

## General Benefits of Essential Oils for Kids

Throughout history, essential oils have been used for medicinal purposes by people all over the world. Some known benefits of these oils are their ability to:

- Support healthy body functions and help boost the immune system.
- Relieve discomfort and sore muscles after exercising or spending time at the gym.
- Soothe the digestive system. Peppermint, for example, is known to support the healthy function of your stomach and digestive organs.
- Enhance a massage.
- Boost your ability to focus and concentrate.
- Help you relax and reduce your stress levels. This is perhaps one of the reasons essential oils for ADHD and autism are gaining in popularity these days. Essential oils can penetrate the skin and cross the brain-blood barrier to reach the amygdala and other limbic parts of the brain that control our mood and emotions.
- Promote wellness.
- Provide safer and non-toxic ways to clean and purify both home and work spaces.
- Help you achieve healthier skin and great-looking hair.

## Using Essential Oils on Children with Autism, ADHD, and ADD

Transition periods are particularly challenging for many children with autism spectrum disorder, such as when a child goes from dinner to bedtime. According to studies, more than half of children on the spectrum have a problem falling asleep or staying asleep.

Over the past few years, parents across the United States and around the world have been sharing stories about how essential oils have helped their children stay calm during transition periods. Some of these essential oils even helped children sleep more soundly, according to parents.

In fact, you can find a number of online blogs and articles brimming with testimonials on the use of essential and **calming oils for ADHD** and autism spectrum disorders (ASD). But is there scientific proof they work? Researchers at the Ohio State University Wexner Medical Center set out to find the answer to this question. In April of this year, a team headed by Dr. Jill Hollway started a study on the growing trend of using essential oils to help children with autism stay calm and sleep. Results have not been released, as the study is still underway. But if you want to try essential oils on your child with autism spectrum disorder, it's important that you educate yourself first to prevent any accidents or problems.

As previously mentioned, some essential oils can be applied directly on the skin. In the case of children with ASD, ADHD, and attention deficit disorder (ADD), the oils should be applied to the soles of the feet, the neck, the top of the head, the chest, the forehead, the abdomen, the arms, and the legs. According to parents who have found success with essential oils, the oils work almost immediately, as they can be absorbed into the bloodstream within 30 seconds. Then, they can be circulated through the entire body within 30 minutes. It's important to note some oils need to be diluted with carrier oils for safety, which will be explained later in this article.

To ensure efficiency, it is recommended that essential oils are used two to three times a day at the start. Then, the frequency should be gradually reduced to once a day.

Apart from directly applying essential oils to the skin, parents can also use an aromatic diffuser so children can inhale the oils. A diffuser is basically an air vaporizer that allows you to disperse your essential oil of choice by adding it to distilled water.

In addition to helping the children sleep or stay calm, adding essential oil to a diffuser also helps purify rooms and eliminate bacteria and viruses in the air. It can help you create a better living environment for the entire family. You can also use it at the office to help you stay focused and reduce stress levels.

A word of caution, though. Always make sure to keep essential oils in glass containers. According to experts, they might become contaminated with toxins and other harmful substances if you put them in a plastic container or diffuser.

# The 10 Best Essential Oils for Autism, ADHD & ADD

## 1. Frankincense Oil

Sometimes referred to as olibanum, **frankincense oil** is taken from the resin of the *Boswellia carterri* or *Boswellia sacra* tree that commonly grows in Somalia. It has anti-bacterial, anti-tumour and anti-viral properties that can aid in the recovery from various illnesses such as respiratory infections, indigestion, arthritis, and joint pain. Research has shown that it can also help boost the immune system.

For children with autism or ADHD, **frankincense oil benefits** include helping them stay focused. It is also known to help reduce stress reactions and negative emotions.

## 2. Vetiver Oil

**Vetiver oil** is obtained through the steam distillation of the roots of the vetiver plant (*Chrysopogon zizanioides*), a perennial grass that is native to India. It has antiseptic and antispasmodic properties that aid in the healing of wounds and scars and provide relief from all types of inflammation.

In 2001, a study conducted by Dr. Terry Friedman revealed that **vetiver essential oil benefits** children with ADHD. The oil's relaxing and calming properties are said to help children combat symptoms of ADHD and ADD symptoms such as difficulty in concentrating, being easily distracted, and impatience.

## 3. Sandalwood Oil

Known for its woody and sweet smell, **sandalwood oil** is derived from the mature roots of the sandalwood tree through steam distillation. The more mature the tree is, the more potent the extracted essential oil would be. One of the major **sandalwood oil benefits** is that it promotes mental clarity, especially when used with a diffuser. It also has a relaxing and calming effect that can be helpful for children with autism spectrum disorders. Apart from that, sandalwood is known to have anti-inflammatory, anti-aging, and anti-viral properties.

## 4. Cedarwood Oil

Like sandalwood and vetiver essential oils, **cedar oil** is extracted by steam-distilling pieces of the cedar wood tree. Major components of this essential oil include alpha-cedrene, beta-cedrene, cedrol, widdrol, and thujopsene. It can be used for treating eczema, hair loss, dry scalp, and the inflammation of the joints and tissues.

Cedarwood essential oil can also help children with autism and ADHD. It has calming and relaxing properties. Its scent promotes the release of serotonin, which is then converted into melatonin in the brain. This can help children enjoy peaceful and restorative sleep.

## 5. Lavender Oil

Throughout the centuries, **lavender oil** has been used by different civilizations for its medicinal properties. For instance, the Egyptians used it for mummification, while the Romans used it for bathing and cooking. Perhaps the most famous usage of all is when Mary Magdalene used it to anoint Jesus.

There are many **lavender oil benefits**. For starters, it has antioxidants that protect your body from illnesses. It also helps heal burns and wounds, alleviates headaches, and may be useful in the treatment of diabetes. It has a calming effect on children on the autism spectrum and can help improve sleep quality and reduce anxiety and emotional stress.

## 6. Wild Orange Oil

Citrus essential oils have been used in traditional Chinese medicine for thousands of years. Known to be the sweetest and most calming of all citrus essential oils, it is very mild and contains many healing properties.

It is useful for treating acne, reducing insomnia, managing gut issues like leaky gut syndrome, and may even help with the treatment of certain types of cancer, thanks to its anti-microbial anti-tumor properties. It is particularly useful for children because many kids are fond of its sweet, citrusy scent. It can also help reduce anxiety levels.

## **7. Peppermint Oil**

Aside from lavender, peppermint is perhaps one of the most versatile of all essential oils in the world. It is perfect for children with autism, ADHD, and ADD because it gives a cooling sensation and has a calming effect on the body. It is also known to help improve mental focus.

Peppermint essential oil also has anti-microbial properties that help freshen bad breath and heal digestive issues. It can also help relieve headaches, clear the respiratory tract, and soothe tight and tired muscles.

## **8. Ylang Ylang Oil**

Ylang ylang essential oil is derived from the flower petals of the large ylang ylang tree (*Cananga odorata*), which are often found in tropical countries. This essential oil is quite popular for its sweet, floral scent. In fact, it is one of the key ingredients of Chanel No. 5.

As for its benefits, ylang ylang oil has effective sedative, anti-septic, anti-spasmodic, and anti-depressant properties. It has a positive effect on human emotions and can help increase the blood flow to certain parts of the body. It can relieve inflammation and help the function of cardiovascular and digestive systems.

## **9. Bergamot Oil**

Bergamot essential oil is extracted from the peel of the fruit of the bergamot plant through cold compression. It is often used to reduce pain caused by headaches and muscle tension. It has anti-bacterial properties that can help heal wounds and minimize marks on the skin.

Known as an excellent mood enhancer, bergamot is considered great essential oil for autism. It helps create a feeling of joy, freshness, and energy by helping improve the circulation of blood to different parts of the body. And at the same time, bergamot oil is considered a relaxant as it has a calming effect and can reduce feelings of stress and anxiety.

## **10. Chamomile Oil**

For nearly 5,000 years, chamomile has been used to treat various ailments. Whether in tea or in oil form, this ancient and versatile medicinal herb is rich in disease-fighting antioxidants such as terpenoids and flavonoids.

Chamomile essential oil is one of the best when it comes to fighting stress and anxiety. According to a study published on *Alternative Therapies in Health and Medicine and Pharmacognosy Review*, inhaling chamomile vapors promotes relaxation and has a calming effect on people. Chamomile oil also has strong anti-inflammatory and pain reducing abilities and can help relieve congestion, strengthen the heart, improve digestion, and even fight cancer.

# The Benefits of Essential Oils for Children with Special Needs

Autism, Asperger's, ADD/ADHD, Seizures, Down's Syndrome and more

By the Mum of an Autistic Child

“So for the last year, I have been using essential oils on my son who is Autistic and had ADHD, the changes in his level of concentration, school work, language development and general behaviour, has been incredible and noticeable within just a week or two. If I forget to put the oils on him I now notice a difference in his behavior and concentration.”

“Trying to get him to sleep at night time was always such a struggle, but I now find he falls to sleep much better and has a full night's settled sleep, simply from applying the oil under his feet and diffusing them in his room.”

## Great for brain function and calming

- Balance - ADD/ADHD, anxiety, depression, confusion, fear, mood swings
- In Tune - ADD/ADHD, focus, anxiety, hyperactivity
- Frankincense - Autism, cellular protection/regeneration, anxiety, stress, neurological issues, clarity, natural sedative, helps with epilepsy,
- Vetiver - Night terrors, restlessness, balance emotions, ADHD
- Basil - Stimulates the nervous system and wakes up the brain, helps with concentration, increases focus

## These are more you can use but am yet to try as the ones above are working so well

- Cedarwood - Anger, anxiety, relaxation, sleep, antispasmodic, emotional stability, soothing/sedative, antioxidant
- Wild Orange - Anti-depressant, calming, insomnia, stress
- Peppermint - memory, focus, increases oxygen
- Lime - Mood enhancing, calming, anxiety, stress
- Bergamot - Calming, anxiety, stress

## Great for calming, reducing mind racing and deep sleep

- Lavender - Calming, stress relief, sleep, anxiety, insomnia
- Serenity - Mood swing, anxiety, stress, tension, hyperactivity, insomnia
- Roman Chamomile - Calming, stress relief, sleep, anxiety, depression
- Clary Sage - Calming, stress relief, sleep/insomnia, mood swing, nervous disorders, depression, epilepsy, emotional stress.
- Vetiver - Night Terrors, restlessness, sedative

## Great for all kids to aid in well being and reduce colds and flu's

- Oregano - helps boost our immune systems and protect against flu, colds, and viruses.
- Breathe - asthma, colds, restful sleep, exercising, relaxation, coughs, tightness in chest, sore throat, elimination of bacteria and viruses, and opens airways
- Oregano - Antibacterial, antifungal, antiseptic to respiratory system, antiviral, immune stimulant

# Essential Oils and Supplements for Strokes

May 20, 2012 DR Inge Wetzel

## Stroke

A stroke is when a blood clot interrupts blood flowing to or within the brain.

## Symptoms of Stroke:

If you believe you or someone you know is experiencing any of these signs do not hesitate to call 000 for immediate treatment!

- Suddenly feeling weak in an arm, hand or leg
- Cannot feel one side of your face or body
- Suddenly cannot see out of one eye
- Suddenly have a hard time walking
- Cannot understand what someone is saying
- Feeling dizzy or losing your balance
- Having the worst headache you have ever had

## How to Recognize a Stroke:

If you think someone is having a stroke, remember the 60 second test:

1. Ask the individual to smile.
2. Ask him or her to raise both arms.
3. Ask the person to repeat a simple sentence, like "It is sunny out today"

IF THE INDIVIDUAL HAS TROUBLE WITH ANY OF THESE TASKS, CALL 000 IMMEDIATELY! (The above (Symptoms and Recognizing a Stroke) are taken from the American Stroke Foundation website.)

**Just a quick note:** *regular use of any of the oils mentioned in this article or any of the supplements can also be considered for those of you who have not experienced a stroke and do not wish to have one. It is easier to prevent a stroke as opposed to dealing with recovering from one.*

In referring to stroke patients, "Many patients need help to regain their strength and walk again" Ecas chief executive David Griffiths said, "aromatherapy was a good way to improve the quality of life for those with physical disabilities. A survey conducted by Ecas found that half the patients questioned after an aromatherapy treatment reported improvements in joint mobility. The charity also found that three quarters of patients reported a decrease in physical tension and more than half felt an increased sense of wellbeing."

Using essential oils will help not only the person who experienced the stroke, but also those assisting in their care. The essential oils will help with frayed nerves for all.

Since a stroke affects the blood flowing to or in the brain the best place to apply the oils is: on the base of the neck, temples, and the bottom of the feet, paying particular attention to the big toes of the feet. (Why big toes? In reflexology your big toe is your head.)

There are several oils that have been shown in laboratory tests to pass the blood brain barrier. The essential oil that is best known for this miraculous feat is Frankincense. You can place a drop of Frankincense under your tongue and within three seconds it will be affecting the brain (in a positive way if you have a good essential oil). It doesn't taste great, but have a drink of water to chase the taste away.

Speaking of water, your brain is 90% water. It is also over 65% oxygen. If you're not drinking water you are missing out on one of the easiest things you can do to help yourself stay healthy. By the way, water is water, nothing added. Why do we say that? Because only water can rehydrate the brain.

## Essential oils recommended for dealing with a stroke and reasons why:

- Frankincense: Relaxing oil, powerful antidepressant. Used as an aid for people dealing with brain damage. Assists in controlling tremors. Able to cross the blood brain barrier and assist in brain repair and function. Reduces scar tissue.
- Geranium: Remedy for emotional and physical wounds, aids circulation, regenerates cells and Taps into the power of the heart.
- Helichrysum: Decongests, unblocks, and rejuvenates. Great for the nervous system. One of the best essential oils for traumas. Where the body has been wounded or the emotions assaulted, this oil provides relief. It has the capacity to mobilize emotional paralysis, work with neuralgia, and is a neurotonic. It also improves meridian flow. If you are dealing with nerves this is the first oil to reach for. Helps stimulate the myelin sheath and helps migrate the nerves so they can jump over or around a damaged area (neurosynaptic repair). Nerve regrowth is a slow process; expect 2-3 months recovery for every year it's been damaged. First sign of regrowth will be tingling sensation, then burning, then pain. Helichrysum oil can dissolve blood clots.
- Lavender: Comforts, revives the spirit and calms the mind. Balances the skin, body, and mind. Regenerates cells and thread veins. Reduces scarring. Relieves pain, heals wounds, and rejuvenates. Can dissolve blood clots.
- Lemon: Improves circulation, tones capillaries and veins. Addresses slackened muscle tissue and poor circulation.
- Peppermint: Energizes a sluggish body. It detoxifies and activates lymph flow and drainage.
- Rosemary: Excellent for regeneration. Assists with blood flow. Excellent to use following paralysis or where degeneration of muscular tissue has occurred in the body. Stimulates circulation, provides the body with energy and vitality. Combats physical and mental lethargy and strengthens arterial blood flow. Promotes circulation in the extremities of the body. Do not use with high blood-pressure or seizures.
- Sandalwood: Renowned formulating the mind and body at the same time. Tissue regenerator, deprograms cellular misinformation and carries oxygen at the cellular level, increases capillary circulation. If I might make two suggestions as to the preferred essential oils that have shown the fastest results in dealing with a stroke: Helichrysum and Frankincense.

## DōTERRA Lifelong Vitality Pack Nutritional Supplement

- Provides the vitamins, minerals and trace elements our body needs in 12 capsules a day. This supplement is in a form that is bio-available to your body and is formulated to be 100% (no more, no less) of your body's daily requirements. Most other supplements bombard your body with 400 – 1200% of your daily requirements.
- CoQ10 - 50mg has been shown to strengthen a weak heart. In tests many people have been able to reduce heart and blood problems
- Omega 3 helps keep the blood more viscous and help remove plaque on the walls.

# Using dōTERRA Essential Oil for Anxiety, Depression and to Relieve Stress

It may come as a surprise that one in four people will suffer from some form of diagnosable mental health disorder in any given year.

More than likely you already know someone who has experienced an intimate relationship along the very broad and complex mental health spectrum. I say broad because the spectrum can range from mood disorder, anxiety and depression to more serious forms of mental disorder such as Obsessive-Compulsive Disorder (OCD), Bi-polar and Schizophrenia.

Like mental health, stress is also a common component of modern society. Though less severe and not categorized as a mental health disorder, it still seems to be a main feature in our lives.

But do not underestimate the silent killer that is responsible for 60% of all human illness and disease. Stress increases your risk of stroke by 50% and is a major contributor to mental health problems.

## Here's more alarming statistics on stress

Mental health is the scary reality of today's society and a topic that is gathering more and more media awareness and attention. Stress is the inevitable price you pay for a half-decent lifestyle in an ever-increasing demanding world!

However in today's blog I'm focusing more on introducing you to essential oil and how they may be used as a natural alternative for anxiety, depression and to relieve every day stress.

## The Aromatic Effect of Essential Oil

Whether we realize it or not, our entire lives are affected by smell. When inhaled, essential oil stimulates the 50 million smell receptors inside the nasal cavity.

The brain's emotional centre called the amygdala is located in the limbic system and is directly connected to our sense of smell. So if you've ever wondered why certain smells bring about a deep sense of nostalgia, it's because the limbic system governs emotions, pleasure and memory along with motivation and sexual arousal.

Certain smells influence the production of endorphins and other neurotransmitters such as dopamine and serotonin that make us feel good.

Smell can be both pleasurable and comforting and without doubt our sense of smell can be extremely powerful, producing a physical and emotional response almost immediately.

## Benefits of Essential Oil:

- Reduces stress, anxiety and depression. (Lavender, Orange and Bergamot).
- Has a therapeutic quality that brings about peace and calms your emotions. (Ylang Ylang, Blue Tansy).
- Antibacterial and can protect against bacteria, virus, fungi and parasites. (Tea tree, Peppermint).
- Anti-inflammatory (reduces inflammation, pain and swelling) (Thyme, Rose, Eucalyptus) Antispasmodic (suppresses muscle spasms) (Sandalwood) and Antipyretic (reduces fever). (Lemongrass and Lime).
- Can be used as an insecticide both for warding off insects around the home. (Oregano and peppermint).
- Antimicrobial properties can provide a safe alternative to household cleaners. (Lemon, Peppermint, Tea Tree).
- Can balance your human energy field to help bring about emotional healing. (Cedarwood, Cypress).
- Improves mental clarity. (Basil, Rosemary).
- Can be used in massage therapy. (Ylang Ylang, Tea Tree and Fractionated Coconut oil as carrier).
- Helps against insomnia. (Lavender, Chamomile, Marjoram).
- Helps rejuvenate your hair and skin improving conditions such as eczema, acne, dry skin and stretch marks. (Bergamot, Rose).

- Can bring relief to digestive conditions. (Citrus, Peppermint).
- Excellent for weight loss. (Lemon, Peppermint).
- Have disinfectant properties and can be used as part of your oral hygiene program. (Rosemary, Basil).
- Can improve your overall health and wellbeing and some essential oil can be used for Spiritual enhancement. (Frankincense, Myrrh).

**Best Essential Oils for Anxiety, Depression and Stress:**

- For Anxiety: Lavender, bergamot, rose, Clary sage, lemon, Roman chamomile, orange, sandalwood, geranium, and the wood oils
- For Depression: Bergamot, Clary sage, frankincense, peppermint, chamomile, blue tansy, lavender, and jasmine.
- For Stress: Lavender, lemon, frankincense, orange, bergamot, peppermint, vetiver and Ylang Ylang.
- For Wellbeing: Bergamot, geranium, Frankincense, Myrrh, rose, sandalwood, Ylang Ylang.

Start feeling better today and look forward to a calmer tomorrow.