



# **THE TOP ESSENTIAL OILS WHEN HEALING FROM BETRAYAL**

**An interview with:  
Natalie Harris, doTerra Essential Oil expert  
and Dr. Debi Silber**

**Debi Silber:** Okay everybody. I brought someone on so special and here's why. First of all, let me introduce her. This is Natalie Harris and I brought her on because she is an essential oils expert. I learned about essential oils in two of my podcasts. I was so blown away with what they do, how they serve, and how they can help you with just some of these symptoms of betrayal.

It's not just essential oils. You want the quality essential oils because what I learned from these two podcast episodes was that the wrong type of oil isn't serving you, you want quality, and so I brought in Natalie. Now here's what she's going to do; I gave her a list of the most common symptoms we experience after betrayal, after the shattering of trust.

I said, "What would be the best oils for these specific symptoms?" Because think about it, you're doing so much work to heal physically, mentally, emotionally, but if you can just smell something, defuse something, why not have a bit of a break? So, welcome, Natalie.

**Natalie Harris:** I'm so glad to be here. I'm so glad. Thank you.

**Debi:** We just have the most amazing people who come our way just struggling to heal from a betrayal. It's always a shock. This is the person or people they trusted the most and they're blindsided. There's a lot of cleanup that needs to happen in its wake.

**Natalie:** Let me just hit on something that even though it seems so basic and you think everybody understands it, knows it, they don't. Anything that happens to us physically, affects us emotionally. Anything that happens to us emotionally affects us physically. How soon or to what extent you actually feel the side effect of that connected thing, depends on so many things, how old you are, what shape your body is in.

When we're talking about betrayal, this emotional hit, it's like getting hit in the stomach. Interestingly, you have two brains. You have this brain, and then you have your stomach brain. A lot of people start with digestive issues. We'll talk about that.

**Debi:** I definitely want you, because in the Post Betrayal Syndrome Quiz, at least 45% of people who've been betrayed struggle with a digestive issue. That could be anything from Crohn's, IBS, diarrhea, and constipation-you name it. I want to do this. I want to break it down between some of the most common physical symptoms, then most common mental, most common emotional.

This way anybody watching this can realize, "Oh my gosh, that's me. I am totally struggling with that issue and that's what I want just a little bit of support for." One of the most common ones, and I gave you a list of all of them.

Betrayal affects us so deeply, so profoundly. Let's start with the physical. What would you say is one that popped out for you as a top symptom and an essential oil that could so beautifully support it?

**Natalie:** Well, it's lack of energy, for sure. Some people they just can't even get out of bed or whatever they're trying to come to in life, they literally just have no energy. **Peppermint** is the

oil. Let me first explain the job of an oil when it comes into the body system, it's to bring your body into balance. When our body is in balance, before we had that punch, we typically were able to come back as our best self. There's always stuff going on, but you get the idea.

When we're in balance, we don't have issues, we don't have symptoms. When we've had that imbalance-- The job of an essential oil is to bring the body into balance. **Peppermint** is super invigorating, and I'm sure it's like 101 things in one oil. It helps you to focus. It's just another thing that we-- I would just say that **Peppermint** could become your best friend. It will give you a little zip energy, but when I talk about focus, it'll also help you to just be like super clear, but it also helps with digestive issues. It's unbelievable how many things this chemical medicinal footprint can do in one body. I would definitely say **Peppermint**.

**Debi:** Even before you say any more about **Peppermint**, I heard it's great for even just to freshen your breath and for headaches, because I know I've put it on my temples and that feels good. I wasn't quite sure what I was doing, but it felt like a really good thing.

**Natalie:** It will also lower your temperature. If you're in menopause or if you're just with your grandkids at Disney World and you're in line, you take a little spritzer and water and spray them, and it just brings the temperature right down. It's an amazing oil, but the thing I'm going to step back on is, the other thing that happens when we're betrayed or we have something emotional one of the first things we quit doing, is tending to ourselves.

We don't eat as well. We don't sleep as well. We don't do all of those things. One of the products we offer is a product called **Mito2Max**, which is essentially for your neurological system, but the side effect is energy. What do you need really going super well and in balance, your neurological system. With that, I'm just going to say I think eating right, sleeping right, and water. Just the basic things, Deb, that an oil is a fix, and it is something that really can chemically change you but you got to be doing the basics as well.

**Debi:** You mentioned sleep. I've always heard of **Lavender** for sleep and I love **Serenity**. Can you talk about that one?

**Natalie:** I'm so glad you're bringing that up. I happen to be ADHD, and sometimes you can tell in my presentations that about me, but there are many of us, and it's not just ADHs or ADDs. Oils can do both things, opposite sides to us in our bodies. Yes, **Serenity**, yes, **Lavender**. There's about a 15% of the population that they're not great at relaxing us. We think of lavender, serenity, all things, calming, relaxing.

I'm one of the 15%, and these poor ADDer moms and you're like, "Oh, give this to your child. It'll help them to sleep." They call you the next day and say, "I was up till 2:30am. This did not help." There are other oils for that. There's **Bergamot**. One of the things about using something holistic, it's beautiful and a little bit frustrating.

We have like percentages, we can give you, but 85% serenity and lavender that is the thing. I'm also going to suggest an oil called **Copaiba**. If you've had that experience and you're like, "I didn't know that," then I would try **Bergamot, Cedarwood, Vetiver**. Interestingly, if you're the person who can get to sleep but then wakes up because it's running in your head and you just can't get back to sleep, that would be more like a **Cedarwood** or a **Vetiver**.

**Debi:** Beautiful. Also, with this trauma, this shock, so often we were in pain. The pain gets lodged in the tissues. "The issues are in the tissues." So many people I know have tremendous back and neck pain. What would you suggest for, let's say neck back, shoulder, joint pain, just pain, physical pain?

**Natalie:** I'm going to say **Copaiba**. Let me explain to you about this oil. Some of you are probably really familiar with CBD oil, which we love. We don't happen to carry it as a company yet. The reason we don't is because-- the foot printing that I'm talking about with CBD goes across the pleasure receptors of your brain. For those of you, who've used it and love it, know how great that is, sometimes you want that.

If you have an older brain that's dealing with dementia or a younger developing brain, that's why they say, no weed for little children it literally can alter the DNA already, all of that stuff in your brain. **Copaiba** doesn't. It relaxes the body. It helps to relax the muscles and the tissues, but **Helichrysum** and **Lemongrass**-- I love that you said that. I haven't heard that before, but the issues are in the tissues.

**Lemongrass** will help to relax to get those to not be so tight, to not be tight. We have another product called **Deep Blue** and it has a lot of **Wintergreen**, and they're just to help, just to release so that you can relax.

**Debi:** I actually used that the other day. I have a whole bunch of dogs and they destroyed my carpet. I got a new carpet and I was so excited to put it down. I was rearranging all the furniture and I pulled a table and a couch, and I just felt my back. I was like, "That's it." I just knew I did something. I did use **Deep Blue**. It felt very minty. Is there peppermint in **Deep Blue**?

**Natalie:** And **Wintergreen**.

**Debi:** That must've been where that sort of like cooling feeling. I was going to say is there a way for, let's say the physical issues that betrayal can leave us with, is it better to diffuse? Is it better just to just inhale? Is it better to put it on it? Does it matter?

**Natalie:** Physically almost always it's better to either take it internally, or to put it on it. Emotionally, I'm going to tell you that we're going to breathe it in. We'll talk about that, but for physically, take it internally or put it in.

**Debi:** I just want to caution everybody, you want to be really careful when you're taking it internally, especially if it's not quality. That's a whole different thing. I just want to make sure we said it.

**Natalie:** Let's have that conversation. I also want to just give you a visual. We use the oils-- no, we don't use the oils inside our ears and our eyes or up our nose. A way to help you to remember is this visual, but also that we have little hairs in our ears, little hairs around our eyes, little hairs up our nose. Now it's going to happen. If you are an all user, you will probably get it in your eye. If you get that burning sensation, it's like when you eat the peppers, you will not flush it with water. You will use another oil.

Now, if you're like, "Well, what if I don't have any fractionated coconut oil?" Well use a virgin olive oil or a vegetable oil. You get it in your eyes or even on your skin, just use another oil to dissipate it, and it will still stay, it will still have its strength.

**Debi:** Okay. That's interesting, and I didn't know that, but I will never forget that visual. Okay. Let's move on, because there are so many mental symptoms too, and by mental, I mean chaos, overwhelm, brain fog, just that feeling of inability to focus all of that. Are there certain oils that come to mind when it comes to the mental symptoms?

**Natalie:** Yes. We have a really specific one and it's called **InTune** and it's our focus oil for adults. We have one for children. There's another one called **Adaptiv**, and so **Adaptiv** is essentially for those anxious feelings, if you have those anxious attacks, but getting your head clear, really, really this **InTune**. I'm going to tell you from my ADD point of view, if it's time for me to do my taxes and everybody else in the world is just sitting down and doing it and if I don't want to do it, getting me there, but if I'll roll on my-oil - even if I don't want to do it, I'll roll it on. I kid you not, within six minutes, sometimes four I'm like, "Okay."

It doesn't make me want to do my taxes but it gets my butt on the chair, and then I'm able to act like a normal person and that fragmented all over the place, you want to get your hormones and your neurological pathways aligned, so that's the **Adaptiv**. There are others, like for sure, **Peppermint, Vinger**, we have an oil called **Balance**. Like I told you, the job of the oil is to put us in balance so we don't have any issues and I would highly suggest that a couple of times a day put it in a roller.

**Debi:** Okay, and the roller is the same oil as let's say in the bottle, but it's just diluted?

**Natalie:** Yes, and it's some fractionated coconut oil added to it. It's just an easier swipe.

**Debi:** Okay. That's actually a great thing if you're going out, whatever, throw in your bag if you need it.

**Natalie:** If you're not going to diffuse it-- The rollers are my favorites because I don't always love getting it all over my fingers.

**Debi:** Okay. I know people put oils on the bottom of their feet too. Which oils would that be? Why would you do that?

**Natalie:** Well, if it's a stronger oil like an **Oregano** or a **Cinnamon** or something that could, even **OnGuard**, that could possibly have a burning sensation, but let me just tell you, whenever you're using an oil for the first time, and if you think it needs to be applied to the skin and not just breathed in or in a capsule, make sure that you try it on the bottom of your feet.

You know how tough the bottom of your feet are, and you have large pores there, so it can get into your system fast, but if you're going to have a reaction, which is rare. I've been in doTERRA eight years and I've had two reactions and the reactions, both of them, were self-inflicted and not educated. Either way, both resolved by applying more fractionated coconut oil, but your feet are a really safe place to test it and it'll be within your system like that.

Now mental issues sometimes-- For the physical I said we're going to put it on your body, we're going to put it in your mouth, mental it can go either way. It's really good. What I do is I'll roll the **InTune** on my wrists and then I bring my wrist up and I breathe in 16 to 30 seconds three times, or I'll drop the drops there and do a cupping shape and [inhales].

**Debi:** I wish I remembered what oil it was, but there was a time when I was writing *Trust Again* and I always diffuse when I'm writing. It's just always in my office. There's always something going on. I was so focused, but I just usually just grab one and say, "Okay, well, whatever this is, it's what I mentioned to have for the day." I think it may have been **Adaptiv**. Would that have helped me write and get focused?

**Natalie:** Yes. **Adaptiv** would have.

**Debi:** Okay.

**Natalie:** My favorite for focusing is **InTune**, but you're going to see also that it's different for everybody. The **Lavender** doesn't put me to sleep, but if somebody opens a bottle of **Bergamot** and I start melting into the day and I'm like, "No, no, no."

**Debi:** You just have to know yourself. I think that's an important piece of this. Okay. With those mental symptoms, because anybody who's experiencing the betrayal, trust issues, it is so overwhelming, and that's the thing. Here you are, you're trying to wrap your head around what you just experienced, what you just learned and you still need to work, raise your kids, whatever it is, so anything that could help regain that focus is so important.

**Natalie:** There's one oil I want to interject here, even though it's emotional, but it's also mental. **Geranium** is the oil of love and trust, and what's been broken, disconnected is your trust. You didn't even know that could happen in your world, and putting that on your heart or I actually don't like the smell of it, or on the bottom of your feet, but you will feel the difference mentally, as well as emotionally. I just think you'll be able to order.

**Debi:** I love that. I love that. I know there's an **emotion kit**, which has lots of oils to deal with the symptoms of betrayal.

**Natalie:** We have a **basic kit** that we say, get this kit, these 10 oils cover 80% of anything that's going to happen physically in your home. We have this **emotion kit** of emotional oils and it has **Console**, it has **Cheer**, it has **Motivate**, it has **Peace**. When it first came out, I'm that girl, I'm scientific. I'm like, "No, seriously, what are you talking about? You've got an oil for console. What?" God blessed the world we live in because science can determine where in your brain these things are and then what chemicals and what natural elements interact.

**Debi:** I have that and I haven't tried it, but I'll tell you, and you and I spoke, I lost one of my dogs today and I'm curious, and I will let you know. I'm going to try **Console** when we're done and I'll let you know if I feel a difference. Okay, terrific. Let's get to the emotional symptoms because the number one is sadness, profound sadness, but there's also anger. There's a lot that we're moving through, and those are two of the biggest ones, then there's of course we could be depressed. There is such a wild range of emotions we go through. Within an hour we can hit on so many. For the top symptoms, what would be the oils that you recommend?

**Natalie:** Okay. I'm going to start with, even though anger may come first, I'm going to start with sadness.

**Debi:** Sadness actually does come first. I think like 88% of everyone betrayed has profound sadness.

**Natalie:** That makes absolute sense. Just as science can identify where in the brain all of these different places that oils and chemicals should hit, you have an organ in your body where, and there's a YouTube that you can watch where this guy gets angry and you can watch what's happening inside of his body, and do you know where the anger sits and lodges, in his liver. If that doesn't explain an alcoholic, I don't know what does.

It's stuck anger, that can't move, well, sadness, grief, it goes to your lungs, and so with that, so we would use an oil called **Breathe**, which opens up the passes ways. It just literally helps you to get air inside, to help get in out, in out. For the processing **Cardamom** is another oil that's specifically good for that. Now anger, we have an oil called **Forgive**, it's in that set. I would highly, highly suggest.

I've had some betrayal in my life as a child, and I would go days, every day, somehow as a 40 and 50-year-old it's still entering my head. I started using this oil and even though I knew why I was using **Forgive**, I would put it on the insides of my thighs, I forgot and I wasn't thinking about-- I have many-- and actually what made me think to do that was somebody else had told me their story and I was like, "Well that's almost my story to the tee." You can't make that kind of stuff up.

**Debi:** That's what I love about this stuff. We have saying in the community, "face it, feel it heal it." You cannot heal what you're unaware of. We become very aware and then we hold everybody's hands as they're moving through these very painful emotions, but the only way to

it is through it and that's what needs to happen. If you can have a little bit of additional support, think about it, you're saying you roll this on and you started feeling better.

**Natalie:** It doesn't make any sense to me. My Natalie hard head, I'm way head, I'm way research. If you feel all the different things I've done in my life, don't tell me something works, you prove to me. That's one of the things I love about doTERRA. We actually have this site, aromatics.com, where you can go on. It's only PubMed articles all over the United States and other International Universities, would be scientific journal research because you always want to see who's doing that research, because it's always to get paid by somebody.

The articles can be heavy, but ultimately they're going to tell you that thing. Like, "Should I ingest my oils?" I'm pretty sure there should be some research on that. It's that type of thing.

The thing of love about an essential oil is when we take our immune system, which is what starts depleting when we have something like this happening, and then we take the immune system of a plant. Usually, it's the outer layer of something. We take that oil and we mix it with our biological interface, this healing happens. It's scientifically proven.

**Debi:** It's so brilliant because we always bring experts to teach Masterclasses within our community, and we had a doctor come in and in addition to being-- she was an emergency room MD for years and then she's also a Chinese medicine doctor. She had this amazing class on which mood is associated with which organ. I remember her saying, anger and liver and grief and lungs, and you're speaking to that exact same thing. It's fascinating, it really is.

**Natalie:** We have all those classes that we can plug people into if they're interested in it.

**Debi:** I just think it's amazing. Other things like think about it, when you're betrayed, your trust is shattered, of course, and then there's rejection and abandonment and a sense of belonging, confidence, worthiness, trust. Is there one oil that comes to mind or many when it comes to healing, working on those things?

**Natalie:** Do you know what, I'm going to say, **Geranium** again and **Frankincense**. **Geranium**, that's that oil of love and trust, and **Frankincense**, it's called the king of all the oils because no matter what you have going on, if you can't even identify it because you're so out of yourself, frankincense works with all the body systems, and its job is to remind the cells how to act perfectly. I'd say those two, **Geranium** and **Frankincense**.

**Debi:** Natalie, what I'd love to do is this. I'll just give a very typical profile of the people we see coming into the PBT Institute. Let's say her name is Sue, and she is 50-years-old, and she's been betrayed, and she's just shocked, she's overwhelmed. It's been a little bit of time since it happened, but she's stuck, she's frustrated, she's sad, she's angry. Run through what she could do for her typical day using the oils and capturing typical moods she's probably experiencing.

**Natalie:** She probably doesn't want to get out of bed. First thing, the alarm goes off, another day, and it's still here, it didn't magically go away. I'd hoped we'd help her get up to go to the

bathroom, she's got to drink water, she's got to get some water in her system because that is the thing that flushes, it literally helps the brain, the heart, everything flush. We're going to have her take a big drink of water, we're going to have her take some **Balance** and put some **Balance** on her wrist.

I'd have her put some **Geranium** on her heart, or on the bottom of her feet. I'm going to have her put some **Peppermint** either dotted on her nose, or at the back of her neck. All of this can go multiple places. One thing to know is that at the back of your neck, if you feel back there, there's that occipital triangle. There's this really soft place right at the bottom of your skull, that's the top of your spinal column fluid sac.

It's right there and at the very bottom, your sacrum. At the top of the crack of your bum, that's the bottom of it. Getting oils at the top and the bottom is like getting them up your nose.

If I were her, I'd probably have her have a diffuser set and push the **Wild Orange**. All of the citrus oils work with the limbic brain, so when we're in that state, a literal gray fog forms across your limbic brain, and the citrus oils will literally remove it.

**Debi:** Oh, I love **Citrus Bliss**. Guess what's going on in here right now? **Citrus Bliss**. I have it in my diffuser bracelet.

**Natalie:** Tons of people love **Citrus Bliss**. Now, if it were like a child and they were having anxious feelings, if you talk to me specifically, the different citruses can really hone in for that anxious feeling. If she's feeling like she's got to get back in bed, she can't get her clothes on or get her makeup on, I'd probably say let's get a little **tangerine**. Just getting that going will help to propel her forward.

**Debi:** She's out of bed, now she's facing all that she's got to do in a day, what does she need next?

**Natalie:** I just have a couple of rollers. I take that **Adaptiv**. This is interesting, I love that you're having me pair it down like this. I'd have her do the **Balance** and the **Adaptiv** several times during the day.

**Debi:** She makes it through her day, and now it's towards the end of the day, what does she need now? Because this is such a typical scenario of what people face so I just want everybody watching this to be like, "Okay that's what I do."

**Natalie:** I would have her figure out, it might be a little bit of trial-error, whether it's **Lavender** or **serenity**, or even **Adaptiv**, definitely I'd have her have some **Copaiba** capsules that she takes. It can be as much as two hours before bed. You know what, **Turmeric**. I can't believe I didn't mention that, the emotions are tangible, they need to be flushed and **Turmeric** strengthens the body while flushing it. I would do that. She just needs to figure out her nighttime protocol.

**Debi:** I love that. You have your morning plan; you have something to carry you through the day and then a nighttime solution.

**Natalie:** We're just talking oils here because there are so many other things I would have her do. I would say you got to be listening to just something funny. You got to remember that life is still good. I'd have her doing some meditation, reaching out to other people who think she is the cherry on top of the sundae because that's who she's got to surround herself with.

**Debi:** 100%, and she needs to speak to the right people because the wrong people do more harm than good. We've experienced so much of that in the community where people have therapy trauma or whatever where they saw somebody and they didn't know and whatever, it did a lot more damage than good. We've got her covered.

**Natalie:** Something to remember, I mentioned water. Because you're adding these things to your system. It doesn't do you any good to just put them on and then not give them a way to exit. It's like stirring a pot, getting it, and now you're just getting the mess all over the place instead of cleaning up the mess and getting it out. They want to have at least the normal amount of liquid that they should be having which is their weight in water.

**Debi:** Now I could just see, because I'm always trying to be in the minds of the people who are listening and watching. In my podcast I do this and now here too. What are they thinking? What do they want to know? Let's say someone's like, "That sounds great but you mentioned like 30 oils. If I had to choose the top one or two to get started with, I've been betrayed. Trust has been shattered. I don't feel great." So please give us a starting place. Of course, they're all good, but let's say a starting place.

**Natalie:** I'm going to say **Adaptiv** for sure. I want to say **Balance, Adaptiv**. I would say **Balance** and **Adaptiv**. I would get them in rollers. Keep them on you, and then of course one sleep aid, whether that's **Serenity** or **Bergamot** or **Cedarwood**. To be on a safe side, I'm actually going to say go with **Vetiver** for sleep if you're just going to try it once because it helps you to stay asleep.

**Debi:** That's really important too because at night, for those of us who've been betrayed, it's the worst because everything that we were able to drown out during the day, hits us so hard at night. I love that you really focus on sleep.

**Natalie:** I would defuse. At night, I would have something in the room that I was going to sleep in or at least something where I'm sitting to relax to get to sleep.

**Debi:** You know what, we covered really the most common symptoms from betrayal. What do you want to make sure everybody knows as we wrap this up?

**Natalie:** What a gift it is to live in our world where we have these natural remedies that don't mess up your liver, they don't hurt your other organs they literally help. Just because they're new and not necessarily mainstream that there's hope. As you use them, you'll be able to preach the

preach too and just to help yourself. That's a place too of just being still and stuck, like you said, but there's hope and it's not super expensive. There's a community, God bless you, Deb, that goes with it. There's a whole community that goes with it.

**Debi:** There is. Yes.

**Natalie:** You're not alone.

**Debi:** No. Definitely. You're not alone, you're not crazy and you can heal from all of it. I'm living proof, so is everybody in the PBT community that's working on this. Natalie, I want to thank you so much. Here's what we're going to do. There's a link below. Just click that and it's going to send you to everything you need to know. Take a look, trust your gut to see what's right, to see what's a fit for you but just as you're working towards this healing, if you could just give yourself a little extra support, a little extra boost.

This stuff is hard, why don't you give yourself a little support? Whether you smell something, whether you diffuse something, roll something on, ingest something carefully, do that. That's what I'm doing and it's helped me so much so that I brought Natalie on to just really give you the whole down low about what goes on with all these different oils. There's so much to learn but they're so wonderful and so healthy and just a great resource while you're healing from betrayal. Thank you so much, Natalie, and thank you, everybody.

**Natalie:** Thank you.