didn't really have a grasp on how to use them. What I love about yours is that you put parasympathetic, brain focus, liver, gallbladder or liver/ gallbladder on the label. You've put what they're for, so you know exactly what it is that you need to target the issue that you're trying to address.

Jodi Cohen: Thank you. With the book and the pandemic, there were certain places we couldn't ship so I decided to share all the recipes. If someone has been using oils forever and they want to make them themselves, I give you the how-to in the book. If they're more like me and they just want someone to do it for them and have it arrive ready-made and say, "Put this over your pancreas." I have that option too. I was really trying to meet people where they were at, to match their comfort zone.

Wendy Myers: Fantastic. Let's talk about some essential oils for the brain and for focus. Everyone is really concerned about their brain and protecting their brain, for good reason. There's very high dementia rates and a lot of people have brain fog. It's the number one complaint that a lot of people have. What oils are best suited to support the brain?

Jodi Cohen: As you talk about, so much of what's going on is toxins. Toxins that then trigger inflammation and turn on the immune system, then result in symptoms like brain fog. With the brain, the main way the brain cleans house is at night when you're sleeping. When you're awake during the day, you need your brain to focus and pay attention. It can't really turn off and get a cleaning.

Jodi Cohen: What happens is at night when you're sleeping, your brain literally shrinks by 60%. It's a little bit like a carwash. It's your glial cells, brain cells combined with your lymphatic system. It's called the glymphatic system. It literally washes through and removes all the metabolic waste and any toxins, like metals, that are in the brain. It's key to sleep. I have some oils for that.

Jodi Cohen: The second thing is you need to make sure that once the toxins are mobilized, that they actually leave the brain and the exit route is your neck channel. That is a huge bottleneck for congestion. There's a lot going on. You have your structure, your muscles, your nerves, your lymph and your capillaries. It's a little bit like if you're in the middle seat of the airplane between two linebackers.

Jodi Cohen: When you're congested, that impedes your movement. Your arms aren't going on the armrest, you're not stretching out and your toxins aren't draining. It's so interesting, our mutual friend Christine Schaffner, who deals with a lot of chronically ill patients, was noticing a trend that almost 95% of her patients who had some kind of chronic illness also had some neck congestion. Usually what was happening was the lymph was congested so toxins were sitting too long.

Jodi Cohen: They were getting uptaken into the vagus nerve, which we'll talk about, and then causing vagus nerve problems and signaling problems, because that's what signals between the brain and the body, and the body and the brain. She started playing with essential oil remedies. They actually took photos. She worked with the researcher, Dr. Marco Ruggiero, and they were taking sonogram photos of the neck and seeing how the lymph was congested, which congested the vagus nerve.

Jodi Cohen: Then they started topically applying essential oils and watched how the congestion declined, the vagus nerve was able to function and the patients returned to health. What's interesting about oils is that they can actually access those hard-to-reach places. When you ingest a remedy, it has to be digested through the stomach and then go through the liver before it gets into the bloodstream.

Jodi Cohen: Anything you inhale gets directly into your system. The skin inside the nasals, under the tongue and on the cheek is thinner. It gets into the bloodstream faster. Things that you put on your body get into your bloodstream within 20 minutes. Different oils have different kinds of thickness. Some get in faster than others.

Jodi Cohen: My parasympathetic blend is clove. Clove gets into the system in 20 minutes but when you combine it with lime, that has much smaller molecules, it gets in really quickly. If you add in a lightweight carrier oil, like fractionated coconut oil, it's almost like an acupuncture needle. You can use it to stimulate a reflux point and then it balances the system immediately.

Wendy Myers: Fantastic. Which ones are good? Like you said, applying to the neck reduces the inflammation and helps the drainage, that glymphatic drainage. Which oils are good to facilitate that?

Jodi Cohen: I give the whole recipe, but frankincense is a good one. Mint, like spearmint, is a good one. What's interesting is that when you combine oils, it's like your friends that have kids. The kids are such a combination of the parents. It takes on the different qualities.

Jodi Cohen: For example, lymph flows in downward. It's a one-way street. When you layer in oils like vetiver, that are grounding oils and deepen the root, they help with that directionality and movement. It really helps.

Jodi Cohen: What you're really trying to do is shepherd the toxins out of your body, right? All of your products are amazing for mobilizing them. Then it's like, "Let's get them to actually leave the body." It's like trying to get your kids out the door. "We're not stopping. We're not getting a snack. We don't need to go to the bathroom. We're getting in the car."

Wendy Myers: You just hosted the *Parasympathetic Summit*.

Jodi Cohen: Yes.

Wendy Myers: I thought that was brilliant. When I first heard about that, I thought about how everyone is so stressed and people need simple ways to be able to reduce stress very, very quickly. People don't have a lot of time, especially last year which was just a total cluster F. It was just a nightmare. Let's talk about some essential oils that are great for calming the nervous system, reducing anxiety and maybe helping to stimulate the vagus nerve, which is part of your parasympathetic nervous system.

Jodi Cohen: Yes, exactly. Most people don't realize that your autonomic nervous system is the operating system for your body. It controls all of your automatic functions. Your breathing, your heart rate, your digestion, your detoxification, your immune system and your ability to anti-inflate. It's designed to keep you alive. It has different speeds. If you think you're going to die, it switches into the parasympathetic speed where resources are allocated towards survival.

Jodi Cohen: Blood flow is routed away from digestion and detoxification, to your arms and your legs. When you're safe again, resources are allocated back towards repair, rest and restore. What most people don't realize is that anticipatory stress; fear

about your relationship, your finances, your health, your family, the world or whatever it is; can keep you stuck in that sympathetic overdrive.

Jodi Cohen: I'm a pretty high-stress person. When I was new to health, people would say things like, "Oh, you just need to stress less." I would look at my life. I had kids, I had a full-time job, I had commitments and I had family responsibilities. I'm like, "What am I going to get rid of? I can't." This is an interesting reality that you can't change your external environment, you can't change what's happening on the news, but you can change your internal reaction.

Jodi Cohen: Most of us have had a situation where we're driving in traffic and someone cuts us off and it doesn't bother us. Maybe they're in a hurry. Who cares? Then the next day, it's the same exact situation. When we get cut off, four-letter words might be flying out of our mouth. The only difference, the only variable in that situation is you and your resilience.

Jodi Cohen: When you're in a parasympathetic state, you say "I feel safe. I'm okay. It doesn't really matter what's happening around me." Basically, you turn on health and you navigate better. You're less reactive. You're not feeling anxious as much. The toggle; the on-off switch between stressed out sympathetic and calm parasympathetic; is your vagus nerve.

Jodi Cohen: It's the longest nerve in the body. Most people have never heard of it. It's cranial nerve number 10, quick anatomy lesson. It connects the brain to the body and the body to the brain. It starts at the brainstem and splits and winds around both sides. It is most accessible behind the ear lobe, on the mastoid bone. It is the connection between the highway, for lack of a better word; the brain and the body.

Jodi Cohen: It winds through the throat, the larynx, the heart, the lungs and all of the organs of digestion. Anywhere that it innervates or touches, if you stimulate it, it shifts you into parasympathetic. This is what deep breathing does. This is why in yoga class you feel so much better in Shavasana, than you did at the beginning of the class. Through the movements and the breathing, you've activated your parasympathetic nervous system.

Jodi Cohen: Right around 2012, when I started my company, there was a researcher named Kevin Tracy, who started playing with electrical implants. They were pacemaker-like devices that he was inserting right behind the ear lobe. The FDA actually approved this technique for depression, migraines and epilepsy. It was a big light bulb moment for me because I kept thinking, "Oh, the parasympathetic, it's the calming nervous system. Let's use calming oils, like lavender and chamomile," and it wasn't working.

Jodi Cohen: Then when I saw, "Oh, he's stimulating it," and I'm like, "Wait a minute. It's a stimulatory oil." You can use stimulatory oils like clove and lime, test to the best. Basically, you don't need two surgeries, the actual implant and the battery down

below. You can just literally flip an essential oil bottle, put a dab here, stimulate your vagus nerve and activate your parasympathetic nervous system. It could be election eve and everything feels crazy, and you're calm.

Wendy Myers: I love it. I love it. It's just so simple and so accessible to people. Right now, I don't know about you guys, but I just did a whole course; *The 14-Day Emotional Reset and Weight Loss Course*, on how to reduce stress. Everyone is so stressed right now. You have to throw everything at it.

Wendy Myers: I'm throwing everything at stress that I can, to reduce and reset your stress point, essentially. Essential oils are such a great way to do that. I recommend you guys go on Jodi's website, [Vibrant Blue Oils](#), and check out the Parasympathetic Summit. It'll give you tons of tips.

Wendy Myers: Let's talk about detox and essential oils. How do essential oils help enhance detox and lymph drainage? People love talking about lymph. They're curious about that, how to get lymph flowing to escort the toxins out of your body. How do you do that with essential oils?

Jodi Cohen: You're the best at this. You have so many great products. I'm sure your listeners already know, toxins flow from the cell. You have to be in that parasympathetic state for the cells to release the toxins. Then they go to the lymph, the blood, the liver, the gallbladder, the gut and ideally the toilet. It's a hydraulic system. If anything is congested down below, like if there's liver congestion, it can back up into the blood.

Jodi Cohen: Then it doesn't want to stay in the blood, so it either gets pushed out through the kidneys, which means you might have low back pain or frequent urination, or the skin and you're going to have some kind of eruptions. The cool thing about plants and humans, they are bio-familiar. We support each other. Most people know that when you want to do detox, you switch to a plant-based diet because that really helps energize the liver, support the gallbladder and everything starts to flow better.

Jodi Cohen: Oils are the highly concentrated essence of plants. You can use them with lymph flow, the more you do the better. If you combine them with castor oil as a carrier oil. Castor oil is sticky and it can stain. It's not the ideal carrier oil, but it's great for lymph movement because it anti-inflames. Basically, what you're doing is you're opening up the space and encouraging the directionality.

Jodi Cohen: If you're driving on a highway; theoretically, there are four lanes. Say three are closed for construction; you're not going to move very fast. You're inching through that one lane. The minute you pass the construction, all four lanes open up again and you can go a lot faster. Basically, what you're doing is you're helping to expand the vasculature so that things flow. Then you're literally using plants that are shepherding in a directionality.

Jodi Cohen: Some oils that are great for lymph, mints are good. Spearmint seems to be better than peppermint. Vetiver is good. I give tons of options. You can plug and play a mix and match. I give the exact recipe for the lymph blend. The main points of congestion that people don't realize is the liver and the gallbladder, which I know you talk about a lot. They do so many things and they get so overworked. They're really working hardest at night, usually around 3:00 AM. It's great if before bed, you can apply some castor oil and oils for the liver like white grapefruit or helichrysum. There are a bunch that you can apply so that things move and don't get stuck.

Jodi Cohen: Then the gallbladder is the most underrated, under talked about organ, ever. It does so many important things. The liver makes the bile and the gallbladder concentrates and stores the bile. Then in response to fat in the digestive process, it releases bile but it also carries these toxins out of the body, in the bile. Most of us who have stress are either eating too high fat, too low fat or too getting too many environmental toxins. The gallbladder can get more like molasses than water so it doesn't flow as well.

Jodi Cohen: There's a lot of research around black cumin oil and Roman chamomile that can help move the flow of the bile, and with it, the toxins. All of the bad things leave the body. Of course, there's motility. Making sure that you're having regular bowel movements. That is a parasympathetic event. The more you can activate the parasympathetic state, the moving walkway that is your digestive system keeps moving.

Wendy Myers: Fantastic. I have some Roman chamomile. I think I'm going to apply that to my liver tonight. Again, I love that you have a lymph blend essential oil in your Vibrant Blue Oils line. You have a liver blend. You have a lot of different blends that if you're wanting to focus on detox, make it very easy. You just get the ones that are for detoxification. You have a detox kit also, which makes it so easy.

Jodi Cohen: One of the things I was noticing because I used to work with kids, was the more I could explain what it was doing and the benefits, the more compliance went up. The more they were like, "Oh, I'm a baseball player. This will help me run faster and I want to run faster. Okay, I'll do it." I really do try to give a lot of the background information so people understand, "Oh, this is exactly what I'm doing."

Wendy Myers: I love that you're also very researched based. Everything you were saying, you exhaustively research all of this and all of the benefits. It's fantastic. Let's talk about essential oils and weight loss. A lot of people out there are struggling with weight loss. I've talked a lot about this, how hormones, stress and lack of sleep are all going to destroy your ability to lose weight. You have to address these other things. It's not about calories and exercise, as much as many people think. Let's talk about that, weight loss, and how essential oils can facilitate that.

Jodi Cohen: Well, I completely agree with you. I think weight loss has more to do with detoxification and blood sugar balance than anything else. Oils are great for

that. Just a simple tip, there's a lot of research that smell correlates with your hunger and your satiety levels. Just smelling peppermint or cinnamon before a meal can help make you less hungry.

Jodi Cohen: It's like drinking a glass of water, right? If you drink water and you smell peppermint, you're probably in good shape. You also want to really balance the organs of blood sugar balance. That is your adrenals, your pancreas and your liver. The more you can get everything working properly, you're not as hungry.

Jodi Cohen: Sleep is a huge one. I actually have an entire section on sleep because that's the biggest culprit. If you're not sleeping, what happens? You need energy to function. You grab your coffee, you grab carbohydrates, breads or that low-hanging fruit, sugar. That's just how you function. Do you want me to dive more into blood sugar or sleep?

Wendy Myers: How about blood sugar and sleep?

Jodi Cohen: Okay, cool. Sleep is interesting because I started to notice everyone thinks, "Oh, lavender is for sleep." It can be relaxing, but it's not a one-size-fits-all. If you are going to use lavender for sleep, I found it most effective if you mix it in an Epsom salt bath.

Jodi Cohen: Two cups of Epsom salt to one cup of baking soda and three drops of lavender. Use your bathtub as the mixing bowl. Mix the oil into the salts before you add them to the water, so it doesn't float on top.

Jodi Cohen: What's interesting is the combination of the heat. Your skin is your biggest organ. Heat opens the veins and the pores. Also, the Epsom salt is magnesium. It carries the lavender into your body so it's more of a full-body relaxation.

Wendy Myers: That's what I do. I do about two or three Epsom salt baths a week, with a lavender oil. I just love it.

Jodi Cohen: I love it too. I love it for my kids too. You know how you can tell before you get a cold, like you get that tickle in your throat? If I do an Epsom salt bath when I feel that coming on, I never get sick.

Wendy Myers: Epsom salts are magnesium, sulfur. They're fantastic. You can even check with an aura ring or adjusting heart rate variability, any kind of modality that uses that. Most people are able to lower their HRV, get deeper sleep, if you're monitoring your sleep on an aura ring. It's the Epsom salts and the lavender essential oil, too. I would increase my deep sleep by 30 minutes. That makes a huge, huge difference in your day.

Jodi Cohen: One of the things that I am really excited to share with more people is, how you apply essential oils is almost more important than what you apply. Like applying oils through a bath, especially for sleep. That's so much more effective than

anything else you can do with lavender. You can put it all over your head, you can put it on the bottom of your feet or on your wrist. It will not be as effective for sleep as putting it in an Epsom salt bath.

Wendy Myers: Fantastic. Any tips on essential oils for blood sugar control?

Jodi Cohen: Cinnamon and peppermint are really good. There are a couple of areas in your brain that send hunger signals. The first part is the vagus nerve. Anything you can do to activate the parasympathetic state. If you think about it, if you think you're in danger, you need energy to fuel your survival, right? What is the lowest hanging fruit of energy? Cookies, sugar and candy bars. It metabolizes really quickly.

Jodi Cohen: I started to notice this when I used to have to visit people in the hospital. I don't really like sugar that much but I would never crave sugar more. I would have to stop and get a candy bar because it was so stressful for me. I just needed the low-hanging fruit to fuel it. The more you can control your nervous system and your stress level, parasympathetic state, that helps.

Jodi Cohen: The hypothalamus is the CEO of the endocrine system. That's also what's gauging your hunger signals. All of your hunger hormones are sending messages to your hypothalamus. It then responds and either says, "You're hungry. You're full. Eat more. Eat less." Any of us who feel overwhelmed, we have to take a break from the news because there's too much coming at us. We have to have compassion for this poor hypothalamus. It's measuring information all the time.

Jodi Cohen: Sometimes just gets a little out of whack, a little out of balance. You can put oils right here, right on the forehead, to help reboot the hypothalamus and return it to balance. That's a great thing. If you're going to manage hunger signals from the top, that's a great way to go. The oils in the hypothalamus blend are mandarin, frankincense, bay rum, pine and patchouli.

Wendy Myers: A delicious blend.

Jodi Cohen: It's really interesting because sometimes people are, they're switched. Like what should help them, hurts them. It's almost like they're so dysregulated they don't know if day is night or night is day. That's the reset button. Like your phone glitches, you reset it and turn it off. Then it seems to work better. I find that when nothing else works, I start with the hypothalamus and we just do a reboot with oils.

Wendy Myers: Oh, I love that. I love the thought of that. Why don't you tell us some surprising findings that even an experienced essential oil user would discover in your book called the *Essential Oils to Boost the Brain & Heal the Body*. Tell us what people can expect in your book.

Jodi Cohen: It's a combination of, "Here's what's working in clinical practice and why, and here's the research to back it up." Then there are very easy and accessible tips. Like we talked about applying clove and lime behind the ear lobe on the mastoid bone for the reflux point, for the vagus nerve.

Jodi Cohen: One of my other favorite tips, and I could be a poster child for anxiety. In fact, I used to have panic attacks in supermarket lines. I would have to leave the supermarket. Our colleague, Titus Chiu, taught me this great hack. There's a whole branch of chiropractic called functional neurology, where they're looking at the different hemispheres of the brain and how to return them to balance. Oil is a great tool for that.

Jodi Cohen: He taught me that when I'm in that panic attack mode, that is my right forehead, my right frontal lobe, that's overactive. The way to balance that is to stimulate the left frontal lobe by smelling something through the left nostril. So literally, use your right thumb to plug your right nostril and smell anything you have in the house. If you don't have oils, peel a tangerine because the oils live in the peel of citrus fruits. Smell for three to seven breaths.

Jodi Cohen: That then stimulates the left frontal lobe and balances the two brain hemispheres. The anxiety attack goes away immediately. It's additive and cumulative. I've started to notice it's a little bit like if you're training for the marathon. The first time you run 10 miles, it feels hard. By the time you're running 18 miles, 10 miles is nothing. The more you do this, the less likely you are to have panic attacks. You just start to get calmer and calmer over time.

Wendy Myers: That's really interesting and so simple. A simple hack is to take care of something that's very debilitating for so many people. I think a lot of people, including myself last year, definitely had a huge level of stress. It was definitely bordering on anxiety. I used essential oils to help me through that period. Tell us where people can learn more about your work and where we can get your oils. You have a huge collection of essential oils for every type of issue someone may have.

Jodi Cohen: If they're interested in learning more, we actually have a free gift. They can go to boostthebrainbook.com/gift and get 25 strategies to activate the vagus nerve. Many of them are free and completely easy. Here's the good news, you don't need all 25. Just pick one. Pick your favorite.

Jodi Cohen: The book is *Essential Oils to Boost the Brain & Heal the Body*. It's everywhere books are sold. My company is vibrantblueoils.com. If anything sparked questions, you can email us at info@vibrantblueoils.com. We try to get back to you in 24 hours.

Wendy Myers: Can you show us the book? You have it right behind you.

Jodi Cohen: Yes.

Wendy Myers: See the cover of that?

Jodi Cohen: I know.

Wendy Myers: It's such a pretty book cover. I love it.

Jodi Cohen: Oh my goodness. It's challenging. How do you say nature, brain and magic in a graphic?

Wendy Myers: Yes.

Jodi Cohen: That was my challenge. It was actually my daughter that came up with the idea, because in Seattle we get so many beautiful wildflowers. She'd be like, "It'd be cool if you could do it as a wildflower that looks like a brain." I was like, "Oh, that's a great idea."

Wendy Myers: Your book comes out March 16th.

Jodi Cohen: March 16th.

Wendy Myers: 2021. Everyone go down and grab that on March 16th, on Amazon. I highly, highly recommend it. It's a fantastic read. I got a pre-copy of that and checked it out. I'm always very impressed by the amount of research that you do, the depth and breadth of it. I learned a lot from your book. I highly recommend it if you're a beginner or even someone that's experienced in essential oils.

Jodi Cohen: Thank you.

Wendy Myers: Everyone, thanks so much for tuning in to *The Myers Detox Podcast*. My name is Wendy Myers. Every week we explore all different types of topics to help reduce stress and detox the body.

Wendy Myers: How do we relax to detox? The number one thing that people miss is you have to be in a reduced stress state, that parasympathetic state, or it's just not going to happen for you, very effectively, or you may be very uncomfortable while you're detoxing.

Wendy Myers: So, it's key. Essential oils are a part of my stress toolkit. I highly recommend learning more about essential oils. Jodi Cohen's an absolute expert. Everyone, thanks for tuning in and I will talk to you guys next week.