The Nose ”KNOWS”!



GARDENS OF HOPE

JOSEPH P CORY FOUNDATION



Nada Cory

From as early on as she could remember, Nada's life involved planting, tending, and harvesting herbs, vegetables, and fruit trees.

She was raised by her maternal grandparents in beautiful Croatia on a farmstead, and there she became an integral part of the land and everything her family practiced; all in the name of wellbeing. Those lessons learned have remained and have given her the gift to create scrumptious meals from the garden's bounty, and to comfort and heal using natural remedies.

Nada is a licensed medical assistant, certified in Healing Dhan Hag Yoga, Reiki, Essential Oils/Raindrop Therapies, Philanthropist, Entrepreneur, and a Dream Builder/Life Mastery Coach.

Our Focus Today

How Smell affects Us:

- Emotions
- Food Choices
- Healing Capabilities



Eating with our Fifth Sense – Smell

- Using our sense of smell is important when we eat.
  - Evokes memories and emotions
  - Gives us a clue as to whether we may or may not like it
  - Stimulates appetite



History of Aromatherapy

Aromatic oils have been a part of human history for more than 3,500 years. They appear with regularity throughout all major civilizations down the ages, with uses ranging from religious ritual, food flavoring, medicines, perfumery and the masking of bad odors.

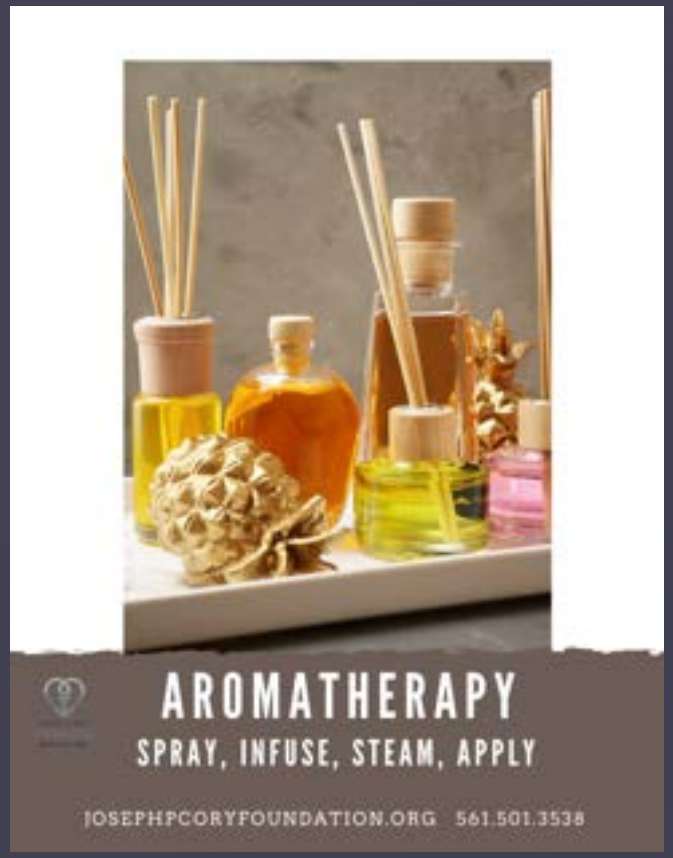


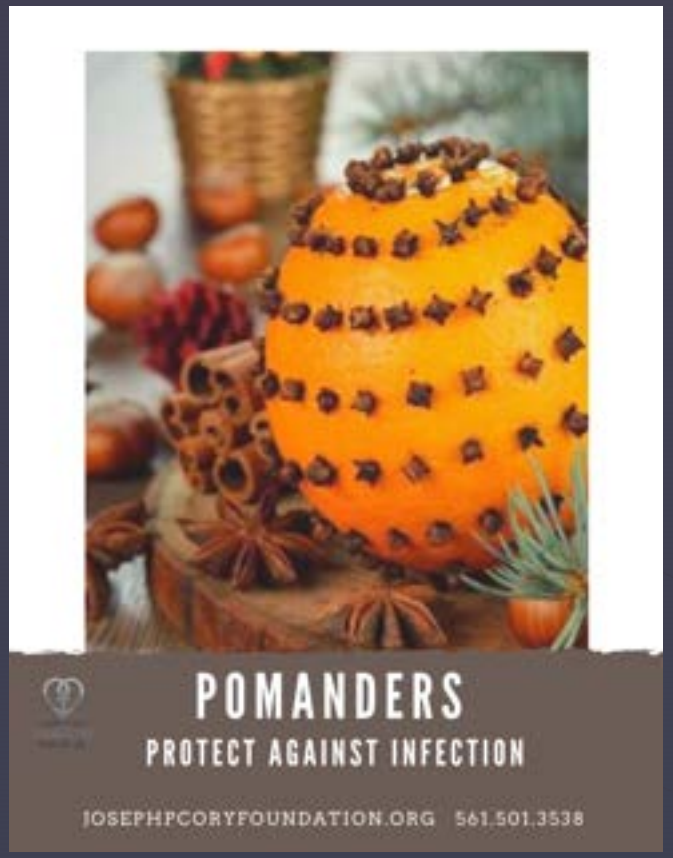


Prior to modern-day scientific tests, the properties of different plants would have been discovered very much through trial and error, and by observing animals' instinctive knowledge about which plants to eat when sick. Such knowledge would have been passed on to succeeding generations, as part of a verbal tradition, eventually becoming the herbal medicine that we recognize today, and out of which aromatherapy developed.



Aromatherapy Your Way








2024