

Olfactory training protocol

First olfactory training

12 weeks - odours 1-6



ANOSMIE.ORG

Association anosmie.org

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&

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12 weeks - odours 1-6

Developed for the ‘**Anosmie.org**’ association by

Hirac Gurden, Neurobiologist and Neuroscience research Director at the CNRS (National Centre for Scientific Research)

Jean-Michel Maillard, anosmic and president of the association.

This protocol is based on the numerous publications and international work of **Professor Thomas Hummel’s** research team in Dresden (Germany). You can find these publications at the following address: https://www.researchgate.net/profile/Thomas_Hummel. Hirac Gurden and Jean-Michel Maillard have modified Professor Hummel's protocol, with his approval, to adapt it to a general population.

THE OBJECTIVE OF THIS PROTOCOL

The protocol aims at providing sensory progress mainly to those who have lost their olfactory capacity or have had a decrease in their ability to smell.

It also intends to reconcile hyposmics (partial loss of olfaction) and anosmics (total loss of olfaction) with their decreased or lost sense of smell.

It must be specified that the protocol does not guarantee olfactory gain. However, published results in international scientific journals showed that about one third (12 weeks of training) or half (24 weeks of training) of hyposmics presented improved olfactory sensitivity after this training.

Many noted an impact on their feelings during mealtimes and the redevelopment of their sense of taste. They also say that they feel much better and that there is an improvement in their quality of life.

WHO IS THIS PROTOCOL FOR?

This protocol is mainly for hyposmics and for anosmics, whatever the origin of their dysosmic disorder. The case of congenital anosmia must be set aside, due to the lack of olfactory receptors expression and to the reduction of the volume of the olfactory bulbs. (For those people, there is however the possibility of stimulating the trigeminal nerve terminals in the nose. This subject will appear in a second specific protocol that will be published later on.)

This protocol is also for normosmics (people who have a “normal” sense of smell) to improve their olfactory sensitivity. Good olfactory sensitivity is not inborn and must be developed at an early age. Therefore, we place children in the front line of this apprenticeship, for their smell is a precious sense that must be stimulated. Normosmic parents could equally benefit from this olfactory stimulation with their children.

Early changes can be detected by the person him/herself. Nevertheless, patients who wish to follow this protocol are advised to take an olfactory sensitivity test at an E.N.T. (Ear, Nose & Throat) hospital service, before and after the training in order to verify any change in their sensitivity.

OLFACTORY TRAINING IN A FEW FIGURES

This protocol, based on scientific work, allows us to provide those who carry it out with the assurance that this approach has obtained results from the research teams that led the work. For example, in the first international article published by Dr. Hummel's team in 2009 in the scientific journal *Laryngology*, with a 12-week protocol, 33% of 40 people tested recovered at least partial olfactory sensitivity. A Greek study published by the Constantinidis team in 2013 shows that 67.8% of postinfectious dysosmics and 33% of traumatic patients recovered at least partial olfactory function with 16 weeks of rehabilitation. The Hüttenbrink team also showed in 2014 that 63% of the 24 postinfectious anosmic patients in the study, at least partially recovered their olfactory capacity after 12 weeks. Finally, with 24 weeks of rehabilitation (publication of the Hummel team in 2015), this number drops to almost 50% of the 68 people tested. In all of these studies, patients are followed up in hospital, rehabilitated at home, and their sense of smell is assessed in hospital by a battery of tests to estimate their smell detection, discrimination and olfactive identification. The groups include as many women as men.

LENGTH OF THE PROTOCOL

The olfactory training consists of **two daily** short-term **olfactory stimulation** sessions, using **4 to 6 odours**, for at least **12 weeks (up to 24 weeks)**. This may sound long but one could also see it as a precious meeting with oneself, concentrating on one's feelings.

As well as the two daily sessions of olfactory stimulation, described in details further on, the use of diffusers for varieties of your favourite essential oils is very likely to contribute to olfactory improvement.

SMELLING AND BREATHING

Our nose, the symbol of smelling (very often neglected by normosmics) must be rehabilitated! For dysosmic people, it will no longer be completely used to enjoy all the smells of life but let's not forget that **smelling and breathing are inseparable**. We cannot stop breathing and therefore we cannot stop smelling. Our nose brings the life and the oxygen that feeds our body. It can also help us to relax. **Working one's breathing** with exercises in **Sophrology, Feldenkrais method, Qi Gong or Yoga** is an interesting way to **reduce our anxiety** and to increase our concentration, especially for dysosmics. This approach also allows us to facilitate the detection and identification of smells.

EQUIPMENT

1. Essential oils

- **Lemon** (citrus limonum)
- **Oil of cloves** (eugenya caryophyllus)
- **Rose** (rosa) or **geranium rosat** (pelargonium graveolens)
- **Eucalyptus** (eucalyptus globulus)

Choose **organic products** to guarantee good quality.

The above four odours have been chosen in **Thomas Hummel's studies**, based on the classification of odours into 4 main categories, established by **Hans Henning** over a century ago.

We advise the addition of two additional odours to the above series.

- **Peppermint** (mentha piperita) (to stimulate the trigeminal nerve, even if lemon and eucalyptus have a trigeminal component)
- **Coffee bean** (coffea arabica) (a special odour in our lives, related to comfort and family)

2. Bottles, labels and logbooks

- 6 bottles of **10 ml** of essential oils according to the above list
 - (By using 1 ml every fortnight, one bottle of 10 ml should be sufficient for the 12-week protocol).
- 6 identical opaque and empty bottles of 100 ml.
- A number of labels to identify the bottles
- A logbook to keep track of your exercises
- Your optimism and your will to progress ☐



3. Preparations

- Identify each bottle by sticking a **label underneath** (see photo)
- Fill in the **correspondence sheet** in your logbook
- Measure out 2% of each essential oil, respecting the following instructions: -
 - Measure 50 ml (5 cl) of water in the bottle (you can use a large graduated glass)
 - Add 20 drops of essential oil, representing 1 ml

*It is important that the bottles be identical in order **NOT to be able to recognise them easily***

- The bottles should be kept away from heat and light
- The samples should be renewed every fortnight to guarantee a good intensity of smell. This implies rinsing the bottles in hot water.



Sunday Day 1

Period from _____

To _____

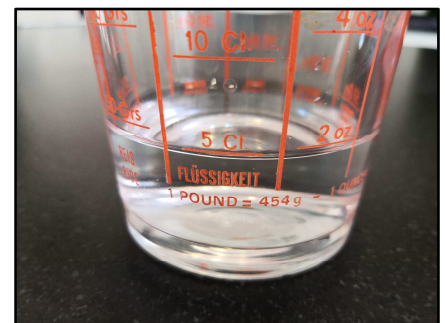
+ 13 days

- Wash the bottles in hot water
- Measure out 2% of the essential oils
 - 50ml (5 cl) of water
 - 20 drops of oil (1ml)
- Identify each bottle
- Fill in the following chart

Odours	Bottle n°
	1
	2
	3
	4
	5
	6

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PROTOCOL SEQUENCE

1. From day to day

- Do these exercises **morning and evening** (estimated time: 5 minutes)
 - **In the morning** before eating or drinking.
 - **In the evening** before or after dinner or before going to bed
 - Generally avoiding olfactory disturbances (at a distance from meals or from brushing teeth for example)
- Shake each bottle before beginning the exercise.
- Open your bottle without looking at it and without turning its cap over.
- Smell each of the 6 bottles for approx. 30 seconds a time
 - Place each bottle at a distance of 2 cm under your nose (not too near) and move it from side to side (see photo below)



- Try different rhythms of sniffing, breathing deeply or by jerks.
- It's useless to inhale deeply or to repeat the exercise 100 times.

You must remain calm and let the perception come to you...

This is the psychological side of the smell: **our physical and mental state can greatly influence our olfactory perception**. It is important to smell odours without forcing, without trying to recognise the smell just letting the odour come to you. Knowing the identity of the odour before smelling it induces disturbed attention and olfaction : reading the odorant's name induces memory and emotions that will interact with smell. The goal here is to trigger brain activation by smelling, not by reading.

2. Procedure

You have a logbook in which you must enter some information.

- At the beginning of each exercise we strongly advise you to indicate at least your physical (can you breathe easily?...) and mental state (are you sad?...) and any other useful information on your mood and your body.
- Then, as the test progresses, you should classify the bottles into 3 major categories.
 - In the first category, to be placed on your left, put the bottles that give you a **real olfactory sensation (++)**.
 - In the second category, to be placed in front of you, put the bottles with which **you have a doubt (+)**.
 - Finally, in the third category, to be placed on your right, put the bottles that give you **no result (-)**.
- Once the test is finished (and not before) you may turn the bottles over and fill in the 3 columns of your logbook as indicated in the illustration.
- Then, you can smell again the bottles with which you had a **real olfactory sensation (++)** in order to **'learn'** this odour and store it into your olfactory library.

In the example below, the person indicates that he/she is in good health but also that his/her left nostril was blocked. The bottles N°s 3 & 6 have given him/her a feeling with certitude (++), the patient had a doubt with N° 1 (+), however the bottles numbered 2, 4 & 5 have produced absolutely no feeling (-). This test took place on the 45th day.

Register the bottle number				
Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 43 AM	1	3	2-4-5-6	/
Day 43 PM	3	1	2-4-5-6	/
Day 44 AM	1-6	3	2-4-5	Tired
Day 44 PM	1-6	3	2-4-5	/
Day 45 AM	3-6	1	2-4-5	In good form Blocked left nostril
Day 45 PM	1-3	5	2-4-5	/

3. Choice of surroundings

The place and atmosphere where you choose to undertake this training (at least 12 weeks in duration) should not be neglected. Here is some advice.

- Choose a place that is:
 - Calm
 - Comfortable
 - Without excessive light
 - Without any particular smell which could interfere with the test (kitchen for example)



Close your eyes and savour each odour intensively like **Bérengère**, a member of the association, without the stress of having to recognise the smell, as a moment of privilege for yourself, with yourself.

4. Practical advice

Advice n°1

The fluidity of each of the 6 essential oils is different. Dosing may be rapid in certain cases but may oblige you to tap the upturned bottle in others.

Advice n°2

It is important not to mistake the different bottle caps. Each bottle must keep its own cap until the end of the protocol (12 weeks) to avoid mixing the smells. If however during the test you have a doubt, you must get the help of a normosmic.



Advice n°3

The essential oil drops may be measured using a plastic eyedropper. However, as this instrument cannot be completely cleaned, the risk of mixing oils is too important and could give false results. The use of an eyedropper therefore, is not recommended.

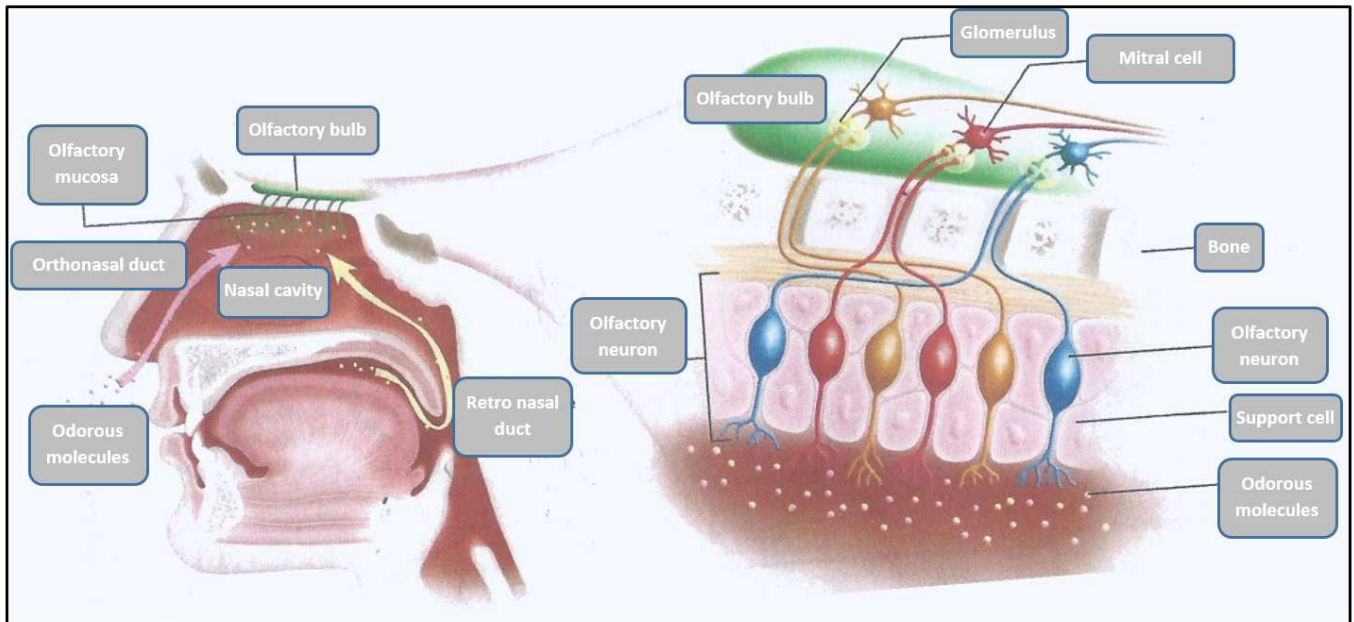
Advice n°4

In the photo below, the bottle of “coffee” has a deposit covering its sides and the inside of the “rose” cap has a red colouring. So, we must be careful not to be influenced by these signs during the exercises. This is the reason why opaque bottles should be used and why we must pay attention and not turn the caps over when opening the bottles.



Advice N°5

Concentrating on our smell when we smell nothing is difficult. We advise you to select and focus on a picture of your choice (making sure not to choose a picture representing a smell - flower, food etc. -) during the whole exercise. Jean-Michel, for instance, looks at a picture representing the information flow in the brain through the olfactory system (see picture below) triggered by the smell of odours and imagines what is happening in his own system during the exercise.



©Schéma de la physiologie de l'olfaction : du nez au bulbe olfactif

Glossary

Anosmia : the loss of the sense of smell, caused by injury, infection, or blockage of the nose.

(Anosmic) : adjective

Congenital Anosmia : is a condition in which people are born with a lifelong inability to smell.

Dysosmia : a disorder described as any qualitative alteration or distortion of the perception of smell.

Glomerus : a cluster of nerve endings around the end of a kidney tubule.

Hyposmia: partial loss of smell.

Mitral cells : are neurons that are part of the olfactory system. They are located in the olfactory bulb.

Normosmic (adj) : having a normal sense of smell.

Trigeminal Nerve : the sensory nerve of the face.

5. Transmission and use of the results of your protocol

The results of the protocol could, if you wish, be sent anonymously or not to medical and scientific teams who would want to study them. One page of your logbook is devoted to information concerning your personal profile (age, sex, type of problem or its length of time).

Your results represent a real move forward for those who are working to make progress with this handicap. The logbook will be returned to you once the data has been registered.

You are also very welcome to get in touch with members of the association who are, like you, trying to improve their olfactory sensitivity. Sharing experience is also a way to go forward.

6. Future evolution

This first, unique protocol, published about olfactory training, is part of a virtuous circle that will evolve in the months and years ahead. New versions of this protocol will be published on the “Anosmie.org” association’s website and will take into account the following points :

- Feedback from patients who will have experienced this protocol
- New scientific publications
- Remarks and advice from the medical profession or scientific community

At the time of writing this first protocol, Thomas Hummel’s team is already working on new ideas for progress with olfactory training.

7. The “7 commandments” of Jean-Michel concerning his olfactory training ;)

1. Be positive. This protocol is a real opportunity and not a constraint.
2. Use this protocol as a means, advice or a game.
3. Have the desire to progress, in your body, mind and soul
4. Don’t become obsessed, stress is negative for brain activity
5. Don’t be impatient, don’t lose courage if you make no progress
6. Suggest to someone close (normosmic) to take the test as well (adult or child)
7. Concentrate on and pay attention to your breathing.

“With this handicap, we have too often taken the attitude that nothing is possible. At the beginning of this protocol, I was sure of nothing and I knew that I would not recover my sense of smell but I wanted to try. After a few weeks, I really noticed some progress in the detection of some smells that I couldn’t identify at first. The intensity of the smells remains feeble but having a minimum of sensation in smelling a bottle is a first step, a first sign of encouragement.”

Jean-Michel

QUESTIONS AND ANSWERS

- Is the 2% dosage important ? Do more concentrated odours allow better rehabilitation ?

Answer from Jean-Michel Maillard : The 2% dosage is amply sufficient (normosmic's words!). Even at this very low dosage, the scent flow remains powerful and sufficient to stimulate your sense of smell.

- Is it possible to replace one odour with another ?

Answer from Sabine Quintana : These smells have been determined by research teams as well as a flavour specialist, they respond to a precise positioning in the olfactory field and do not overlap (additional stimulation). Unless there are exceptional constraints, it is not recommended to deviate from specific odours without having contacted us beforehand.

- What if I detect certain odours at the start of the protocol ?

Answer from Hiram Gurden : Repetitive inducement is important and useful. Even if the odour is detected, rehabilitation progresses in the sense that the smells used being complementary in the olfactory field, a balanced stimulation of the different families of olfactory neurons is maintained during the session.

- Why hide the bottle number ?

Answer from Hiram Gurden : Sensory perception works on two levels, connected in both directions. First the detection stage (in our nose) then coding, interpretation and identification (in our brain) where memory and emotional mechanisms are very powerful (we all have our favourite smells, very pleasant, and often associated with important memories). If we know the name of the smell before we smell it then the memory and emotional centres will set in motion quickly and powerfully, sending a strong signal which will influence the detection activity of the nose and therefore induce a drop in the smell attention and possible confusion. It is much more interesting to 'let the nose do its job', that is to say the detection by the olfactory neurons, which will send the message to the memory and emotional centres, which will then be called upon to find out if the perceived smell is pleasant. and if it is linked to a memory.

- There are several types of eucalyptus (globulus, radiata, cryptone ..), which one should I take ?

Answer from Sabine Quintana : In this protocol, essential oils are not used for their cerebral virtues but to allow us to obtain odours whose position in the olfactory field is very precise. The most common being the globulus.

- Can being a smoker interfere with olfactory rehabilitation ?

Answer from Jean-Michel Maillard : Yes, tobacco will significantly reduce your olfactory rehabilitation. Giving up smoking is not easy, but many studies have shown, for decades, that tobacco has harmful effects in normosmics on taste and smell. The tar as well as the chemicals in tobacco damage the taste buds and disrupt the olfactory epithelium and therefore its rehabilitation.

- Why not dilute the EOs in a vegetable oil ?

Answer from Jean-Michel Maillard : We have carried out tests with odourless vegetable oils (jojoba, apricot, avocado) but have ruled out this use because it makes the implementation as well as the realization of this protocol more difficult. It also increases the cost without obtaining any real added value in terms of olfactory quality. However, it is quite possible to use odourless vegetable oils as a base.

- I can detect the smell of strawberries, but when I eat a strawberry I can smell nothing ?

Answer from Hiram Gurden : The smells that are released by chewing contain slightly different molecules compared to the smells felt directly through the nose. They can also be lower in concentration. Finally, it has recently been shown that odours passing through the back of the mouth and moving up the nose are detected a little more by the posterior olfactory neurons than the ones in the front. A combination of these 3 elements may explain this problem.

You can consult the article entitled "**Taste and Smell in 3 Tests**" available on the association's website to understand better how it works.

- Why not use the pipettes for the dosage of essential oils ?

Answer from Jean-Michel Maillard : The use of pipettes is possible but there is a risk of cross-contamination between odours. If you wish to use these pipettes, they must be disposable. Dosing directly from the bottle remains the simplest way even if some oils, which are quite thick, require a little patience; and it is good for the planet not to use disposable ones!

- Why renew the mixtures every fortnight ?

Answer from Jean-Michel Maillard : After a few weeks of testing, we noticed (especially our normosmic friends who help us) that the olfactory quality decreased after 3 weeks of daily use, so the renewal was adjusted to 15 days.

- Is it possible to carry out the protocol without noting the results on a daily basis ?

Answer from Jean-Michel Maillard : Measuring is progress! Given the duration of the protocol and the slowness at which changes in the sense of smell take place, it is very important to note the numbers of the bottles during each exercise. Furthermore, it is very motivating to note after a few weeks that the number of a bottle begins to repeat itself, a sign of progress that you would not have been able to see without this precious written record.

- I detect or identify odours at the beginning of the protocol, should I continue it until the end ?

Answer from Hiram Gurden : if all odours are detected at the beginning of rehabilitation, it is a good sign, you are not anosmic but deeply hyposemic! You can nevertheless try to dilute 10 times, i.e. to go to 0.2% to try to detect with less odour load. And so on 0.02%...

The second part of this leaflet is devoted to the supervision of your olfactory training.



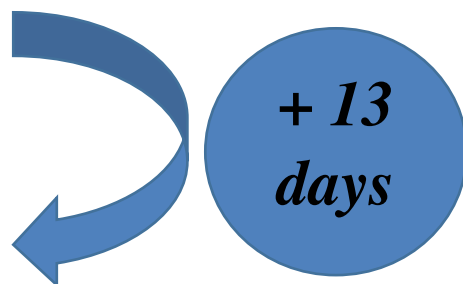
** This pin represents the symbol of olfactory disorder. It was chosen by members of the association in 2018.*

Sunday

Day 1

Period from _____

To _____



- **Wash the bottles in hot water**
- **Measure out 2% of the essential oils**
 - **50 ml (5 cl) of water**
 - **20 drops of oil (1ml)**
- **Identify each bottle**
- **Fill in the following chart**

Odours	Bottle n°
	1
	2
	3
	4
	5
	6

Register the bottle number

Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 1 AM				
Day 1 PM				
Day 2 AM				
Day 2 PM				
Day 3 AM				
Day 3 PM				
Day 4 AM				
Day 4 PM				
Day 5 AM				
Day 5 PM				
Day 6 AM				
Day 6 PM				
Day 7 AM				
Day 7 PM				

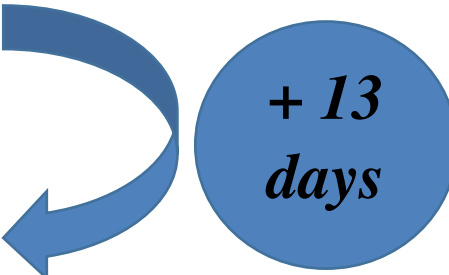
Register the bottle number

Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 8 AM				
Day 8 PM				
Day 9 AM				
Day 9 PM				
Day 10 AM				
Day 10 PM				
Day 11 AM				
Day 11 PM				
Day 12 AM				
Day 12 PM				
Day 13 AM				
Day 13 PM				
Day 14 AM				
Day 14 PM				

Personal notes

Period from _____

To _____



- **Empty the bottles and rinse them in hot water**
 - **Do not remove the labels**
- **Copy the entries of the essential oils and the bottles from day 1**
- **Measure out 2% of essential oils**
 - **50 ml (5 cl) of water + 20 drops of oil (1ml)**
- **Make sure that your labels under the bottles are properly stuck.**

Odours	Bottle n°
	1
	2
	3
	4
	5
	6

Register the bottle number

Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 15 AM				
Day 15 PM				
Day 16 AM				
Day 16 PM				
Day 17 AM				
Day 17 PM				
Day 18 AM				
Day 18 PM				
Day 19 AM				
Day 19 PM				
Day 20 AM				
Day 20 PM				
Day 21 AM				
Day 21 PM				

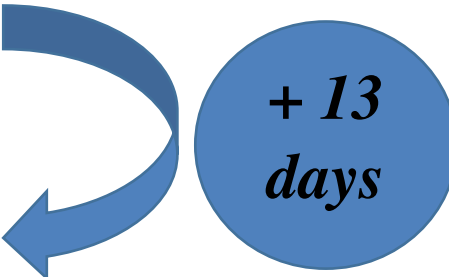
Register the bottle number

Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 22 AM				
Day 22 PM				
Day 23 AM				
Day 23 PM				
Day 24 AM				
Day 24 PM				
Day 25 AM				
Day 25 PM				
Day 26 AM				
Day 26 PM				
Day 27 AM				
Day 27 PM				
Day 28 AM				
Day 28 PM				

Personal notes

Period from _____

To _____



- **Empty the bottles and rinse them in hot water**
 - **Do not remove the labels**
- **Copy the entries of the essential oils and the bottles from day 1**
- **Measure out 2% of essential oils**
 - **50 ml (5 cl) of water + 20 drops of oil (1ml)**
- **Make sure that your labels under the bottles are properly stuck.**

Odours	Bottle n°
	1
	2
	3
	4
	5
	6

Register the bottle number

Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 29 AM				
Day 29 PM				
Day 30 AM				
Day 30 PM				
Day 31 AM				
Day 31 PM				
Day 32 AM				
Day 32 PM				
Day 33 AM				
Day 33 PM				
Day 34 AM				
Day 34 PM				
Day 35 AM				
Day 35 PM				

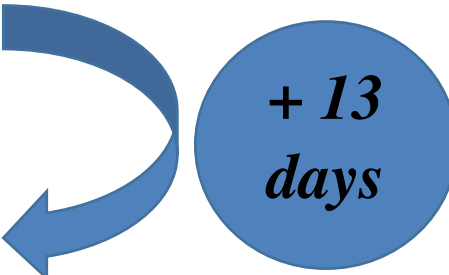
Register the bottle number

Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 36 AM				
Day 36 PM				
Day 37 AM				
Day 37 PM				
Day 38 AM				
Day 38 PM				
Day 39 AM				
Day 39 PM				
Day 40 AM				
Day 40 PM				
Day 41 AM				
Day 41 PM				
Day 42 AM				
Day 42 PM				

Personal notes

Period from _____

To _____



- **Empty the bottles and rinse them in hot water**
 - **Do not remove the labels**
- **Copy the entries of the essential oils and the bottles from day 1**
- **Measure out 2% of essential oils**
 - **50 ml (5 cl) of water + 20 drops of oil (1ml)**
- **Make sure that your labels under the bottles are properly stuck.**

Odours	Bottle n°
	1
	2
	3
	4
	5
	6

Register the bottle number

Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 43 AM				
Day 43 PM				
Day 44 AM				
Day 44 PM				
Day 45 AM				
Day 45 PM				
Day 46 AM				
Day 46 PM				
Day 47 AM				
Day 47 PM				
Day 48 AM				
Day 48 PM				
Day 49 AM				
Day 49 PM				

Register the bottle number

Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 50 AM				
Day 50 PM				
Day 51 AM				
Day 51 PM				
Day 52 AM				
Day 52 PM				
Day 53 AM				
Day 53 PM				
Day 54 AM				
Day 54 PM				
Day 55 AM				
Day 55 PM				
Day 56 AM				
Day 56 PM				

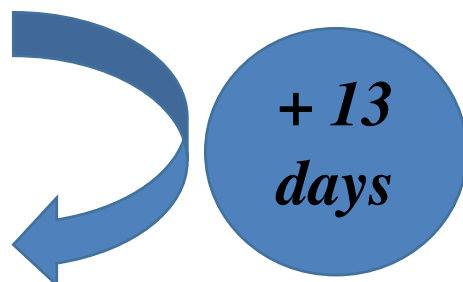
Personal notes

Sunday

Day 57

Period from _____

To _____



- **Empty the bottles and rinse them in hot water**
 - **Do not remove the labels**
- **Copy the entries of the essential oils and the bottles from day 1**
- **Measure out 2% of essential oils**
 - **50 ml (5 cl) of water + 20 drops of oil (1ml)**
- **Make sure that your labels under the bottles are properly stuck.**

Odours	Bottle n°
	1
	2
	3
	4
	5
	6

Register the bottle number

Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 57 AM				
Day 57 PM				
Day 58 AM				
Day 58 PM				
Day 59 AM				
Day 59 PM				
Day 60 AM				
Day 60 PM				
Day 61 AM				
Day 61 PM				
Day 62 AM				
Day 62 PM				
Day 63 AM				
Day 63 PM				

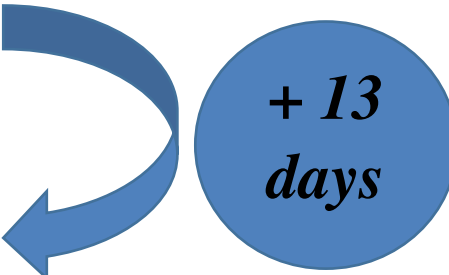
Register the bottle number

Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 64 AM				
Day 64 PM				
Day 65 AM				
Day 65 PM				
Day 66 AM				
Day 66 PM				
Day 67 AM				
Day 67 PM				
Day 68 AM				
Day 68 PM				
Day 69 AM				
Day 69 PM				
Day 70 AM				
Day 70 PM				

Personal notes

Period from _____

To _____



- **Empty the bottles and rinse them in hot water**
 - **Do not remove the labels**
- **Copy the entries of the essential oils and the bottles from day 1**
- **Measure out 2% of essential oils**
 - **50 ml (5 cl) of water + 20 drops of oil (1ml)**
- **Make sure that your labels under the bottles are properly stuck.**

Odours	Bottle n°
	1
	2
	3
	4
	5
	6

Register the bottle number

Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 71 AM				
Day 71 PM				
Day 72 AM				
Day 72 PM				
Day 73 AM				
Day 73 PM				
Day 74 AM				
Day 74 PM				
Day 75 AM				
Day 75 PM				
Day 76 AM				
Day 76 PM				
Day 77 AM				
Day 77 PM				

Register the bottle number

Days	I had a feeling with certitude (++)	I had the impression of a feeling (+)	I had no feeling (-)	General state (Ex: fatigue, rested, blocked nose, stressed, etc.)
Day 78 AM				
Day 78 PM				
Day 79 AM				
Day 79 PM				
Day 80 AM				
Day 80 PM				
Day 81 AM				
Day 81 PM				
Day 82 AM				
Day 82 PM				
Day 83 AM				
Day 83 PM				
Day 84 AM				
Day 84 PM				

We suggest that you forward this logbook to us. Your results will remain anonymous and will help us to increase and improve our knowledge on this handicap. The logbook will be returned to you rapidly.

- Our address is :

Association anosmie.org / 14 route du Printemps / 61 100 Durcet / France

- You can send it via email to :

contact@anosmie.org

- Kindly indicate your own address for the return

- Useful information :

Printing this document should be done following the leaflet method, double-sided.

You feel concerned with our actions

You want to support our association

You want to join us



- *To become a member or donate online ?*
- *To get the olfactory trouble badge ?*
- *Log on www.anosmie.org*
- *Click on the programme 'Adhérer / Faire un don' (Join / Donate)*

“Our life is worth what it has cost us”. Mauriac

Many thanks to...

Linda, my wife

Hirac GURDEN, Director of research in neuroscience at CNRS - Paris

Robert CHHUOR, E.N.T. Surgeon. Atlantic group - Nantes

Translated from French by **Julian GREENWOLD**, congenital anosmic - Paris

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