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**sniffer**  
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## **Important Warning**

**This information is only for patients of Michael Cheikin MD. Risk of serious injury if utilized without proper ongoing medical supervision.**

Anything that has the potential to heal has the potential to harm. For an individual, this cannot be predicted. Therefore every new agent should be introduced in a manner that minimizes the chance of harm, and maximizes the clarity of the response.

## **The technique**

1. Notice that the device has holes at the top and bottom. This allows air to flow properly through the device to deliver a much higher dose than would occur when sniffing a bottle.
2. Insert the sniffer into one nostril at an angle that maximizes flow. You might have to practice in order to determine this angle. For some, it can be horizontal aimed to the side-front.
3. You will begin by NOT covering the opposite nostril.
4. You will inhale, starting at 2-3 seconds.
5. You will hold, starting at 2-3 seconds.
6. The frequency and timing will be individualized, usually starting at 1-2 times per day. Some may be more energizing, others more calming. Others have neutral energetic effects but can affect other systems, such as the immune or digestive systems.
7. Dosing involves several parameters. After demonstrating safety and benefit, the following increases of dose can be implemented:
  - a. Increasing the inhale time;
  - b. Increasing the hold time;
  - c. Covering the opposite nostril;
  - d. Inhaling in both nostrils in sequence before holding;
  - e. Increasing the number of inhales per session;
  - f. Increasing the number of sessions per day.



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## **How it Works**

The olfactory system, through which we smell (and taste!), is one of the oldest chemical sensors in evolution. This system is hard-wired into the core circuits of our nervous system. This includes the system that controls emotion, arousal, blood pressure, heart rate, digestion, hormones, and other life-sustaining functions.

The olfactory system begins in the top of the nasal cavity, where nerves directly from the brain (the olfactory bulbs), penetrate the skull to make direct contact with molecules that have been inhaled into the top of the nasal cavity. **Therefore, these molecules are going directly into the brain!**

Though this device looks simple, and it is, it can be very powerful due to the essential oils it contains and the direct inhalation of these oils. Start slowly!

The longer the inhale, and the hold, the further the molecules will get into your body. In the lungs (and other surfaces), some of these molecules can get into the bloodstream.