

# PAROSMIA

## PAROSMIA Distortion of sense of smell

There are many layers for the causation of parosmia, including:

- Sinus problems
- Bacterial or viral infections
- Head injuries
- Nasal polyps/obstruction
- Inflammation in the roof of the nose
- Damaged nasal tissues
- Mucus
- Toxin exposure
- Upper respiratory tract infection
- Medications
- Secondary injury or even death of smell nerve cells
- Allergies
- Hormone changes

Mental/emotional Characteristics that may impact quality of life:

- Weight loss
- Reduced appetite
- Anxiety/depression

” Smell and taste are functions we would never expect to lose, and when we do lose them, our vision of the world changes. ”

## HOMEOPATHY MEDICINE:

### Loss of Sense of Smell and Taste Occurring Together

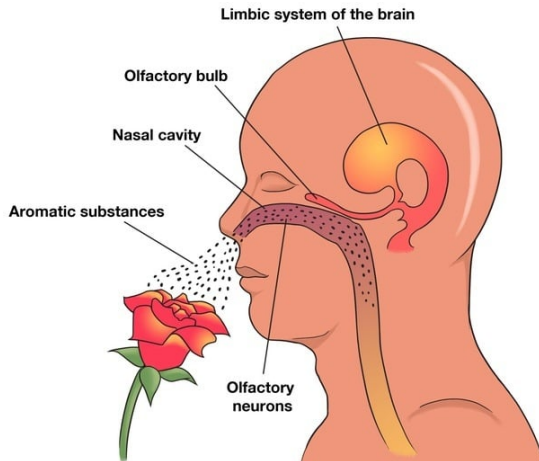
- *Natrum Mur* - cell salt; upon onset; helps recover loss of smell and taste; psychological component; related to *Ignatia* but with more chronic symptoms; dry eyes and dry mouth/throat
- *Pulsatilla* - for long standing cold, Covid

### For unusual Taste in Mouth

- *Merc Sol* - metallic taste in mouth
- *Cuprum Met* - coppery taste in mouth
- *Arsenic Album* - bitter taste in mouth
- *Calcarea Carb* - sour taste in mouth
- *Lycopodium* - heightened sense of taste

### Great sensitiveness to smell:

- *Lacticum acidum* - great sensitiveness to smell; thick, yellow mucus from head to throat; nosebleed in the mornings



## TAPPING INTO CELLULAR SHIFT

Using cellular resonance frequency therapy (with any device or app that you might have), consider shifting imbalanced frequencies to their corrected state with appropriate frequency settings.

Hypoxia; Low Oxygen	00:00/00:20
Lungs; Breathing	00:00/00:20
Covid Virus	00:00/00:20
Virus DT	00:00/00:30
Breathe Free	00:00/00:30
Coughing; Colds	00:00/00:20
Smell - None	00:00/00:20
Natrum Muriaticum	00:00/00:10
Mucous	00:00/00:20
Smell - Morbid	00:00/00:20

## OLFACTORY SYSTEM DISORDER

When parosmia is present in distorted olfactory sensation, due to several factors such as head trauma, brain injury, Parkinson's, Multiple Sclerosis, it can represent the tip of the iceberg of important underlying neurological disorders and be a good prognostic indicator of their progression or recovery.

## ALTERNATIVE APPROACHES

“Close your eyes and think of the smell of coffee,” Crippa said, then paused, waiting for me to evoke a memory linked to that smell.

- Nasal irrigation
- Facial steaming to release any trapped mucus
- Red light therapy
- Terahertz therapy
- Vitamin and mineral supplementation
- Nutritional considerations
- Dietary changes to help reduce acidity and exclude nightshades
- Re-training of smell sense
- Possible visit to ENT physician
- Possible medication as last resort

