

VisionTraining.com/Smell < Basic Sequence To Improve Smell FAST

Pick 4 essential oils, scented soaps, or spices. Suggested (peppermint lemon, lavender, eucalyptus, citrus, cinnamon, orange, rosemary, or rose). Sniff them all with your R and left nostril after each drill.

Put in a number (0-10 in the initial assessment. For the rest, put a number AND mark ++, +, 0, -, -- in the box based on how each drill works. At the end, try combining the best drills at the same time.

Besides oils/soaps/spices, you'll want a tissue, cup of water, and a spit cup.

The goal is 3-5 winners of the 14 drills. WILD Fluctuations are not unusual.

		Peppermint	Lemon	Lavender	Eucalyptus	CHANGE #	R+L Change
Initial Assessment	R	/	/	/	/		>
	L	/	/	/	/		
Eye Palm Triangle Breathe	R	/	/	/	/		>
	L	/	/	/	/		
Nose Tapping	R	/	/	/	/		>
	L	/	/	/	/		
Repeat Swallow Without Salivating	R	/	/	/	/		>
	L	/	/	/	/		
Gargle or Hum For Time	R	/	/	/	/		>
	L	/	/	/	/		
Air Hunger	R	/	/	/	/		>
	L	/	/	/	/		
Resistance Breathing Through Fist	R	/	/	/	/		>
	L	/	/	/	/		
Timed Exhale	R	/	/	/	/		>
	L	/	/	/	/		
Pull Tongue With Kleenex	R	/	/	/	/		>
	L	/	/	/	/		
Tongue Circles L	R	/	/	/	/		>
	L	/	/	/	/		
Tongue Circles R	R	/	/	/	/		>
	L	/	/	/	/		
Tongue Circles All	R	/	/	/	/		>
	L	/	/	/	/		
Funny Bunny / Fuzzy Bunny	R	/	/	/	/		>
	L	/	/	/	/		
Hand slapping	R	/	/	/	/		>
	L	/	/	/	/		
Try To Combine Winners							
eg. Timed Exhale While Doing L Tongue Circles followed by Air Hunger While Hand Slapping	R	/	/	/	/		>
	L	/	/	/	/		

Repeat The Winners Or The Combo As Needed

Video Instructions and Additional Drills

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