



# SMELL

*Smell is a potent wizard that transports us across thousands of miles and all the years we have lived. The odors of fruits waft me to my southern home, to my childhood frolics in the peach orchard. Other odors instantaneous and fleeting, cause my heart to dilate joyously or contract with remarkable grief. Even as I think of smells, my nose is full of scents that start awake sweet memories of summers gone and ripening fields far away.*

~Helen Keller

Before reading on, take a moment to sniff the air wherever you are. What do you notice? What do you smell? Familiar? Any associations?

Dianne Ackerman begins her study of the senses with smell. "Smell is a mute sense, the one without words. Lacking a vocabulary, we are left tongue-tied, groping for words in a sea of inarticulate pleasure and exaltation. We see only when there is light enough, taste only when we put things into our mouth, touch only when we make contact with someone or something, hear only sounds loud enough. But we smell always and with every breath."

Smell is the most direct of our senses according to Ackerman. The effect of smell is immediate and undiluted by language, thought or translation. A small can bring a sense of nostalgia because it triggers powerful images and feelings before we have time to edit. Upon reading this fact, I was transported to the smell of my dad's pipe which is pleasant and brings him close to

# The Village eView

May 2, 2018

Colette Hoff, Editor

### Coming Up:

Pathwork, May 6

Annual Membership Meetings, Monday

May 7, West Seattle Community Center

Memorial Day Weekend, May 24 to 28

### **On-Line News of the Goodenough Community System**

*The American Association for the Furtherance of Community*

*Convocation: A Church and Ministry*

*Mandala Resources, Inc.*

*Sahale Learning Center*

*The EcoVillage at Sahale*

me. John Hoff used to wear a musk-scented cologne and I easily remember and miss him. I picked some lilac today and was immediately in the back yard of my childhood home as well as remembering the lilacs at 2007 33<sup>rd</sup> where we lived for so long.

Mike writes well about his sense of smell especially at Sahale in May.

The following article describes the role of smell and how to work with our sense of smell.

## Why Smells Can Trigger Strong Memories

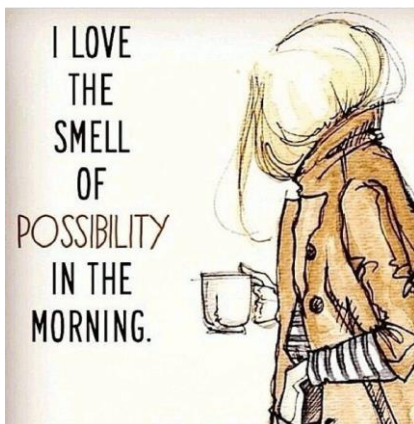
By Dr. Mercola

### Story at-a-glance

- Odor-evoked autobiographical memory describes the vivid emotional memories often triggered by various scents
- Odors are especially effective as reminders of past experience, much more so than cues from other senses, such as sights or sounds
- Smells (but not sounds, sights, or touch) get routed through your olfactory bulb, the smell-analyzing region in your brain that's closely connected to brain regions that handle memory and emotion.

You catch a whiff of pumpkin pie, school glue, newspaper, or fresh-cut grass and suddenly you're immersed in a flurry of vivid memories, often from your childhood. What is it about smells that can trigger memories so strong and real it feels like you've been transported back in time? It's known as "odor-evoked autobiographical memory" or the Proust phenomenon, after French writer Marcel Proust. In his famous novel *In Search of Lost Time*, the narrator dips a madeleine cookie into a cup of tea and is transported back into time as long-forgotten memories of his childhood come flooding back.

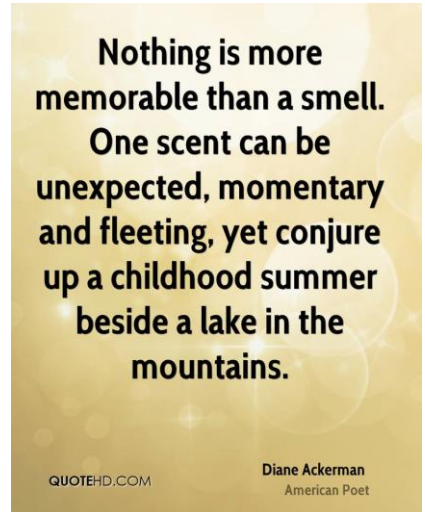
Indeed, research shows that odors are especially effective as reminders of past experience, much more so than cues from other senses, such as sights or sounds.<sup>1</sup>

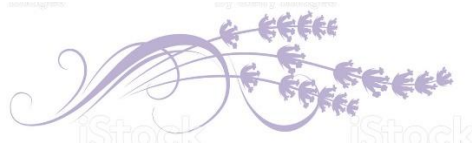


One reason this might be has to do with the way your brain processes odors and memories. Smells get routed through your olfactory bulb, which the smell-analyzing region in your brain. It's closely connected to your amygdala and hippocampus, brain regions that handle memory and emotion.

The close connection may explain why a scent might get tied to vivid memories in your brain, and then come flooding back when you're exposed to that particular odor trigger. As noted by *Psychology Today*:<sup>2</sup>

This article continues on page 15,





## ***Goodenough Community Annual Meeting***

### ***May 7<sup>th</sup> in Seattle***

The Goodenough Community annual meeting will be in **West Seattle at the community home, from 6-9:30 PM** with dinner included.

**This past weekend we hosted at Sahale a workshop on Sociocracy – “an effective, efficient and fun” way of community governance taught to us by Diana Leafe Christian that is “based on the values of transparency, equivalency, and effectiveness”. Of the 40 people there, 17 were from the Goodenough Community. We will be bringing information about the workshop to the annual meeting along with our recommendations about how we could learn this method of governance.**

**“When a community uses Sociocracy the group tends to get more done and enjoy more high-energy, effective meetings.” (Quotes are from the handbook provided to us by Diana (DianaLeafeChristian.org).**

One of the questions we brought to the workshop was about a system of membership in the Goodenough Community. On the last day of the workshop the Council members present met in a fishbowl to look at the pros and cons of various ways to form a membership process for our community. We will be bringing this discussion to the Monday meeting as well.

The meeting on Monday is a good time for everyone who is able and wishes to have input to come. Our community is entering into a new phase of its life. John Hoff, founder of the community has recently died. Colette Hoff has increasingly been assuming the central organizational role for our community life especially over the last two years. We invite you to join us as we look at our community’s cultural, financial, and spiritual life and determine together best ways to move forward. We will also evaluate the program year that concludes with the Human Relations Lab this August and look at the upcoming program year 2018-2019.

The address of our West Seattle community home is **3610 SW Barton St.**

For more information and to RVSP, please contact Elizabeth Jarrett-Jefferson:  
[elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com) .



Most of the participants of the weekend

**Shorter meetings! Accomplishing more! Having more fun!**

Hollis Guill Ryan

To that list of benefits of sociocracy, I will add “learn more and exercise your brain.”

Three very full days of learning about sociocracy as a method of governance and decision-making persuaded the Goodenough Community leadership group that our decision to try out sociocracy was “good enough.” Similar to the mandala, or Game of Goodenough, that community leaders have used for decades, sociocracy streamlines the decision-making and empowering processes, and offers a fresh perspective on our organizational structure.

And, true to our declared purpose to be a learning community and an environment encouraging mental health and personal growth, implementing sociocracy will require leadership and decision-makers to stretch our intellects – and to test our personal maturity. After all, change and modification of our established ways will require us to be grown-ups!

Yes, this new-to-us method has more than a whiff of education, learning and personal growth – it fairly *reeks* with challenge and satisfaction.

You, too, will be learning along with the leadership group as we share our progress. Stay tuned! And for more information, be sure to come to the Annual Meeting next Monday at our Barton Street community center!





## Men's Gathering

The men's program is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life.

Our spring gathering at Sahale will be combined with the erection of our seasonal event space, the white tent, and continue into the rest of the weekend as a men's gathering, June 8-10..

Contact Bruce Perler for more information:

[bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)



## Barton Street Moving Party

Pam Jefferson



A moving party is scheduled for this Saturday, **May 5**. This would only be if you have personal items at Barton Street and need help in loading them into your vehicle. Please let me know if you need this kind of assistance. Another opportunity would be **Monday, May 7**, before and/or after the community annual meeting. Our next scheduled work party is Saturday, May 19. Details will follow. Please let me know if you can help on **May 19**. Thank you!

We are asking for all personal items to be removed by **June 3**.

Please let Pam and/or Colette when you can help: Pam, [adventuredog@hotmail.com](mailto:adventuredog@hotmail.com); Colette, hoff@goodenough.org

**Mon May 7** Annual Meetings People attending will be asked to take boxes to Sahale

**May 19**, as many as possible

May 20 Pathwork 4 to 5 people

May 21 Monday as necessary

**June 3** Please remove all personal items

June 16, Saturday, packing as many as possible

June 30, Saturday, cleaning, **truck rental**

July 16, Monday, as needed for cleaning and what's left



## Memorial Day Work/Play Party is coming May 25 to 28

**After you have exhausted  
what there is in business, politics,  
conviviality, and so on;  
and have found that none of these  
finally satisfy, or permanently wear,  
what remains?  
Nature remains.**

**~Walt Whitman  
(1819 to 1892, American Poet)**

Now is the time to make your plans for this fun weekend. It is a good time to share Sahale with friends and family who might be interested in enjoying Sahale.

Email [hoff@goodenough.org](mailto:hoff@goodenough.org) with your plans: when you are arriving and departing and how many in your party.

Always lots to do and we have tasks for all abilities.

We want to give time to play in the natural world because it is good for everyone!

Come play!



### Pathwork

Our Pathwork Circle will meet again on **Sunday, May 6**. Due to the nature of the time we are in, all are encouraged to come. Pathwork provides many with a feeling connection so necessary for a good life. We will continue to talk about our work with our selves as provoked by John's teachings. Please consider joining if you are a little curious. Tom Gaylord will join us on **May 20**, offering the Buddhist teachings of the three poisons.



We meet at the Barton Street community home, 3610 SW Barton, West Seattle from 7-9:30.



## Simulation Program at North Mason High School



Every 32m is a program designed to make students and families aware of the dangers of Drunk/Distracted Driving. Statistically, every 32min there is a death from drunk or distracted driving. On May 1<sup>st</sup> we will be holding a mock car crash at North Mason HS which will have Fire Departments, Law Enforcement and also Airlift Northwest's helicopter demonstrating what we do for critical car crashes. However, the crash is just a small portion.

Every 32m a pre-selected student will be removed from their class while a close family member or friend will be reading their obituary over the school intercom. That student leaves for the day and is no longer allowed to contact family or friends. This happens throughout the entire day. In the afternoon the students (approximately 14) are to be removed from the campus and sent to a facility (hopefully yours) where they will partake in supervised team building events and other activities.

During that evening a parent who is a volunteer will be receive a mock death notification from the Mason County Coroner as well as Mason County Sheriff's Office and the head of the WSP Target Zero for our region.

The next day the students will go back to school and speak in regards to how they felt about being "dead". Statistically this has decreased drunk/distracted driving collisions by over 60% for this age group.

Can you smell the pancake breakfast. Sahale hosted the very polite students for dinner, time at the campfire, an over night, breakfast and back to school for a continuation of the program. Each student wrote a eulogy for themselves at the camp fire last night and these will be read today at school before the students re-integrate.

We at Sahale were happy to have the 14 students and their two chaperones work with North Mason High and the Central Mason County Fire Dept. A very successful adventure!

## Tomorrow is the National Day of Prayer

Tomorrow an incredible movement will unfold in our country. Millions of Americans across all 50 states will gather in churches, local businesses, the steps of city halls, in schools, neighborhoods, and public gathering places for a day of public prayer for the United States of America. In one voice, they will lift a single prayer request to God: unity in America.



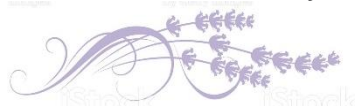
This Thursday, May 3, is the **National Day of Prayer**. It will be the 30th annual observance since President Ronald Reagan signed the amended law designating the first Thursday of May as a day of national prayer, and the 67th observance since the day was first created in 1952 by a joint resolution of Congress, and signed into law by President Harry S. Truman.

I honestly cannot think of another moment more appropriate for America to come together and pray for unity in our nation

Prayer brings people together. Prayer builds bridges between opposing persons and even political parties. Prayer reminds us that we are created in God's image and He desires for us to represent Him everywhere we go. Prayer brings UNITY. In 2018, our theme will be **Pray for America – UNITY**, based upon [Ephesians 4:3](#) which challenges us to mobilize unified public prayer for America, "*Making every effort to keep the unity of the Spirit through the bond of peace.*"

Our hope is that individuals, churches, and spiritual leaders in America, will humble ourselves and unify in prevailing prayer for the next great move of God in America. We can come together in clear agreement that this is our greatest need. We can become a visible union, standing together in prayer. We can pray more than ever before, and practice extraordinary prayer for the next great move of God in America that will catapult the message of the gospel nationally and internationally.

We are living through a crucial time in our country's history. Division rages, hate and ***Now is the Time to Lead and to Pray for America,***  
**Ronnie Floyd**, the president of the National Day of Prayer







## The deAnguera Blog: Smell



Honeybees use their sense of smell to locate pollen as well as other bees. They have over 170 odor receptors on their antennae.

Sahale in spring time is full of odors such as newly mowed grass. You should see how the grass is growing. I have to mow it once a week now. As you can see from the right hand photo Pedge Hopkins, Colette Hoff, and Draï Schindler are enjoying the results. They know a lawn is a good place to rest and hold conversations.

A picnic table is also a good place for conversations between friends though we are not likely to be smelling each other unlike dogs.

Flowers also have odors. Unlike bees, my sense of smell is rudimentary. In fact my nose frequently is not very good at detecting many odors. But then I am not pollinating flowers. If I were pollinating a flower, I would use maybe an eye dropper to insert pollen. There is no way I could be as fast or efficient as a bee.

Pollinating flowers is extremely important. Every flower a bee pollinates turns into a fruit such as an apple, pear, or cherry. Otherwise it just falls to the ground as a dead blossom.

As basic as my sense of smell is, it seems pretty essential to tasting foods. Without it, my food might hardly taste at all. Taste and smell go together.

A honeybee hive is highly organized. Bees use smell, taste as well as touch to communicate with each other.

Likewise humans use mostly sight and hearing to communicate with each other. We then use our communications to build organizations to help us carry out our daily activities.

We can use smell to communicate a sense of the sacred when we smudge each other as purification. This lends a spiritual flavor to our work just as it did for Native people the world over. Some smudging was done during our Sociocracy workshop. This can ground the work so it doesn't become too abstract. The odor can linger for quite a while. I always like to be smudged.

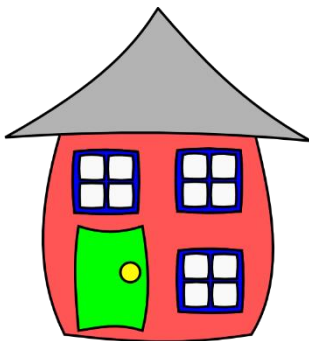
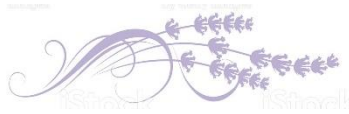
Sociocracy as a means of governance can help us make decisions much more efficiently with a minimum of conflict. Ideas can freely blossom like flowers on a fruit tree. We discuss them turning them into proposals. This is similar to flowers getting pollinated. Which ideas get

pollinated and which do not? Well thought out proposals like pollinated flowers then turn into nice ripe fruit when they are adopted by the community at large. Ripe fruit always has a nice smell unless it comes from a supermarket.

When supermarket fruit has no odor it often has no taste. The corporate world uses agribusiness to market odorless tasteless fruit to us. The same folks are marketing ideas of how to live and relate to each other. Can you imagine trying to be nourished by odorless tasteless ideas like odorless tasteless fruit and vegetables?



Elias Serras and a friend sharing together.



### Looking for a place to live!

Steve Steele

Having been a renter at Barton St., I'm needing a new home.

A couple of possibilities:

1. Do you know a couple who might want to share the Barton St. house?
2. Do you have a room to rent with kitchen access?
3. Any suggestions?

Steve Steele (stevesteele31@gmail.com)



## Spatialist for Hire

*Pam Jefferson*

Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at 206 372 9801.

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- ◇ Happy belated birthday, Lee Benner – April 29.
- ◇ Happy belated, Rodney Herold – Also April 29.

**HAPPY  
BIRTHDAY**



"An 'ability to smell fear' is a quality I've never seen listed on a resume before."

## Calendar of Programs and Events, 2017 - 2018

What makes community meaningful and fun?. The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long-time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year’s events. More information about programs and upcoming events can be found on our website: [www.goodenough.org](http://www.goodenough.org)



**The Third Age:** Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings: June 1.** Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto:krohde14@outlook.com)

**The women’s program** is a long-established and ever-growing way for women to enjoy each other’s company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: [hollisr@comcast.net](mailto:hollisr@comcast.net). Dates: **Saturday 10 – 2 in West Seattle: June 9.**

**Women’s Weekend: April 13-15 at Sahale.**



**The men’s program** is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the **weekend as a men’s gathering. June 8-10** at Sahale. Contact Bruce Perler for more information: [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)







**Pathwork, a program of Convocation: A Church and Ministry.**

On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 p.m. under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service.

**Gatherings are at the Community Center in Seattle: Apr 22, May 6, 20, June 3, 17.**

Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)



**Summer Camp for Youth, June 24 – 30, 2018**

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, [Irene\\_Perler@hotmail.com](mailto:Irene_Perler@hotmail.com)

**Human Relations Laboratory, August 5 to 11, 2018**

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49<sup>th</sup> year! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)



**Annual Goodenough Community Meeting in Seattle: Monday, May 7, 2018.**

This gathering is foundational to all programs and events within the community. We will meet from 6-9 with dinner provided. A time to learn and to share your views about our community. Come and be curious! Please contact Kirsten

Rohde for more information. [krohde14@outlook.com](mailto:krohde14@outlook.com)

**The Goodenough Community Council** meets alternate Monday

evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: [hoff@goodenough.org](mailto:hoff@goodenough.org)

**Council meetings are Apr 23, May 7, 21, Jun 4, 18**



**True Holidays Celebration, Saturday, December 1, 2018**

Be part of this fun-filled family-oriented evening, and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart.

Contact: Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)

## Work and Play Parties throughout the Year.

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 25 – 28, 2018**), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Time to make plans for Memorial Day weekend. Please email [hoff@goodenough.org](mailto:hoff@goodenough.org) with names and when you plan to arrive and leave. Great time to bring friends to share Sahale!

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)



### Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and more effective in relationships. Call Colette (206-755 8404). In Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.



## Why Smells Can Trigger Strong Memories

*Continued from page 2.*

*“Interestingly, visual, auditory (sound), and tactile (touch) information do not pass through these brain areas. This may be why olfaction, more than any other sense, is so successful at triggering emotions and memories.”*

## Odor-Cued Memories Tend to Be Stronger, More Emotional, and from Earlier in Life

Before reaching your thalamus, smells first wind their way through other regions of your brain, including areas controlling memory and emotion. So with scents, you have all this extra processing even before you have conscious awareness of the scent.

Your body also contains far more receptors for smells (at least 1,000) than it does for other senses, like sight (four) and touch (at least four).<sup>3</sup> What this means is you can discern between many different types of smells, even those you may not have the words to describe.

Taken together, this makes odor-cued memories particularly poignant and different than other memories. In one study of older adults, for instance, the participants were given three cue types (word, picture, or odor) and asked to recall memories triggered by the cue.<sup>4</sup>

It turned out the odor-cued memories tended to be older memories from the first decade of life, whereas those associated with verbal and visual information were from early adulthood.

The odor-evoked memories were also associated with “stronger feelings of being brought back in time” and had been “thought of less often” than memories evoked by the other cues.

Separate research also revealed that both young and old adults were able to recall more than twice as many memories when they were associated with an odor, which according to researchers provides “evidence for substantial olfactory cuing that is remarkably intact in old age.”<sup>5</sup>

## Smells Can Trigger Traumatic Memories, Fears

It’s not only positive associations and memories that are brought back by different odors. For instance, odors are known to induce physiological arousal and trigger trauma-related flashbacks.

They’re also thought to play a role in triggering disturbing memories in people with post-traumatic stress disorder (PTSD).<sup>6</sup>



Intriguingly, a mother's fears may even be passed on to her children via scent. In one study, female rats were conditioned to fear the smell of peppermint before they were pregnant. Later, the rats' pups were exposed to the peppermint scent along with a scent of their mother's reacting to the peppermint odor.

The newborn pups learned to fear the smell even when their mothers weren't there, after just a single exposure.<sup>z</sup> However, when activity was blocked in the pups' amygdala, a region of the brain that processes emotions, including fear responses, the pups did not learn to fear the peppermint scent.

So it seems that, via scent, "infants can learn from their mothers about potential environmental threats before their sensory and motor development allows them a comprehensive exploration of the surrounding environment."<sup>g</sup>

The impact of scent on fear was so strong that some of the rats tried to plug the tubing to stop the scent from coming in, a habit that the researchers plan to study further.

## The Power of Scents Reveals Why Aromatherapy Is so Effective

Odor-evoked autobiographical memories typically occur by happenstance, when an unsolicited odor passes by your nose and you happen to catch a whiff. You can, however, harness the power of scents to trigger real physical and emotional responses through the use of [aromatherapy](#). For instance, research shows:

- A systematic review of 16 randomized controlled trials examining the anxiolytic (anxiety-inhibiting) effects of aromatherapy among people with anxiety symptoms showed that most of the studies indicated positive effects to quell anxiety (and no adverse events were reported)<sup>9</sup>
- People exposed to bergamot essential oil aromatherapy prior to surgery had a greater reduction in pre-operative anxiety than those in control groups<sup>10</sup>
- Sweet orange oil has been found to have anxiety-inhibiting effects in humans, supporting its common use as a tranquilizer by aromatherapists<sup>11</sup>
- Ambient odors of orange and lavender reduced anxiety and improved mood in patients waiting for dental treatment<sup>12</sup>
- Compared to the controls, women who were exposed to orange odor in a dental office had a lower level of anxiety, a more positive mood, and a higher level of calmness. Researchers concluded, "exposure to ambient odor of orange has a relaxant effect"<sup>13</sup>

Anxiety, of course, is only one use for aromatherapy. Other potential uses are varied and include the following:

- **Green apple scent for migraines:** One study found that the scent significantly relieved [migraine pain](#). This may also work with other scents that you enjoy so consulting with an aromatherapist might be beneficial



- **Peppermint for memory:** The aroma of [peppermint](#) has been shown to enhance memory and increase alertness
- **Nausea and vomiting:** A blend of peppermint, ginger, spearmint, and [lavender essential oils](#) has been found to help relieve post-operative nausea<sup>14</sup>
- **Lavender for pain relief:** Lavender aromatherapy has been shown to lessen pain following needle insertion<sup>15</sup>

## Your Sense of Smell Is Even an Indicator of Your Health

If you still have a keen sense of smell, count yourself lucky, as olfaction (sense of smell) is strongly linked to many diverse physiological processes. Using data from a nationally representative sample of more than 3,000 older US adults, researchers from the University of Chicago found those with an inability to perceive odor (known as anosmia) were more than four times as likely to die in five years compared to those with a healthy sense of smell.<sup>16</sup>

Specifically, 39 percent of the participants who failed the first smell test (which consisted of identifying five common scents) died in the next five years, compared to 19 percent of those who had moderate smell loss and 10 percent of those with a healthy sense of smell.

A loss of the sense of smell was a remarkably strong indicator of approaching death, even more so than known leading causes of death, and independent of known risk factors like nutrition, cognitive function, mental health, [smoking](#), [alcohol abuse](#), or frailty. Loss of sense of smell was a stronger predictor of death than even a diagnosis of cancer, heart failure, or lung disease.<sup>17</sup>

Loss of olfactory function is probably not a *cause* of death, but rather may “serve as a bellwether for slowed cellular regeneration or as a marker of cumulative toxic environmental exposure,” the researchers said. As *The Guardian* reported:<sup>18</sup>

*“The tip of the olfactory nerve, which contains the smell receptors, is the only part of the human nervous system that is continuously regenerated by stem cells.*

*The production of new smell cells declines with age, and this is associated with a gradual reduction in our ability to detect and discriminate odors. Loss of smell may indicate that the body is entering a state of disrepair, and is no longer capable of repairing itself. The olfactory nerve is also the only part of the nervous system that is exposed to the open air. As such, it offers poisons and pathogens a quick route into the brain, and so losing smell could be an early warning of something that will ultimately cause death.”*

## Could Your Sense of Smell Use a Boost?

If you're missing out on old childhood memories because your sense of smell isn't what it used to be, there are steps you can take to improve it. For starters, check for zinc

deficiency. [Zinc](#), an essential trace mineral, is required to produce an enzyme called carbonic anhydrase (CA) VI, critical to taste and smell, which is why loss of sense of smell is one of the classic signs of chronic zinc deficiency.

Mild zinc deficiency is relatively common, especially in infants and children, pregnant or breast-feeding women, elderly, people with poor gastrointestinal absorption or bowel disease like Crohn's disease, and for those eating vegetarian or vegan diets. Good source of dietary zinc include meats, oysters and wild-caught fish, raw milk, raw cheese, beans, and yogurt or kefir made from raw milk.

If you are healthy and you eat a well-balanced diet, you will rarely need supplements to complete your body's zinc needs, and you should strive to get zinc from dietary sources. If you know you're not zinc deficient, I'd suggest reading through my [nutrition plan](#) for a comprehensive dietary plan that will support your health on multiple levels. Next, try these tips that are known to boost your sense of smell:<sup>19</sup>

- **Exercise:** Research shows that the more you exercise, the less likely you are to develop problems with smelling as you age. Exercising even one time a week was found to reduce the risk of losing your sense of smell<sup>20</sup>
- **Become scent conscious:** Make a point to smell your food before you eat it, and notice the scent of flowers, cut grass or even rain. Doing this regularly will help increase your sense of smell.
- **Try “sniff therapy”:** Choose three or four different scents, such as floral, fruity, and coffee. Sniff them four to six times a day, which will help the different receptors in your nose to work

<https://articles.mercola.com/sites/articles/archive/2015/08/06/smells-trigger-memories.aspx>