

Resources and Reference from “Exercise your Brain with Aromatherapy, by Jodi Baglien 2025

Recommended Readings and Reference Books

- Uväs-Moberg, Kerstin (2011). *The Oxytocin Factor, tapping the hormone of calm, love and healing.*
- Herz, Rachel (2007). *The scent of desire: Discovering our enigmatic sense of smell.* HarperCollins.
- Cantele, Lora and Perchon, N. (2014). *The complete aromatherapy and essential oils handbook for everyday wellness.* Robert Rose.

Online Resources

- www.JodiBaglien.Online/Blog for Aromatherapy resources and information of Aromatherapy in clinical settings.
- UC Irvine (n.d.) Research Study. <https://doi.org/10.3389/fnins.2023.1200448>
Overnight olfactory enrichment using an odorant diffuser improves memory and modifies the uncinate fasciculus in older adults

References

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Leon, M., & Woo, C. C. (2022). Olfactory loss is a predisposing factor for depression, while olfactory enrichment is an effective treatment for depression. *Frontiers in Neuroscience*, 16, 1013363. <https://www.frontiersin.org/journals/neuroscience/articles/10.3389/fnins.2022.1013363/full>

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Vance, D. E., Del Bene, V. A., Kamath, V., Frank, J. S., Billings, R., Cho, D. Y., ... & Fazeli, P. L. (2024). Does olfactory training improve brain function and cognition? A systematic review. *Neuropsychology review*, 34(1), 155-191. <https://link.springer.com/article/10.1007/s11065-022-09573-0>

Walker, I. M., Fullard, M. E., Morley, J. F., & Duda, J. E. (2021). Olfaction as an early marker of Parkinson's disease and Alzheimer's disease. *Handbook of clinical neurology*, 182, 317-329. <https://doi.org/10.1016/B978-0-12-819973-2.00030-7>

Wheeler, P. L., & Murphy, C. (2021). Olfactory measures as predictors of conversion to mild cognitive impairment and Alzheimer's disease. *Brain Sciences*, 11(11), 1391. <https://doi.org/10.3390/brainsci11111391>

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