Project OINS: Trinity of Breath

Field-Test Report | Modular Olfactory Intervention for Anxiety and PTSD

Principal Subject: Sibyl (Alias)

Status: Self-conducted clinical observation and intervention log

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# I. Background

The principal subject is a high-functioning individual under diagnosed generalized anxiety disorder and suspected PTSD. Despite being on high-dose antidepressant medication (SSRIs), the subject reports persistent acute episodes of anxiety, marked by physiological stress responses and cognitive shutdown.   
  
No sedatives, antipsychotics, or tranquilizers are used. Standard pharmacotherapy shows limited acute responsiveness.

# II. Hypothesis

A modular olfactory intervention system, composed of precision-formulated essential oil blends, can serve as an immediate, non-invasive adjunct or primary catalyst for emotion-state regulation, even under pharmacological resistance.

# III. Methodology

Three primary olfactory modules were developed and tested by the subject:  
  
1. RESET   
 Emergency-grade intervention for acute crisis states.  
 - Core ingredients: Atlantic Cedarwood, True Alpine Lavender, White Musk, Frankincense, Benzoin, Sandalwood  
 - Application: At peak of panic, dissociation, or shutdown  
 - Response time: Within 1 second  
  
2. MILD FIELD   
 Daily-use stabilization formula for high-sensitivity individuals.  
 - Core ingredients: Atlantic Cedarwood, Common Lavender, White Tea  
 - Application: Before/after social interaction, overstimulation, environmental stress  
 - Response time: Within 5-30 seconds  
  
3. CLARITY   
 Focus and cognitive reboot formula.  
 - Core ingredients: Atlantic Cedarwood, True Alpine Lavender, White Tea, Yuzu, Patchouli  
 - Application: During cognitive fog, before work sessions or decision-making  
 - Response time: Within 3-10 seconds  
  
Each formula was manually compounded in precise, undocumented proprietary ratios to ensure personalized maximum effectiveness. Alcohol base: 75% diluted for dermal and environmental dispersal.

# IV. Results

Despite ongoing high-dose SSRI use, the subject reported the following immediate effects:  
  
- RESET: Full physiological override of panic symptoms within 1 second. Trigger interruption, emotional regulation, and restored awareness.  
- MILD FIELD: Smooth damping of environmental overstimulation and emotional overexposure. Markedly improved tolerance and stabilization.  
- CLARITY: Rapid reduction in brain fog. Reinstated logical access and motivation.  
  
All interventions demonstrated immediate to near-immediate onset without sedative side effects. No long-term adverse effects noted.

# V. Clinical Significance

The Project OINS olfactory modular system demonstrates the following clinical potentials:  
  
1. Adjunct to pharmacological treatment in resistant anxiety and PTSD states  
2. Non-sedative, non-invasive emergency stabilizer  
3. Portable, customizable, and low-risk tool for mental health management  
4. Possible dosage-reduction support in pharmacotherapy when used in tandem

# VI. Ethical and Strategic Implications

The subject is also the system designer. This dual role is acknowledged and recorded as part of the authenticity and transparency of the results. The subject has expressed intent to provide the system to others, particularly high-risk or frontline individuals (e.g. intelligence, defense, high-performance sectors) under psychological strain.  
  
Subject requests that future licensing include a clause ensuring non-exclusivity and ethical access for clinical PTSD relief, while retaining personal patent rights as safeguard against monopolization.

# VII. Recommendation

Clinical trials recommended in supervised PTSD and anxiety populations, with biometric tracking (e.g., HRV, EEG) and placebo-controlled testing. This model shows promise for next-generation sensory interventions and may significantly lower dependence on heavy pharmacology for immediate emotional regulation.  
  
End of Report.