

Smell Retraining Therapy

A loss of sense of smell can be a very difficult problem. The good news is that many people can have some improvement in the sense of smell, by following a relatively simple protocol. Good results have been shown in several different medical studies.

First, choose at least 4 different essential oils. There are 4 broad categories of smells: flowery, fruity, aromatic and resinous. Choose at least one from each group. Some combinations which have been studied to be effective include:

- Rose (flowery), lemon (fruity), cloves (aromatic), and eucalyptus (resinous)
- Vanilla, orange, cinnamon, menthol and banana
- Jasmine, tangerine, thyme, and menthol
- Gardenia, bergamot, rosemary, and green tea

Buy your essential oils of choice along with some small mason jars or other similar containers. Label the jar and put a small piece of paper towel in the container and shake some of the essential oil onto it. Twice a day, open the jar and breathe deeply for 15 seconds or so. Try to make out the smell. Take a 15 second break and move onto the next smell. After you are done, make sure you keep the lids tightly closed. For best results, this should be done at least twice a day. Have someone with a better sense of smell check every month or so to ensure the scent is still strong.

Budesonide is a liquid steroid which can be added to your sinus rinse may be appropriate to help increase the effectiveness of smell retraining therapy. Ask your doctor if that is appropriate for you.