

3. Take Note

	Date:	Date:	Date:	Date:
Lemon threshold				
Lemon likeness				
comment				
Rose threshold				
Rose likeness				
comment				
Eucalyptus threshold				
Eucalyptus likeness				
comment				
Clove threshold				
Clove likeness				
comment				
Well-being				



Smell Training

Smell training has been shown to be of benefit to patients recovering from olfactory loss. In a recent overview of studies on olfactory training, this therapy was shown to be a “promising modality for the treatment of olfactory dysfunction.”

This program has three steps.

- A general assessment before you start
- Smell training
- Periodic notation of your responses

The “diary” part of your smell training will help you see what sort of progress you are making.

1. Assess

See the sheet marked “Start where you are”. Assess yourself now, and refer to it from time to time. Our sense of smell can trick us, and you might not be aware of changes unless you look specifically for alterations in how you perceive smells.

2. Train

Materials:

- 4 or more 1 oz. (30ml) amber jars
- absorbent paper (watercolor paper works well)
- essential oils or other things to smell
- labels

Place circles of absorbent paper into each jar and moisten with an essential oil. Be sure not to mix up jars and lids, so label both with the name of the ingredient. Over time, oils lose their potency, so you can wash them out and reuse (but always put lemon in the lemon jar and rose in the rose jar, because the smells linger in the lids). Keep jars out of direct sunlight. Keep them in convenient places: by your desk, in the bathroom, kitchen, by the television, in the car, in your handbag. Wherever you are likely to see them and use them.



Method:

Uncap the jar and put your nose close to the mouth of the jar. Inhale through your nose. Experiment with short and long sniffs. Take your time. Concentrate. You may smell more slowly than the instantaneous way you did before losing your sense of smell. It may help to use visual cues. This is actually hard work, and you are making demands on your brain. You want to spend a minute or two on each smell, though everyone will find a tempo that works for them. It has been demonstrated though that *the more you train, the better the result.*

3. Take Note

This part of your smell diary tracks *what is happening with smell training*, rather than an overall assessment of your sense of smell (which is part 1 of this program). Tracking how you are doing with smell training should help boost your confidence with the method.

Every couple of weeks, refer to the grid overleaf and chart your progress. Keep the previous scores covered so that you don't get competitive with yourself. Sense of smell can vary, for instance if you have a cold, so be patient.

Be aware of these two things:

1. **Threshold** (detectability). Is this smell even there? Can you get the tiniest whiff? 0=nothing, 10=loud and clear
2. **Likeness** How much is what you smell the way you remember it? Is it distorted? 0=nothing at all like what I expect, 10=as normal

Can you say anything else about these smells? Do they bring back any memories? Are they disgusting? Some people can assign colours, shapes or other attributes to smells. Record any response you might have.

When you mark your findings on the Take Note sheet, evaluate your sense of well-being on that day, using a score of 0 - 10. This may be of use to you as you review any progress over time.