

Hormones & Essential Oils

Our hormones are hijacked everyday with our thoughts, food, lotions/cosmetics we apply to our bodies, caffeine, alcohol, and most of all by the hormone, cortisol.

Cortisol is our stress response, our survival hormone.

Running late to an appointment

Think we left the stove on (or whatever you did not finish)

Worry – “clutching the pearls” moments

Constantly going from one thing to another, without brain breaks

These thoughts upregulate your HPA (hypothalamic-pituitary-adrenal) access. This tells your adrenal glands to release adrenalin and cortisol, so you are ready to fight or run from danger.

This cortisol release tells our other metabolic hormones (insulin, thyroid, leptin), “Hey, we need to go into fat storage zone!” They are good at this 😊 Have you ever woken to see belly fat increased overnight? Not food induced, but your thoughts and activities caused this fat storage.

Cortisol also stops the production of progesterone (which is made from cholesterol).

Do you want to know how you can reset the HPA access?

- Awareness of your thoughts and schedule
- Deep breathing with calming essential oils for your chemistry – this will vary from person to person
- Call a friend who listens, not judges
- Connect to a community
- Self Care (yoga, going for a walk, give yourself a facial, nap, meditate, etc.)

Limiting caffeine and alcohol – yes, they jack up cortisol levels. Try Macha. It has L-Theanine which reduces stress without feeling sedated.

Estrogen Dominance

Estrogen dominance occurs in 75-80% of women over the age of 35. This is when you have too much estrogen compared with progesterone.

Signs of estrogen dominance:

- Stubborn weight gain – especially the belly
- Moodiness, emotional
- PMS
- Migraines
- Increased heavy bleeding during periods
- Fatigue

When your liver is sluggish from toxin overload, it cannot metabolize estrogen and it recirculates in your body. We are supposed to use estrogen and lose it. That will not happen if you are constipated and have gut issues (inflammation).

With this excess estrogen, our belly fat cells fill up and want to hold onto that weight ☹️

All of our hormones are interconnected. When one is off, it affects all of them (thyroid, insulin, progesterone, cortisol, and testosterone).

The best way to rebalance ourselves is through the parasympathetic nervous system – relaxing ☺️

- How we eat (reduce or eliminate processed food, sugar)
- How we move our bodies (whatever makes you happy)
- Self-care rituals – daily
- Essential oils
- Supplements
- Mindset

If you don't believe that you deserve to be well and take care of you first, then it is hard to maintain self-care rituals. You are telling your body that it is just surviving, so kick out more cortisol.

Believe you deserve it. Do self-care. Be the person with a joyful weight & spirit.

▶ INSTANT ENERGY BOOSTER BLEND

Ingredients:

- 1 drop Wild Orange essential oil
- 1 drop Peppermint essential oil

Directions:

Apply 1 drop Peppermint and Wild Orange to palms, rub them together, and take 3-4 deep belly breaths. Repeat as needed.

Be sure not to touch sensitive areas after applying Peppermint to palms. If irritation occurs, always dilute with a vegetable oil, such as coconut oil, and never try to wash it off – water repels oil!

Note:

Wild Orange and Peppermint are my go-to energizer bunnies. Each of these essential oils are very versatile in supporting various functions of the body, but you will find that they are first and foremost, energizing and awakening.

▶ SUGAR CRAVINGS BE-GONE BLEND

Ingredients:

- 2 drops Grapefruit essential oil
- 1 drops Peppermint essential oil
- 1 drop Lemon essential oil

Directions:

Add essential oils to an ultrasonic cold water diffuser. (If using an atomizing diffuser, multiply this blend by 10 in a 15 ml glass bottle.) Run for 30 minutes to 1 hour, or apply 1-2 drops to palms, rub together, and inhale 3-5 deep belly breaths for instant sugar-craving support.

Note:

This blend is a lifesaver for anyone looking avoid sugar during times when cravings are high. Breathing this blend is the best way to curb cravings and boost energy in a matter of minutes.

▶ OVERWHELM BE-GONE BLEND (Stress and Anxiety Blend)

Ingredients:

- 10 drops Lavender essential oil
- 10 drops Bergamot essential oil
- 7 drops Clary Sage essential oil
- 4 drops Wild Orange essential oil
- Carrier oil of choice (fractionated coconut oil, sweet almond oil, jojoba oil, etc.)
- 10 mL glass rollerball bottle

Directions:

Add essential oils to a 10 mL glass rollerball bottle and top off blend with a carrier oil of your choice. Apply to the back of neck, wrists, temples, and back of ears.

Note:

This is a powerful mood and stress reset blend. It's effective at releasing stress, balancing mood, and ideal for releasing tense emotions. This blend is also known to reduce irritable feelings throughout the day.

▶ RESTFUL SLEEP DIFFUSER BLEND

Ingredients:

- 3 drops Lavender essential oil
- 2 drops Cedarwood essential oil
- 2 drops Clary Sage essential oil

Directions:

Add essential oils drops to an ultrasonic cold water diffuser. (If using an atomizing diffuser, multiply this blend by 10 in a 15 mL glass bottle.) Run for 30 minutes to 1 hour before going to bed. Consider diffusing this blend 15 minutes before bed and continue to run it after you fall asleep for a restful sleep the entire night.

Note:

This blend is ideal to add to a diffuser 30 minutes to one hour to unwind for a restful night's sleep. Cedarwood and Clary Sage are known as powerful sleep support essential oils. When combined with the sweetness of Lavender, this blend will get you ready for sleep.

▶ **BANISH BRAIN FOG ROLLERBALL BLEND**

Ingredients:

- 10 drops Wild Orange essential oil
- 8 drops Rosemary essential oil
- 8 drops Peppermint essential oil
- 5 drops Basil essential oil
- 3 Ylang Ylang essential oil
- Carrier oil of choice (fractionated coconut oil, sweet almond oil, jojoba oil, etc.)
- 10 mL glass rollerball bottle

Directions:

Add essential oils to a 10 mL glass rollerball bottle and top off blend with a carrier oil of your choice. Apply to the back of neck, wrists, temples, and back of ears.

Note:

This blend is for those moments when you are feeling mentally and emotionally sluggish. Keep this blend in your purse for those mid-day slumps that hit around 3 pm in the afternoon.

▶ **Dr. Mariza's Bonus Blend – HORMONE RESCUE ROLLERBALL BLEND**

Ingredients:

- 10 drops Clary Sage essential oil
- 8 drops Lavender essential oil
- 8 drops Geranium essential oil
- 4 drops Cedarwood essential oil
- 4 drops Ylang Ylang essential oil
- Carrier oil of choice (fractionated coconut oil, sweet almond oils, jojoba oil, etc.)
- 10 mL glass rollerball bottle

Directions:

Place the essential oils in a 10 mL rollerball and then fill to the top with your carrier oil of choice. Roll the blend over your ovaries and pulse points (neck, ankles, and wrists) 2-3 times per day.



If you would like more recipes for implementing these lifestyle changes, along with making over your medicine cabinet, cleaning cabinet, and self-care rituals, simply check out my newest book, [**The Smart Mom's Guide to Essential Oils.**](#)

ESSENTIAL OILS

My little miracles in 10 mL rollerball bottles! Nothing is easier to tote with you for on-the-go support and self-care than essential oil rollerball blends. You simply add in your oils, top it off with a carrier oil like fractionated coconut oil or sweet almond oil, roll it on, and instantaneously benefit from a double-packed punch of topical and aromatherapeutic goodness.

Here are my staple rollers:

STRESS RELIEF BLEND

12 drops Lavender essential oil
9 drops Frankincense essential oil
9 drops Wild Orange essential oil
Carrier oil of choice

To Use: *Apply to pulse points when you are stressed or wired, or inhale directly from the bottle with your deep breathing techniques. Reprogram your body and balance those cortisol levels naturally!*

MOTIVATIONAL ENERGY BLEND

10 drops Wild Orange essential oil
10 drops Bergamot essential oil
7 drops Ylang Ylang essential oil
3 drops Peppermint essential oil
Carrier oil of choice

To Use: *Apply to pulse points to combat mental or physical sluggishness. Forget the caffeine and energize your body and mind with mint and citrus!*

HORMONE RELIEF BLEND

10 drops Clary Sage essential oil
8 drops Lavender essential oil
5 drops Geranium essential oil
4 drops Bergamot essential oil
4 drops Ylang Ylang essential oil
Carrier Oil of choice

To Use: *Apply to pulse points or over heart to soothe emotional unrest. Also great over abdomen to alleviate cramping by relaxing uterine muscles during that time of the month. Instant self-confidence to fuel your superwoman!*