GRAPEFRUIT

Honoring the Body

Grapefruit teaches true respect and appreciation for one's physical body. It supports individuals who struggle to honor their body and are caught in patterns of mistreatment. These forms of abuse may include severe dieting, judging one's body weight or type, and abusing the body through negligent behavior or violence. These acts are often motivated by hate and disgust buried within the psyche, which gets directed toward the physical body. Though individuals may obsess over how they look, deep down they never feel they look good enough. There is a dissatisfaction that persists.

Grapefruit oil is often misused in overly strict dietary and weight-loss programs. The reason this oil helps curb emotional eating is because it encourages a positive relationship with one's body based on love, tolerance, and acceptance. Grapefruit encourages integrity by respecting one's physical needs. This oil assists individuals in listening to their true physical needs and impulses. It also assists them in taking responsibility for what they feel. Grapefruit teaches that no amount of food can fill a hole in the heart—only love can do that. As individuals take ownership of their feelings and get the help they need in addressing them, they no longer have a need to hide their feelings behind food, body abuse, strict regimens, eating issues, or other forms of obsession.

NEGATIVE EMOTIONS: Body shame, obsession with food or dieting, eating issues, distorted self-image, hiding

POSITIVE PROPERTIES: Respectful of physical needs, body acceptance, nourished, healthy relationship with food

COMPANION OILS: Patchouli, Bergamot, Slim & Sassy, Fennel, Beautiful

SUGGESTED USES:

Aromatic: Inhale from bottle, diffuse, or place drops in hand, rub, and inhale.

Topical: Apply 1-3 drops on wrists or over entire stomach.