

herb tea will also satisfy morning ritual. Use fun foods – those that are crunchy, or crackle, like air-popped popcorn or salads. Be careful to get enough protein.

**COMPLEMENTARY
GLANDULAR
SUPPORT**

Adrenals, through protein like eggs two times a week, and daily fruits and vegetables for vitamin C. Kidneys by building courage through doing something new at least two times a week, which could be as simple as taking a new route home from work.

FOODS CRAVED

(When Energy is Low) Sweets and carbohydrates, like chocolate, pie, cookies, breads, popcorn, potatoes; sweet fruits; creamy foods, such as cheese, sauces, ice cream, frozen yogurt, pudding; or almost all foods.

FOODS TO AVOID

Fried foods, hormone-fed beef, chicken or turkey, and caffeine.

**RECOMMENDED
CUISINE**

Thai, Soup and Salad bars (Soup Plantation), Japanese, Italian, Greek, Mexican. Rarely – fast foods, French.

Psychological Profile

ESSENCE

Just as the brain is the information storage center of the body, Brain body types collect and store data. Brains are noted for intensely gathering information in detail, as they like to have all possible knowledge on a subject before making a decision. Memory, logical thought, and control of voluntary muscle responses are the brain's primary duties. It's the brain that is responsible for moving the body safely through the world. Since so many of our routine daily activities are done by automatic muscle memory, the brain knows the value of doing everything right. This desire to do everything right leads them to be very precise in their speech and actions.

**CHARACTERISTIC
TRAITS**

Mentally oriented, Brain types are most comfortable when they have all the information available before they make a decision. Inclined to precision, they apply themselves conscientiously to whatever they undertake. Typically self-directed and independent, they can be quite diligent and persevering in carrying out projects. Brains tend to think in ways less conventional and more creative than most other types. Being quite analytical, they enjoy investigating a variety of topics, and will do so with adept resourcefulness and a lively curiosity. Sensitive and intuitive as well, Brains are comfortable dealing with abstracts and conceptual realities.

Brains usually have a strong drive to find the meaning of life and, specifically, their personal direction. Their reason for being here may take the form of needing to feel they are needed, being involved in a worthwhile project, doing something where there is a mental challenge, or feeling their skills are well utilized in their job or career. Personal identity is often associated with their career, and academic recognition often provides the desired type of society status.

Brain Different Bodies, Different Diets

CHARACTERISTIC TRAITS cont.

It is extremely important for Brains to do things right. They are not comfortable unless they can function at the highest possible level. Consequently, before embarking on any new theories or developments, they want to make sure it is scientifically proven with sufficient reasons, explanations and facts to support it.

Since the brain is the dominant organ or strongest system, it has the responsibility of carrying the greatest load and consequently fatigues first. Energy loss in the brain manifests as “brain fog”, and makes even routine decisions difficult. Something as simple as deciding what to fix for dinner can be overwhelming. The tendency is to not eat dinner unless someone else fixes it, as it’s “too hard to fix it myself”, or to simply eat whatever happens to be in sight. Keeping weight on can be a problem because of not eating. Brains often get too busy and forget to eat, as it’s not a high priority for them, or are extremely weight conscious and fearful of gaining weight, so they consciously restrict their food intake.

MOTIVATION

Brains are overly concerned with the possibility of making mistakes or appearing stupid. Consequently, they are thorough, meticulous, hard-working, and inscrutably honest with a high desire for accuracy. They have a tendency to talk around things, without ever coming to a clear resolution. Brains may also belabor their points, assuming that otherwise people won’t listen or understand them, or that they’ll be perceived as naive, or even stupid. By being verbose, they can come across as cold and hard, without warmth. While their intention is not to be antagonistic, their mode of delivery often comes across as such. In reality, they are generally really nice people who have a genuine concern for others, and are usually very sweet and endearing.

Soft-spoken and not wanting to make waves, Brains would much prefer to avoid conflict, which tends to upset their rather delicate equilibrium, than to confront it. In wishing to get along with others, Brains are apt to acquiesce to the ideas of those around them. They may even withhold certain communications because of their desire to please others or win approval. Their apprehension about the possibility of doing something wrong can sometimes cause them to be passive or indecisive.

Basically sensitive and often somewhat shy or timid, Brains will use their strong intellect to provide a buffer from the unknown. While they prefer to handle life in a harmonious manner, they can be quite tenacious when it comes to getting what they want. Generally self-contained with active minds, they are perfectly content to stay at home or in their ivory tower research centers. Unfortunately, they get bored and need to get out into the world. To feel safe they gather as much information as they can. There is a tendency to spend too much time intellectualizing concepts and not enough time applying them, which causes Brains to thwart their basic need to produce tangible results.

"AT WORST"

Brains can become extremely rigid, locked into their own belief structures with a bias against anything new or different and a “prove it to me” attitude. They intellectualize too much, needing to know every detail about something before making a decision, which others find extremely annoying. Their excessive mental activity can result in their getting lost in the details rather than seeing the whole picture. They can easily get sidetracked by distractions, or withdraw into their own world or “Ivory Tower”.

They can become mentally defiant to the extent that the mental realm becomes an arena for challenge or opposition. An example is insisting that everything have scientific, documentable “proof”. They will confront anything that doesn’t fit into their reality as a way of responding to a threat, rather than accept or allow other realities to co-exist. Their initial attitude toward anything that is not their idea is negative, pessimistic, and cynical. They will use the mental area to compensate for their basic underlying insecurities.

Easily stressed by mental or emotional upsets, once exhausted, they go brain dead and aren’t able to make even the simplest decision. Their fear of being wrong and appearing stupid or “doing something wrong” immobilizes them. Wary of taking risks, they will shy away from new adventures and experiences. Brains can easily stay too long in the ordinary, and wind up feeling dissatisfied. Unless they have outside support and encouragement, their fear of failure makes it difficult for them to make the needed changes.

Without strong physical contact, it’s easy for Brains to get spaced out and lose touch with practical reality. Their lack of self-worth leads to perfectionism and compulsive aloofness. Depression is common, as is playing the role of the victim, and constantly asking why. With low self-esteem, it’s easy for them to get caught in a feeling of hopelessness and become addicted to food, alcohol, drugs, or co-dependent relationships. Feelings of insecurity and self-doubt will keep them distanced from the physical and social worlds, causing them to miss out on opportunities that would give them their sense of direction.

"AT BEST"

Intuitive, sensitive, and empathic, Brains can be very effective in working with people. Since they typically use language with precision, they can be outstanding communicators and frequently excel in the teaching and counseling fields. In addition to being good at transmitting knowledge, Brains are also able to guide others in finding self-knowledge.

Gifted in the ability to tune into the needs of those around them, Brains are able to use this sensitivity and understanding to guide others in productive ways. They have good minds, and can be very focused, able to take the

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"AT BEST," cont.

information they receive and carefully and precisely articulate it. Insightful and inventive, they're often able to explain things so they make sense to others, helping them see what had previously been cloudy or confusing.

Intuitive and practical, Brains can take the information they receive and distill it, putting it into a tangible form. They are likely to excel in academics, and pursuits that appeal to their inquiring nature, and are often found among distinguished researchers and scientists. Though especially good at abstract analysis, they can also be quite imaginative and artistic. Recognizing the power the mind has in controlling their lives, they maintain a positive attitude. Once Brains are clear about who they are and what they want, they have the direction they need to be quite successful, both professionally and socially. They are a lot of fun, supportive to others, and willing to be out in front. With their innate patience, perseverance, and tenacity, Brain types can effectively apply themselves and resolve the most intricate problems that they may encounter.

EMOTIONAL ISSUES

Emotional issues that are basic lessons for the Brain body type are fear of *abandonment*, *wrong*, *addiction* and *abuse*.

The other side of fear of *Abandonment* is **at-one-ment** which relates to the feeling of being at one with all that is. The transitional statement which enables one to move from the negative to positive emotional expression is "*I learn from all of life's experiences.*" The feeling of abandonment is stored in the small intestine, located at the waist on both sides, midway between the bottom of the last rib and top of the hip. The essential oil, **Lavender**, is applied to the small intestinal alarm points and the emotional points on the frontal eminences.

The other side of being *Wrong* is **knowingness**. The transitional statement is "*I am true to my source.*" This emotion is stored in the accessory spleen. The alarm point is 2" above lower edge of ribs on side and one inch toward the front of the body. Apply the essential oil **Release** to the accessory spleen alarm point and the emotional points on the frontal eminences.

The emotional state of *Addiction* is stored in the brain. The other side of addiction is **freedom** and the statement is "*I am wanted and loveable.*" Apply the essential oil **Peace & Calming** to the brain alarm point located on midline at the hairline and frontal eminences.

Abuse is stored in cellular memory which is located 2" above umbilicus. The transitional statement is "*I deserve to be loved.*" The other side of *abuse* is **nutured**. Apply **SARA** to the cellular memory and frontal eminences.

This process is explained in more detail on page 7. For a visual location of the alarm points see *Releasing Emotional Patterns with Essential Oils*.