

## **dōTERRA For Kids, Babies and Infants**

### **Essential Products**

*NOTE: This information is to be used with doTERRA Essential Oils  
as they are the purest, most potent essential oils available.*

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## 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.

dōTERRA produces many products that are suitable for use on babies, infants and kids. From newborn right through to adulthood.

### Hand Foot and Mouth Disease

Prevention is better than cure. Make sure your child doesn't come home with bacteria and germs and keep them around the house. Try dōTERRA's OnGuard® range of products from our OnGuard® blend to OnGuard® wipes and even OnGuard® throat drops. Diffusing OnGuard® into the air aids eliminating germs and bacteria brought home by your child from school. And before bringing your child to crowded places, drop a few drops of OnGuard® essential oil and rub it beneath your child's feet.

It's an instant immunity booster!

### dōTERRA Essential Oils for Babies & Children

dōTERRA essential oils are safe to use on children, babies and even newborns.

Because of the sensitive nature of their skin, when applying to newborns or infants dilute the oils. A good ratio to start with is 1-2 drops of oil with 2 TBLS of fractionated coconut oil. Choose some of the gentler oils like lavender, frankincense, tea tree, ginger, lemon, orange, sandalwood, roman chamomile and ylang ylang. Digestzen is an excellent blend to use for stomach upsets. Be careful to keep the oils away from babies hands where they might be able to rub them in their eyes.

#### Possible uses:

##### Babies

##### COLDS

Tea tree, Lemon, or Lavender. Diffuse 2 drops of either at bedtime or during the day. Mix 1 drop of either with 1 TBL of a good carrier oil and massage the upper chest and back at each diaper change.

##### COLIC

Mix 1 drop of Lavender with 1 TBL of a good carrier oil. Gently massage a few drops into the abdomen in a clockwise direction following the natural movement of the colon.

##### CONSTIPATION

Lavender or Roman Chamomile. Add a drop of either to 1 TBL of good carrier oil and massage in a clockwise motion on the tummy, following the natural movement of the colon.

## COUGHING

Mix 1 drop of Lavender with 1 TBL of a good carrier oil and rub a small amount on the chest and back.

## CRYING

Place a small drop of Lavender or Roman Chamomile on your hand or a tissue and just let the baby smell the oil.

## DIARRHEA

Mix 1 drop of Roman Chamomile with 1 TBL good carrier oil, gently massage 2-3 drops on the tummy in a clockwise motion following the natural movement of the colon.

## NAPPY RASH

Combine 1 drop of Chamomile and 1 drop of Lavender with 1 drop of whole milk. Add to baby's bath water and swish around before bathing baby. Keep the oils away from baby's eyes.

## FEVER

Mix 1 drop of Lavender with 1 TBL of quality carrier oil. Massage a small amount onto the bottoms of the feet and apply to the back of the neck and behind the ears, cover the feet with socks.

## JAUNDICE

Mix 1 drop of Geranium with 1TBL of quality carrier oil. Apply to the bottoms of feet and over the liver area. Do not apply oils within ½ hr before or after UVA treatment.

## TEETHING

Mix 1 drop of Roman Chamomile or Lavender with a TBL of quality carrier oil. Use a small amount to gently massage outside of the face along the jaw line.

## TUMMY ACHE

Mix 1 drop of Roman Chamomile and 1 drop of Wild Orange with 2 TBL of quality carrier oil. Add 1 Tsp of mixture to warm bath water, swishing around before bathing baby. Avoid getting oils in baby's eyes.

Other essential oils commonly used on infants: Grapefruit, Lemon, & Tangerine

## Children:

It is truly magical to be able to sooth a burn or calm a distraught child with these beautiful essential oils. They will learn to love them and look forward to their benefits from very early on.

## COLDS

Dilute 1-2 drops of Thyme or Lemon in 2 TBL of quality carrier oil and massage a little on neck and chest.

## CONSTIPATION

Dilute 1-2 drops of Rosemary, Ginger or Orange in a TBL of quality carrier oil and massage on stomach and feet.

## CUTS & SCRAPES

Add 5 drops of Lavender and 5 drops of Tea tree to warm water, use to clean the wound. Apply 1 drop of Lavender to a band-aid and cover the wound. The Lavender may sting if applied directly.

## EARACHE

Apply Tea tree and Lavender to the outside of ear or apply a of each to a cotton ball and set in the ear. Do not apply oils directly into the ear canal.

## FEVER

Dilute a drop of Lavender and a drop of Peppermint in 2 TBLS of quality carrier oil and massage a small amount on back of neck, behind the ears and on the back.

## FLU

Dilute 1 drop of Cypress or Lemon in an unscented bath gel and use in a warm bath.

## MINOR BURNS

Cool burn first with cold water. If the skin is not broken apply 2 drops of Lavender directly to the burn. If the skin is broken apply the Lavender on the perimeter of the burned area. Apply 5 drops of Lavender to a cold, DRY cloth and gently hold over burned area.

## SUNBURN

Add 5 drops of Lavender to 1 tsp of Aloe Vera and apply to sunburned area.

Other oils commonly used for children: Frankincense, Geranium, Sandalwood, Thyme and Ylang Ylang

The bottoms of the feet are really one of the best places to apply oils. Interesting to me is that oils even as hot as oregano can be applied to the bottoms of the feet without discomfort. Be sure to put socks on to prevent getting these kinds of oils on other areas of the body that are more sensitive.

## TerraShield® Repellent Blend

### Product Description

TerraShield is a proprietary blend of Certified Pure Therapeutic Grade essential oils including Citronella, Cedarwood and several other carefully balanced oils blended in a base of 100% pure fractionated coconut oil.

### Concept

Everyone loves being outdoors, but nobody likes becoming lunch for pesky bugs that can ruin your picnic in the woods. To avoid itchy bites, experts recommend using an effective insect repellent. The most common repellents are products that contain DEET, a powerful and potentially toxic chemical that is known to cause negative side-effects, including seizures.

## HEAD LICE

Three different types of lice infestations are common on the human body head lice, body (sucking) lice, and pubic (crab) lice. The louse is a small, wingless, insect parasite that lives off of the blood or other elements of the skin. Since they do not fly or jump they are spread by human contact or exchange of common clothing, bedding, hair brushes, etc. The common symptoms of an infestation are reddish skin, inflammation and itching of the irritated skin. Lice may be visually detected. They are about 1/8 inch long and their eggs (nits) are about 1/16 inch long. Head lice, common in children, are usually in the hair on the back of the neck or around the ears. The egg will be attached to the hair near the root.

### To prevent lice:

Mix the following and apply to the scalp:

- 5 drops tea tree
- 5 drops lemon
- 5-10 drops fractionated coconut oil

Let stand for at least ½ hour. Shampoo with good quality shampoo (SanoBella) with 5 drops of tea tree added to a teaspoon of shampoo. Follow with the tea tree shampoos daily for the following week.

*\* Massage 2-5 drops of TerraShield blend to scalp and neck 1-2 times daily. Spray jacket and any other clothing that could be exposed.*

#### **To treat lice:**

Mild-Moderate Case: Mix the following and apply to the scalp.

- 5 drops tea tree
- 5 drops lemon
- 5-10 drops fractionated coconut oil

Apply oils and after the application cover the head with a shower cap for at least 1 hour. Follow this with a careful combing with a lice comb. Repeat daily until no signs of lice or nits are visible. Continue with tea tree shampoos daily for a week.

*\* Continue to massage 2-5 drops of TerraShield blend to scalp and neck 1-2 times daily and spray jacket and any other clothing that could be exposed.*

#### **Severe Case:**

Mix the following and apply to the scalp every night for a week:

- 5 drops eucalyptus
- 5 drops rosemary
- 5 drops lavender
- 5 drops tea tree
- 10 drops fractionated coconut oil

Apply oils, comb with a lice comb then cover with a shower cap for the night. Be careful to protect the eyes from any oils. Follow the next morning with a good quality shampoo (SanoBella) with 5 drops of tea tree added to a teaspoon of shampoo.

*\* Continue to massage 2-5 drops of TerraShield blend to scalp and neck 1-2 times daily and spray jacket and any other clothing that could be exposed.*

# Essential Oils and Kids

*Contributed by Nicole Stevens, MSc*

If you have kids in your house, I bet you are discovering the powerful ways in which doTERRA oils and products can support a healthy lifestyle. Perhaps you're a little nervous to use oils on your kids; maybe you're not sure if they're entirely safe for the younger set. Well, as a scientist who has studied essential oils for more than 15 years and as a mama to four amazing kids, let me tell you that doTERRA's products can be wonderful for children. We enjoy them daily in our house. If these products are used with care and common sense, you can safely reap all the benefits they have to offer.

If you are nervous about using essential oils on the younger set, here are some things to keep in mind:

1. Essential oils are not novel. While it may seem like essential oils are just the latest and greatest thing, they've actually been used by humans for millennia. Essential oils contain constituents that will be recognized by our body systems and handled appropriately. Rest assured that if you use essential oils on your children, you're not inventing the wheel.
2. Kids are not tiny adults. Remember that oils are potent, and you only need a very small amount to achieve efficacy, especially when it comes to children. A little bit goes a very long way. Adjust amounts accordingly.
3. Dilute. Kids' skin is different from adult skin; it's thinner and generally more sensitive. Even though most oils tend to be non-irritating on the skin (especially on the bottom of the feet, where the skin is thickest), it's a great idea to dilute essential oil in a good carrier oil before applying to children. You'll still get the same benefits of the essential oil—you're just adding extra moisture and pampering delicate child skin. The doTERRA Touch products are great for this, by the way. They're our favorites!
4. Diffuse. Aromatherapy is an excellent way to enjoy the benefits of essential oil without the worry of skin reactions. Inhaled oils have long been studied for their ability to enhance feelings of relaxation, encouragement, excitement, focus, and well-being. Additionally, diffused oils may support a healthier indoor environment. That's always a bonus when you've got a houseful of kids.
5. Oils FOR kids, not BY kids. The labels on doTERRA's oil bottles remind us to keep them out of reach of children. Kids won't understand the potency of the essential oils—they only know that these lovely liquids smell divine, and may go overboard in using them. Adults, not children, should always be doing the oil applications, and judiciously at that.
6. Be informed. doTERRA has mountains of information about safe usage of essential oils on their websites. There's an entire team of support staff who answer questions about essential oils and products (just email [productsupport@doterra.com](mailto:productsupport@doterra.com)). And don't be afraid to chat about oil usage with your family doctor or pediatrician—medical professionals like having a holistic picture of their patients' health situation, and they have access to other medical literature that can help guide your decisions.

Not sure where to start? Here are some of the favorite doTERRA products in our house, and ways they can be used with children.

1. doTERRA Touch™. These products are awesome because they come pre-diluted. Young skin is different from adult skin—it's thinner, more delicate, and generally more sensitive. It's a great idea to dilute any essential oils before applying them to children, and this kit takes the mess out of dilution.
2. doTERRA OnGuard® products. We love all the products containing doTERRA OnGuard, and they are very kid-friendly. The toothpaste is wonderful. My kids enjoy the taste and I enjoy that it's not full of chemicals that even I can't

pronounce. The cleaner concentrate makes the bathroom fresh and I don't have to worry about toxic residue. And, of course, we diffuse doTERRA OnGuard like crazy during the winter months.

3. doTERRA Balance<sup>®</sup> and doTERRA Serenity<sup>®</sup>. These blends have done wonders for our family. We recently moved, and my kids were having trouble sleeping in their new rooms. A nice massage with these oils (diluted and applied to soles of feet) helped everyone feel relaxed and grounded in the new surroundings. We often return to these blends when the stresses of life have everyone worked up.

4. Citrus oils. We diffuse oils every day, and the citrus oils are my kids' favorite. They are so uplifting and energizing—perfect for the dreary winter days when no one feels like rolling out of bed. It's a natural way to chase off the post-holiday blues. Our favorites are Wild Orange, Lemon, and Grapefruit. We even apply the oils to the palms of our hands and cup them to our noses for an easy "scent tent." (Just be sure to avoid sun exposure after applying citrus oils topically!)

5. Correct-X<sup>®</sup>. We always have this product on hand during our outdoor adventures; it's great to have something natural and effective, yet gentle and non-irritating, for sensitive young skin.

Yes, we live doTERRA in my house. It's fun to see my children starting to understand which oils might be good in various situations and asking for them as needed. They're learning to be cognizant of their own health while actively looking for natural ways to support well-being. I love it!

## How to get a baby to sleep with essential oils

It can be so easy to help your baby sleep with essential oils. One of the most powerful, yet often underestimated, ways to use oils is aromatically. Just smelling a pure, therapeutic grade essential oil can have a profound effect on us physically, emotionally and mentally. We can accomplish this through diffusing, putting oils on a favorite toy or applying topically.

I am a mother of 5 and since my youngest was born we've been using essential oils as part of her "time to go to sleep" routine too. With her, my favorite is Serenity blend. Here are some of my tips:

### 1. Use the same oil consistently when its time to sleep.

The same is true about what your before-bed rituals are, change them in the same place, use the same sound machine setting or CD, etc. This teaches babies and children what to expect. Adding an essential oil to the routine not only signals to them that its time to sleep again but actually helps them fall asleep because of the calming properties of a pure essential oil like those from our favorite company.

Gentle oils for sleep are Lavender, Serenity blend, Vetiver, Roman Chamomile and Frankincense.

Always **dilute** 1-3 drops of essential oil per 1 Tablespoon of carrier oil (virgin or fractionated coconut oil, olive, sweet almond, jojoba, etc) and 1-3 drops of essential oil per 1 teaspoon for children and adults.

I made up a little roller bottle of Serenity blend, 1-2 drops per 10mL roll-on bottle, and would put it on behind her ears, on her feet, across her jammies, across her sheets, and on me since I'd be rocking her. Whatever worked best that night is what I did, sometimes all of those, sometimes just one or two. Every few months you can change it up.

### 2. When your baby is old enough to sleep with a little blanket or beloved stuffed animal friend.

This as a safe and easy way to help baby sleep with essential oils.

Just add a drop or two to the stuffed animal or blanket and they can cuddle up with it and fall easily asleep!

*\*Do not use strong oils undiluted on their animal or blanket, like peppermint, eucalyptus or cinnamon as it could burn their eyes or be too strong for them to breathe in.*

*\*Please never use a blanket in your baby's crib before 12 months of age. Please follow all safety guidelines for stuffed animals, toys and blankets near your baby/toddler when they sleep.*

### **3. When your child is old enough, let them help!**

We have several roller bottles around just for our youngest, with oils like Balance blend (great for tantrums), Serenity and Frankincense. I typically use about 5 drops in a 10mL roller for her age now, and the rest I fill with fractionated coconut oil. She LOVES to roll them on her own feet and put them on her babies, plus I love that it's so safe. It makes them feel special to put on their own oils and develops a love for natural solutions and taking care of themselves. My daughter is 20 months now and she will remind me to put oils on her bunny if I forget.

### **4. Here's a popular blend to use to calm children.**



### **5. Finally, a diffuser is a great way to deliver a calming essential oil consistently through the night.**

For overnight use its best to have one without a light, since that disrupts sleep patterns, as well as either an automatic shut-off or controls that allow you to use it all night with a low output.

Are you desperate for some more sleep? Would you like some guidance on how to use help your baby sleep with essential oils?

Happy sleeping!

## How Do Essential Oils Fight Allergies?

An allergic reaction begins in the immune system. An allergen is a substance that tricks the immune system — making it think that the allergen is an invader. The immune system then overreacts to the allergen, which is really a harmless substance, and produces Immunoglobulin E antibodies. These antibodies travel to cells that release histamine and other chemicals, causing the allergic reaction.

The most common causes of an allergic reaction include:

- Pollen
- Dust
- Mold
- Insect stings
- Animal dander
- Food
- Medications
- Latex

These allergens will trigger symptoms in the nose, throat, lungs, ears, sinuses and lining of the stomach or on the skin. The question here still remains — if these common causes have been around for thousands of years, then why have the allergy rates increased in recent history?

One of the theories behind explaining the increase in allergies has to do with inflammation, the root of most diseases. The body responds in a certain way to an allergen because the immune system is in overdrive. When the body is already dealing with high inflammation, any allergen sets off an increased reaction. That means that when the body's immune system is overworked and stressed, introducing an allergen sends the body into overreaction.

If the immune system and inflammation within the body was balanced, the reaction to the allergen would be normal; however, today these reactions are exaggerated and lead to the next unneeded allergic reaction.

One of the most amazing benefits of essential oils are their ability to fight inflammation and boost the immune system. Essential oils for allergies will help to detoxify the body and fight infections, bacteria, parasites, microorganisms and harmful toxins. They reduce the body's susceptibility to outside sources and reduce the overreaction of the immune system when it is faced with a harmless intruder. Some exceptional essential oils even work to relieve respiratory conditions and increase sweat and urination — helping with the elimination of toxins.

### Top 5 Essential Oils for Allergies

#### 1. Peppermint Oil

Inhaling diffused peppermint oil can oftentimes immediately unclog the sinuses and offer relief to scratchy throats. Peppermint acts as an expectorant and provides relief for allergies, as well as colds, coughs, sinusitis, asthma and bronchitis. It has the power to discharge phlegm and reduce inflammation — a leading cause of allergic reactions.

A 2010 study published in the Journal of Ethnopharmacology investigated the effects of peppermint oil in the tracheal rings of rats. The results suggest that peppermint oil is a relaxant and exhibits antispasmodic activity, inhibiting contractions that causes you to cough.

Another study published in the European Journal of Medical Research suggests that peppermint oil treatment has anti-inflammatory effects — reducing the symptoms of chronic inflammatory disorders such as allergic rhinitis and bronchial asthma.

Remedy: Diffuse five drops of peppermint essential oil at home to unclog sinuses and treat a scratchy throat. This will also help to relax the nasal muscles, enabling the body to clear out mucus and allergens like pollen. To reduce inflammation, take 1–2 drops of pure peppermint essential oil internally once a day. It can be added to a glass of water, cup of tea or smoothie. Peppermint oil can also be applied topically to the chest, back of neck and temples. For people with sensitive skin, it is best to dilute peppermint with coconut or jojoba oil before topical application.

#### 2. Basil Oil

Basil essential oil reduces the inflammatory response of allergens. It also supports the adrenal glands, which are involved in producing over 50 hormones that drive almost every bodily function. Essentially, basil essential oil is helping

your body to react appropriately to a threat by rushing blood to your brain, heart and muscles. Basil oil also helps to detoxify the body of bacteria and viruses, while fighting inflammation, pain and fatigue. Studies prove that basil oil shows antimicrobial activity and can kill bacteria, yeast and mold that can lead to asthma and respiratory damage.

**Remedy:** To fight inflammation and regulate the overreaction of the immune system when faced with an allergen, take one drop of basil oil internally by adding it to soup, salad dressing or any other dish. To support the respiratory system, dilute 2–3 drops of basil oil with equal parts coconut oil and apply topically to the chest, back of neck and temples.

### **3. Eucalyptus Oil**

Eucalyptus oil opens up the lungs and sinuses, thereby improving circulation and reducing symptoms of allergies. Studies have shown that it produces a cold sensation in the nose that helps to improve airflow. Eucalyptus contains citronellal, which has analgesic and anti-inflammatory effects; it also works as an expectorant, helping to cleanse the body of toxins and harmful microorganisms that are acting as allergens.

A 2011 study published in Evidence-Based Complementary and Alternative Medicine found that eucalyptus essential oil was an effective treatment for upper respiratory tract infections. Patients who were treated with eucalyptus spray reported an improvement in the severity of their most debilitating respiratory tract infection symptoms compared to participants in the placebo group. Improvement was defined as a reduction of sore throat, hoarseness or cough.

**Remedy:** To treat respiratory issues associated with allergies, diffuse five drops of eucalyptus at home or apply it topically to the chest and temples. To clear the nasal passages and relieve congestion, pour a cup of boiling water into a bowl and add 1–2 drops of eucalyptus essential oil. Then place a towel over your head and inhale deeply for 5–10 minutes.

### **4. Lemon Oil**

Lemon oil supports lymphatic system drainage and helps with overcoming respiratory conditions. Studies have shown that lemon essential oil inhibits the growth of bacteria and boosts the immune system. When diffused at home, lemon oil can kill bacteria and eliminate allergy triggers in the air.

Adding 1–2 drops of lemon essential oil to water also helps with pH balance. Lemon water improves immune function and detoxifies the body. It stimulates the liver and flushes out toxins that can lead to inflammation and an overreactive immune system. Lemon water also stimulates white blood cell production, which is vital for immune system function because it helps to protect the body.

Lemon essential oil can also be used to disinfect your home, without depending on alcohol or bleach. It will remove bacteria and pollutants from your kitchen, bedroom and bathroom — reducing the triggers inside of your home and keeping the air clean for you and your family. This can be especially helpful as the seasons change and allergens from outside are being brought into your house on shoes and clothes.

**Remedy:** Add lemon oil to your laundry detergent, mix a couple of drops with water and spray it on your couches, sheets, curtains and carpets.

### **5. Tea Tree Oil**

This powerful oil can destroy airborne pathogens that cause allergies. Diffusing tea tree oil in the home will kill mold, bacteria and fungi. It is an antiseptic agent and it has anti-inflammatory properties. Tea tree oil can be applied to the skin to kill bacteria and microorganisms; it can also be used as a household cleaner to disinfect the home and eliminate allergens.

A 2000 study conducted in Germany found that tea tree oil exhibits antimicrobial activity against a wide range of bacteria, yeasts and fungi. These microbes lead to inflammation and force our immune system to work on overdrive. **Remedy:** Use tea tree oil on skin rashes and hives or as a household cleaner. When using tea tree topically, add 2–3 drops to a clean cotton ball and gently apply to the area of concern. For people with sensitive skin, dilute tea tree with a carrier oil first, like coconut or jojoba oil.

## How to Use Essential Oils for Allergies

**Food Allergies** — Take 1–2 drops of lemon or peppermint oil internally to relieve the symptoms of a food allergy. This will help to detoxify the body and eliminate the allergens through sweat or urination.

**Skin Rash & Hives** — Use tea tree or basil oil topically to treat skin rashes and hives. Add 2–3 drops to a cotton ball and apply to the affected area. Layering oils over the liver area is another way to treat skin irritations because it helps the liver to flush out toxins that burden the skin. Dilute 3–4 drops of tea tree oil with coconut oil and rub it into the liver area.

**Seasonal Allergies** — Disinfect your home with lemon and tea tree oil; this will eliminate triggers and cleanse the air and your furniture. Add 40 drops of lemon oil and 20 drops of tea tree oil to a 16-ounce spray bottle. Fill the bottle with pure water and a little bit of white vinegar and spray the mixture on any area in your home.

To reduce respiratory issues associated with seasonal allergies, try my Homemade Vapor Rub; it delivers a soothing feeling that will open up the airways and make it easier to breathe.

**Allergy Blend** — Combine 2–3 drops of peppermint, eucalyptus and lavender oil with one teaspoon of coconut oil and massage the mixture into the temples, behind the ears and into the bottoms of the feet.

### Possible Side Effects

When using these special essential oil for allergies, I don't recommend that you take tea tree oil internally; it's best to use tea tree aromatically or topically. When using any of these oils topically, dilute with a carrier oil, especially when using on sensitive skin or one sensitive areas, like under the eyes or on the neck.

When using essential oils internally, a little goes a long way. Only consume 1–2 drops a day for one month. Then take a two-week break and start the treatment again.

## Top Essential Oils for Coughs, Cold, and Congestion

Colds, allergies, and other respiratory conditions can be quite the nuisance. While colds are most common during fall and winter, environmental allergies are most often seen in spring and summer. The result in either case is often a hacking cough, congestion, sneezing, a sore throat, and a general feeling of fatigue. Luckily, there are essential oils for a dry cough that provide relief. Below are a detailed descriptions for 15 of the top essential oils for coughs and congestion.

### 1. Lemon

Research shows that lemon essential oil can boost the immune system and inhibit the growth of bacteria. Lemon oil is one of the most effective essential oils for cough and congestion. It's made from lemon skin, and is used for sore throats due to its anti-inflammatory, antioxidant, and antibacterial properties. Scientific evidence shows that lemon essential oil can boost the immune system and inhibit the growth of bacteria. In a study published in the Journal of Antimicrobial Chemotherapy in 2001, the antibacterial action of lemon oil was found to be effective against cold and allergy symptoms.

### 2. Frankincense

Pure frankincense. Frankincense oil is a great anti-inflammatory for clearing the lungs and nasal passages, and regulating breathing patterns. Frankincense oil is one of the most powerful oils around. In fact, at one point frankincense was valued even more than gold. Today, frankincense oil is a great anti-inflammatory for clearing the lungs and nasal passages, and regulating breathing patterns. In particular, it can help eliminate phlegm in the lungs. In the treatment of coughs or colds, use two to three drops of frankincense oil in your diffuser.

### **3. Lavender**

Lavender is especially useful for respiratory disorders and symptoms such as colds, influenza, coughs, and sinus congestion. Lavender is one of the most common essential oils available. It's especially useful for respiratory disorders and symptoms such as colds, influenza, coughs, and sinus congestion; it can ease breathing problems when phlegm is trapped within the sinuses and lungs. Apply a few drops of lavender oil on the back, neck, or chest for relief.

### **4. Peppermint**

Studies suggest that the antispasmodic activity in peppermint oil helps relieve coughing.

Peppermint is an essential oil best known for its antiseptic, antiviral, antibacterial, anti-inflammatory, antimicrobial, antispasmodic, and expectorant properties. Peppermint is a common treatment for sinus infections, respiratory infections, coughs, colds, and sore throats. A study published in the *Journal of Ethnopharmacology* in 2010 suggests that the antispasmodic activity in peppermint oil helps relieve coughing. The menthol in peppermint oil is thought to calm and soothe sore throats, while also relieving coughs by thinning mucus.

### **5. On Guard Blend**

On Guard is best used as a throat spray to help treat coughs or sore throats. On Guard is an essential oil blend that combines wild orange, cinnamon bark, eucalyptus, clove bud, and rosemary. Legend has it that this essential oil blend was created during a great plague. They were protected from the plague by rubbing themselves all over with the oil blend before entering the homes of plague victims. This blend is known for its antibacterial, antiseptic, and antiviral properties, and is best used as a throat spray to help treat coughs or sore throats.

### **6. Tea Tree Oil**

Tea tree oil contains antimicrobial, antiseptic, and antiviral properties. It's a great essential oil for bronchial congestion. Tea tree oil has been found to exhibit protective activity against bacteria, fungi, and yeast, according to a 2000 study from a German research team. These microbes can cause inflammation, which depletes the immune system and leads to symptoms including coughs and congestion. Fortunately, tea tree oil contains antimicrobial, antiseptic, and antiviral properties. It's a great essential oil for sore throats, coughs, and bronchial congestion. For relief, simply apply 10 to 15 drops of tea tree oil as a cough remedy on your neck and sinuses.

### **7. Oregano Oil**

Oregano oil contains the antimicrobial active ingredients carvacrol and thymol. Oregano oil is powerful antiviral essential oil. A prospective randomized double-blind and controlled study published in the journal *Evidence-Based Complementary and Alternative Medicine* in 2010 found that a spray containing essential oils such as oregano oil, rosemary, peppermint, and eucalyptus resulted in significant and immediate symptom relief from upper respiratory ailments including coughs and sore throats. Oregano oil contains the antimicrobial active ingredients carvacrol and thymol ; it's the carvacrol that is thought give oregano oil its potency.

### **8. Eucalyptus Oil**

Eucalyptus oil is useful in the treatment of congestion and upper respiratory infections. Eucalyptus oil is known to reduce respiratory inflammation, and loosen mucus in the lungs. But the use of eucalyptus is not just limited to natural remedies—it's found in many over-the-counter products for cold, cough, and congestion relief. Eucalyptus oil's health benefits are due to its abilities to improve respiratory circulation, provide antioxidant protection, and stimulate the immune system. The active ingredient in eucalyptus oil is called cineole, and studies have long indicated that eucalyptus oil is useful in the treatment of congestion and upper respiratory infections.

### **9. Thyme**

Research shows that thyme oil can help support the immune and respiratory systems. Thyme oil is one of the better essential oils for coughs and congestion due to its antioxidant, antibacterial, and antimicrobial properties. These effects can help support the immune and respiratory systems. In a study published in the journal *Medicinal Chemistry* in 2011,

researchers examined thyme oil's response to 120 strains of bacteria that were isolated from patients with respiratory infections. The results found that thyme oil exhibited strong activity against all the bacteria strains, which means that thyme oil is perfect for sore throats, coughs, and congestion due to colds.

#### **10. Juniper Berry**

Juniper berry essential oil contains more than 87 active ingredients including antifungal, antioxidant, antibacterial, and antimicrobial agents. Juniper berry is an essential oil with a woody and sweet smell, and is found in many fragrance sprays, aromatherapy blends, and household cleaning products. Juniper berry essential oil is commonly used for sore throats and respiratory infections. Research shows that juniper berry essential oil contains more than 87 active ingredients including antifungal, antioxidant, antibacterial, and antimicrobial agents. A 2003 study published in the journal *Phytotherapy Research* found that the antimicrobial activity of juniper oil is likely due to a combination of compounds called beta-pinene, p-Cymene, and alpha-pinene.

#### **11. Clove**

Clove oil exhibits antimicrobial activity against a number of multi-resistant bacteria. Clove oil is an essential oil used to boost the immune system and relieve sore throats, due to its antiviral, anti-inflammatory, stimulating, antiseptic, antifungal, and antimicrobial properties. A study published in the journal *Phytotherapy Research* in 2007 found that clove oil exhibits antimicrobial activity against a number of multi-resistant bacteria. When you have a sore throat or cough, it's a good idea to chew on a clove bud.

#### **12. Cypress**

Research shows that camphene, a component in cypress oil, inhibited the growth of nine different bacteria. Cypress essential oil is highly valued for its ability to aid the respiratory system and fight infections. Cypress oil can clear congestion and eliminate phlegm buildup in the lungs and respiratory tract. The antispasmodic properties in cypress oil can treat respiratory ailments such as coughing and congestion due to colds, bronchitis, and asthma. A study published in the *Journal of Agricultural and Food Chemistry* in 2004 found that camphene, a component in cypress oil, inhibited the growth of nine different bacteria.

#### **13. Basil**

Basil leaves. To reduce coughing and congestion from allergies, simply add a drop of basil oil into soups or salad dressings. Basil is an essential oil known to decrease inflammation from allergies, and it works by detoxifying the body from viruses and bacteria. A study published in the journal *Letters of Applied Microbiology* in 1998 found that five varieties of sweet basil oil showed potent antimicrobial activity against most of the bacteria examined. To reduce coughing and congestion from allergies, simply add a drop of basil oil into soups or salad dressings. You can also support the respiratory system by diluting two to three drops of basil oil in equal parts of coconut oil, and then applying that mixture topically to your temples, chest, and the back of the neck.

#### **14. Rosemary**

Rosemary oil is effective against drug-resistant strains of bacteria. Rosemary essential oil is known to relieve respiratory disorders such as whooping cough, asthma, sinus infections, and bronchitis. This makes rosemary one of the better essential oils to diffuse for coughs, congestion, and colds. A study published in the journal *Molecules* in 2013 found that rosemary oil is effective against drug-resistant strains of bacteria.

## How to Use Essential Oils for Cough, Colds, and Congestion

Here are three ways to use essential oils to help relieve coughs, colds, and congestion.

### 1. Aromatherapy

Aromatherapy is an effective practice to relieve coughing. Simply add a few drops of the desired essential oil into a diffuser for relief from coughs, colds, the flu, sinus infections, or congestion. A diffuser breaks down essential oils into smaller molecules that spread into the air.

### 2. Topical Application

Many people also prefer essential oils for topical use. In this process, the oils are applied to the skin, hair, nails, teeth or mouth. However, due to their high potency, it's important to dilute and blend your essential oils with carrier oils such as fractionated coconut oil (best), jojoba, avocado or sweet almond. The mixture can then be applied to the affected area.

### 3. Oral Application

Many essential oils can also be ingested by mouth, but the oils must be safe and pure. The Food and Drug Administration (USA) has approved certain essential oils for internal use with the generic designation for human consumption known as GRAS (generally recognised as safe). doTERRA sell high quality essential oils, well above the GRAS standard and are the only essential oil tested 12 times. A drop of essential oil can be added to a glass of water or tea, or a teaspoon of honey. You can also add a drop or two under the tongue, into a capsule or into your meal.

### Homemade Essential Oil Cough Syrup Recipe

There are natural ways to use essential oils for coughs, colds and congestion relief. Conventional cough syrups contain lots of sugar. As an alternative, try a homemade cough syrup that will naturally boost the immune system and soothe your throat. It does not take long to make, and all it requires are a few essential oils and some honey. Below is a simple recipe.

#### Ingredients:

- 1 drop lemon essential oil
- 1 drop peppermint essential oil
- 1 drop lavender essential oil
- 1 drop frankincense essential oil
- 1 tsp honey

#### Directions:

Place the honey in a jar and add the essential oils. Mix well. Swallow the mixture.

### Natural Essential Oil Vapour Rub Recipe

This homemade vapour rub can help soothe the throat and improve breathing. It contains essential oils and other natural ingredients. Here is an easy to follow recipe.

#### Ingredients:

- ½ cup virgin coconut oil
- ¼ cup extra virgin olive oil
- ¼ cup beeswax, grated
- 20 drops eucalyptus essential oil
- 20 drops peppermint essential oil

#### Directions:

Place the coconut oil, olive oil and beeswax in a large mason jar. Put 50ml of water in a saucepan over medium to low heat. Place the jar in the water and allow it to melt and stir to combine the oils. Cool the mixture and add the essential oils. Pour the mixture into jars or tins with lids. Allow the mixture to set. Use on your chest for congestion and cough relief.

## Risks of Essential Oils

The right essential oils for coughs, colds and congestion can be a great addition to any treatment program. But that said, it's always critical to understand how to use essential oils. Pregnant women, children, infants, seniors and those with severe illnesses should consult with a specialist before using essential oils. It's best to use with carrier oil initially if not sure that you are sensitive to the oil.

## Using Essential Oils to Treat Earaches & Infections

The ears are a very sensitive part of the body and we should use caution when applying essential oils near them.

First of all, avoid applying essential oils, both neat and diluted, directly into ears. Essential oils really shouldn't be put inside of an ear.

There's just a recipe below that lists any placement of oils inside the ear very far (the simple cotton ball insert). It's important that one only uses that recipe if they've had their ear checked and the eardrum is not punctured.

Below are five recipes which should provide you with some immediate relief from your discomfort.

### 1.) Simple Outer Ear Cotton Ball Remedy

NOTE: This first recipe is for non-serious earaches caused by infections or a cold. If your earache is regular, persistent or severe you should avoid putting essential oils inside the ear and visit a doctor.

Ingredients:

- 6 drops of the one or a mixture of the following oils (Basil, Cajuput, Roman chamomile, Eucalyptus radiata, Lavender, Rosemary, Tea tree)
- 1 tsp extra virgin olive oil or sweet almond oil
- 1 absorbent cotton ball

Directions:

- Combine carrier oil with essential oils in a 5 ml glass dropper bottle
- Apply 3 drops of the resulting mixture to a cotton ball and place in the external opening of the ear
- Repeat 3 times per day, as needed

### 2.) Simple Hot Compress

Ingredients:

- 3-5 drops lavender and/or chamomile
- hot, soaked cloth

Directions:

- Soak your cloth in very hot water, ring out the excess
- Drop your essential oils onto the hot cloth
- Apply gently to the affected ear as often as desired

### 3.) Simple Soothing Massage Blend

#### Ingredients:

- 2 drops lavender
- 2 drops chamomile
- 1-2 drops tea tree
- 1 tsp carrier oil (argan, coconut,sesame, sweet almond, jojoba,grapeseed, macadamia)

#### Directions:

- Combine ingredients
- Gently massage around the painful area
- Apply twice daily or more if desired

### 4.) Simple Cotton Ball Insert

NOTE: It is important that you apply oils inside the ear only after the ear drum has been examined by a doctor and shows no signs of perforation.

#### Ingredients:

- 2 drops lavender and/or chamomile
- 1 tsp warm almond oil or olive oil
- 1 absorbent cotton ball

#### Directions:

- Warm your oil and mix essential oils in with it
- Soak your absorbent cotton ball in the warm oil
- Gently insert the cotton ball into the outer ear

# 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 frereana* (Oman), *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. DōTERRA blends the three varieties to enhance the chemical properties.

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

# ADD/ADHD

## InTune (Focus Blend)

Helping to enhance the senses and sustain focus, the InTune blend is perfect for staying on task when you are trying to study or concentrate.

### Primary Benefits

- Enhances and sustains a sense of focus
- Supports efforts of those who have difficulty paying attention and staying on task
- Study-time blend

### Ingredients

Amyris Bark, Patchouli Leaf, Frankincense Resin, Lime Peel, Ylang Ylang Flower, Hawaiian Sandalwood Wood, Roman Chamomile Flower essential oils

## Vetiver oil

In 2001, a study done by Dr. Terry Friedman found that vetiver oil is effective in treating children with ADHD. The case study was conducted for two years (1999-2001), and it involved 40 children between 6 and 12 years old. Twenty of the children were not diagnosed with ADHD — they served as the control group — and 20 children were diagnosed.

The essential oils that were used in the study were lavender, vetiver, cedarwood and Brain Power (which is a blend of **frankincense**, sandalwood, melissa, cedarwood, blue cypress, lavender and **helichrysum essential oils**). The essential oils were tested one at a time for 30 days per oil; the children used an inhalation device at night and inhaled the essential oil about three times day when they were feeling “scattered.”

The final results were extremely promising — **lavender oil's benefits** were apparent, as it increased performance by 53 percent, **cedarwood essential oil** increased performance by 83 percent and **vetiver oil increased performance by 100 percent!** The study found that the relaxing and calming properties of vetiver oil helped the children combat their ADHD and ADD symptoms, which typically include difficulty in concentrating, diminished focus, being easily distracted, difficulty with organization and following directions, impatience, and fidgety behavior. The research that is being done to support vetiver oil, and other essential oils, as an effective **natural remedy for ADHD** is an exciting and much-needed prospect.

### *Improves Body Function*

Vetiver oil boosts the immune and nervous system, as it's a natural tonic. A 2015 study conducted in India found that vetiver oil plays a protective role in the body by lessening the toxic results of a chemotherapy drug called cisplatin, which is used to treat cancer of the testicles, bladder, ovaries or lung. Because of its antioxidant activity, vetiver oil significantly inhibited DNA damage, clastogenic effects and cell cycle arrest in the bone marrow cells of mice that were given cisplatin for five consecutive days.

Vetiver oil's soothing and restorative attributes are also responsible for stimulating the immune system and supporting the nervous system. When we're stressed, adrenaline and cortisol flood the body; our blood pressure, breathing and heart rate increases. Glucose is then released into the bloodstream for ready energy. Digestion, growth, reproduction and immune system functions are suppressed or put on hold when we feel tense and anxious, and blood flow to the skin is decreased while pain tolerance is increased.

Ridding yourself of stress impacts your brain, heart, digestion, immune system and every other system in the body, so **natural remedies for anxiety**, like vetiver oil, can be extremely useful.

### ***Soothes Anxiety and Nervousness***

Traditionally, vetiver oil has been used in aromatherapy for relaxation and alleviating emotional stress, panic attacks, trauma, anxiety, insomnia, hysteria and depression. A 2015 study investigated the effects of vetiver oil as a tool that helps with anxiety and the neurological actions in the central amygdaloid nucleus. The central amygdaloid nucleus connects with brainstem areas that control the expression of innate behaviors; it's responsible for the perception and results of emotions, such as changes in heart rate, blood pressure and respiration.

When vetiver oil was given to rats, it altered this neuronal activation from stress. In fact, vetiver oil had the same impact as Diazepam, a medication that treats anxiety, muscle spasms, seizures and other medical conditions.

dōTERRA Emotional Aromatherapy™ System

With six proprietary essential oil blends representing common categories of emotional well-being, the dōTERRA Emotional Aromatherapy System makes emotional aromatherapy easy and accessible for anyone dealing with common negative emotions. Use the Touch version for children.

#### **Description**

The dōTERRA Emotional Aromatherapy System is a revolutionary organization of aromatic plant families around a continuum of emotions for a simple, profound approach to using fragrant essential oils in emotional aromatherapy applications. Individual essential oils can be used with great effectiveness by skilled aromatherapists. dōTERRA makes emotional aromatherapy easy and accessible for anyone dealing with common negative emotions with a new line of proprietary essential oil blends representing six categories of emotional well-being. Each delicate blend contains CPTG Certified Pure Therapeutic Grade® essential oils that can be used aromatically or topically to help balance and brighten your changing moods. Just a few drops of these naturally complex, fragrant blends can elicit profound emotional responses to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again. This kit includes:

- dōTERRA Motivate®

#### **Description**

Are you frustrated at work? Have setbacks in spite of your best efforts shaken your confidence? Or has misplaced trust left you cynical more often than your best self should be? Then stop, reset, and restart with dōTERRA Motivate Encouraging Blend of mint and citrus essential oils. dōTERRA Motivate will help you unleash your creative powers and find the courage that comes from believing in yourself again. Go ahead and raise the bar—you can do it! Features Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb, Yuzu Peel, Melissa Leaf, Rosemary Leaf, Vanilla Bean.

- dōTERRA Cheer®

#### **Description**

Everyone knows a bright disposition and cheerful attitude can smooth over many of the bumps and challenges of life, right? But, sometimes no amount of positive self-talk is enough to avoid the blues. dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost of happiness and positivity when you are feeling down. Its sunshiny, fresh, optimistic aroma will brighten any moment of your day. Features Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb.

- doTERRA Passion<sup>®</sup>

### Description

Have you lost your why, your mojo, your passion? Too much of even a good thing can become predictable and boring over time. doTERRA Passion Inspiring Blend of spice and herb essential oils will help you rekindle excitement in your life. Jump out of an airplane, dive into an ocean, or try something really scary like dancing. With doTERRA Passion, you will find the daring to try something new, as well as discover renewed joy for the current blessings in your life. Features Fractionated Coconut Oil, Cardamom Seed, Cinnamon Bark, Ginger Rhizome, Clove Bud, Sandalwood Wood, Jasmine Flower, Vanilla Bean, Damiana Leaf.

- doTERRA Forgive<sup>®</sup>

### Description

Are you carrying a burden that grows heavier with time? Would you be better off just letting it go and facing a future unfettered by anger and guilt? When you are ready to move forward, doTERRA Forgive Renewing Blend of tree and herb essential oils will help you discover the liberating action of forgiving, forgetting, and moving on. Start each of your tomorrows relieved and contented with Forgive Renewing Blend. Features Spruce Leaf, Bergamot Peel, Juniper Berry Fruit, Myrrh Resin, Arborvitae Wood, Nootka Tree Wood, Thyme Leaf, Citronella Herb.

- doTERRA Console<sup>®</sup>

### Description

Losing something or someone you love can be deeply disorienting and painful. Words unspoken and questions unanswered may keep you worried and unsettled. doTERRA Console Comforting Blend of floral and tree essential oils will help you close the door on sadness and take your first steps on a hopeful path toward emotional healing. Bind your broken heart with doTERRA Console Comforting Blend. Features Frankincense Resin, Patchouli Leaf, Ylang Ylang Flower, Labdanum Leaf/Stalk, Amyris Bark, Sandalwood Wood, Rose Flower, Osmanthus Flower.

- doTERRA Peace<sup>®</sup>

### Description

Are life's anxious moments leaving you feeling overwhelmed and afraid? doTERRA Peace Reassuring Blend of floral and mint essential oils is a positive reminder you don't have to be perfect to find peace. Slow down, take a deep breath, and reconnect with the composed, collected you. Everything turning out fine begins with believing it will—and a few drops of Peace Reassuring Blend. Features Vetiver Root, Lavender Flower, Ylang Ylang Flower, Frankincense Resin, Clary Sage Flower, Marjoram Leaf, Labdanum Leaf/Stalk, Spearmint Herb.

### Uses

- Use aromatically in an essential oil diffuser.
- Apply 1 or 2 drops in your palms, rub hands together, cup in front of your nose, and inhale deeply (do not touch eyes).
- Dilute and apply topically to aromatherapy touch points such as the back of the neck, on the wrists, and over the heart.

### Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

# TOP 4 Essential Oils for DEPRESSION

Dr. Axe  
FOOD + MEDICINE



**1**  
**Bergamot:** Rub 2-3 drops into your hands and cup your mouth and nose. Breathe in the oil slowly. Try rubbing the oil on your feet and stomach, too.



**2**  
**Lavender:** To relieve stress and improve sleep, put a diffuser by your bed and diffuse oils while you sleep at night or in the family room while you're reading or winding down in the evening. Also, it can be rubbed topically behind your ears for the same benefits.



**3**  
**Roman Chamomile:** Inhale chamomile vapors to soothe your mind.



**4**  
**Ylang Ylang:** To enhance confidence, mood and self-love, try diffusing the oil in your home or massaging it into your skin.

## Make Over Your Mood

Maintaining a positive mood and attitude can be very challenging at times. Life can get pretty stressful, especially when trying to multitask. Chances are you are familiar with managing several tasks at once. In today's fast-paced environment, we often experience negative moods such as stress, discouragement, and fatigue. Just as being in a good mood gives you a sense of happiness and well-being, bad moods can also lead to negative feelings over time. When it comes to managing your mood, essential oils can help restore your emotional balance and improve your overall attitude in any situation.

### Calm and Balance: Chill Out, It Will Be OK

#### WORRIED

- Cedarwood: Diffuse after a stressful day to relax the mind and body.
- Geranium: Diffuse aromatically to calm nerves.
- doTERRA Serenity® Calming Blend: Diffuse to help promote relaxation and peace.

#### ANGRY

- Arborvitae: Diffuse at night or rub on forehead, shoulders, or chest to lessen stress and tension.
- Patchouli: Rub on temples or apply to the bottoms of feet to calm emotions.
- Ylang Ylang: Put a few drops into Epsom salt bath for relaxation.

## STRESSED

- AromaTouch<sup>®</sup> Massage Blend: Add to bath or use with carrier oil for massage.
- Frankincense: Apply to the bottoms of feet to relax and balance mood swings.
- Roman Chamomile: Add 1–2 drops to herbal teas to soothe the body and mind.
- Vetiver: Diffuse aromatically or use topically with other calming essential oils, such as Lavender, Serenity, or Balance, to better help calm stress.

## RESTLESS/LACK OF CONCENTRATION

- Rosemary: Diffuse aromatically or apply topically to help reduce tension, stress, and fatigue.
- Lavender: Add to bath water to soak away stress.
- doTERRA Balance<sup>®</sup> Grounding Blend: Apply to wrists or neck to help calm nerves.
- InTune<sup>®</sup> Focus Blend: Apply to temples and back of neck to enhance concentration when feeling tired mid-afternoon.

## NERVOUS

- Clary Sage: Apply to feet or pulse points to balance hormones.
- Bergamot: Diffuse in the classroom or at work

## Elevate and Energize: Lighten Up

### TIRED/UNMOTIVATED

- Grapefruit/Lemon/Lime: Rub underneath your nose to sharpen focus while studying or reading.
- Citrus Bliss<sup>®</sup>: Diffuse aromatically or put one drop on your wrists and rub them together for an uplifting everyday perfume.
- Peppermint: Apply to the palms of hands and deeply inhale for a quick pick-me-up.
- Wild Orange: Energize the mind and body by placing two drops each of Wild Orange, Peppermint, and Frankincense in the palm of your hand. Rub palms together and inhale deeply. during high stress levels.

### SAD/DISOURAGED

- Sandalwood: Apply to the neck at bedtime for a restful sleep, or use during meditation.
- Elevation: Diffuse in the mornings to start the day with a positive, uplifted mood.

### FEELING BLUE

- Myrrh: Use aromatically to help promote awareness and uplift your mood.

*Disclaimer:*

*These statements have not been evaluated by the Therapeutic Goods Administration. The recommendations above are not intended to diagnose, treat, cure or prevent disease.*