ADD/ADHD

"Young Living offers health solutions found nowhere else on earth. These essential oils truly represent the new frontier of medicine; they have resolved cases that many professionals had regarded as hopeless."

*Terry Friedmann, M.D. Cofounder of American Holistic Medical Association*

Terry Friedmann, M.D. case study was conducted for two years, from 1999-2001. Using children between the ages of 6 to 12 years, twenty subjects not diagnosed with ADD/ADHD were used as the control group. Twenty subjects with a confirmed diagnosis of ADD/ADHD were used as the study group. Each group was pre-tested using a baseline evaluation with real time EEG and the T.O.V.A. Scale.

The essential oils chosen for the case study were Lavender, Vetiver, Cedarwood and Brain Power (a blend of Frankincense, Sandalwood, Melissa, Cedarwood, Blue Cypress, Lavender and Helichrysum.) The oils were administered in this fashion: one of the oils were administered by inhalation 3 times a day for 30 days. An inhalation device was also used at night to administer a continuous inhalation of oil. The subject then inhaled when needed, about 3 times during the day when they began to feel 'scattered'.

The inhalation of the oils proved to settle the brainwaves back into normal patterns and improved their scholastic performance and behavioral patterns.

Each subject was tested on each oil for 30 days and then reevaluated by testing. Then another oil was used for 30 days and reevaluated, until each of the oils had been tested. Lastly, oil combinations were used, each for a 30 day period. (Brain Power with Lavender, with Cedarwood, and Vetiver.)

The final results were: Lavender increased performance by 53%, Cedarwood increased performance by 83% and Vetiver increased performance by 100%.
Young Living Essential Oil Products To Help With ADHD/ADD:

Brain Power - Supports concentration and mental clarity.
Frankincense - Stimulates limbic system of the brain.
Cedarwood - Calming and purifying.
Lavender - Calming and relaxing to nervous system.
Peace and Calming - May reduce anxiety, stress, depression.
Valor - Detoxifying, promotes courage and self-esteem
Vetiver - Calming and Relaxing
Joy - Uplifting, may help with depression.
Megazyme - Digestive enzyme supplement.
Mineral Essence - Contains 60 different minerals for proper.

All of the Natural KidScents products are also beneficial since they do not contain petro-chemicals and other toxic ingredients as many of the store bought brands do.

Danielle

Oils that would work are Brain Power and Clarity, and if there is any hyper activity associated with the ADD try Peace and Calming.

Tell her to find someone that practices Brain Gym - great coping skills for this child.

Eliminate ALL white grains and sugar - watch for this hidden sugars/grains.

Lastly there is information in The Mood Cure by Julia Ross - supplementing w/Tyrosine for ADD - on an empty stomach - even w/children.

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EEG Brain Wave

A number of years ago, (2001) Dr. Terry Friedman conducted a study, and actually used EEG brain wave measurements, and his study showed: Vetiver showed 100% improvement, Cedarwood 83% improvement and Lavender 60% improvement with just inhaling the oil. I still find these to be the most effective and helpful oils for ADD/ADHD. Often 'White Angelica' helps as these children need the protection, too.

Warmly,
Arlene Anisman, M.Ed.
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Arlene's Essential Oil Therapies arlene@web.net 416-766-8261

Peace & Calming and Peppermint

One of my daughter's friends uses Peace & Calming and Peppermint. I think he applies P&C to his feet at night, but for the most part, he sniffs it straight from the bottle. The mom diffuses a lot of P&C at home too. :-)

I believe he inhales the Peppermint straight from the bottle when he's having anxiety issues. This mom also saw great changes when she added a whole food supplement to his diet. She said it was like a night and day difference. The oils helped the little boy cope, but the dietary changes changed him. I hope that makes sense.

Perfect Sense

Yes it makes perfect sense what you have said. Depending on the oils of course ALL can be applied to the bottom of the feet where the nerve bundles of the whole human body systems & organs end.

(also applies to palms and backs of hands, finger tips and sides of fingers). These are the FIRST applications

SECOND: Most 99.9% can be inhaled and swiftly pass into the brain and key glands of the brain area (hypothalamus etc.)
THIRD: Some depending on the oils (most YL Singles can be used as a dietary supplement) (Blends consult the EODR)

One area most often overlooked for speed to the body system in harms way is Sub-Lingual (under the tongue)

Using only the EDOR book referenced oils and Blends accordingly, that can be ingested, place a drop or two under the tongue, make spit in the mouth and hold the oil in place for a minimum of 30 seconds before swallowing slowly.

Sublingual is equally as FAST of a delivery internally as with inhalation.

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**Brain Power and Cedarwood**

Brain power and cedarwood are the oils that can work the best with ADD as far as I know and in my experience with my son that has not only ADD but he has a diagnosis under the autistic spectrum. Works very good when you put the oils on the feet and on the temples. Peppermint, diffused is great for focusing and increasing attention as well.-I read that a teacher use to wipe her students desks with peppermint oil before starting class so that they can get the best of their attention.

*Adriana*

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**2nd Grade Teach**

I have a 2nd grade teacher who is using and diffusing Peace and Calming, Lavender, Valor and Vetiver not only for ADD but for other problems as well and has had very good luck with these.

*Katherine (Kady) Dineen*
Common Culprits

Some common culprits of ADD / ADHD are wheat, dairy, processed sugars, high fructose corn syrup, artificial dyes & flavorings, an overgrowth of yeast in the GI tract and mineral deficiencies.

My daughter is 4 1/2 and although has not been officially diagnosed she has exhibited many ADD / ADHD symptoms. I have eliminated the above foods from her diet and she is taking the following YL products daily: Mightyvites, Mightyzymes, Mineral Essence (1ml), 1 oz Ningxia Red and a blend of the following YL oils Lavender, Cedarwood, Vetiver. I have these oils continuously diffusing in her room at night and she wears a personal diffuser during the day with a few drop of the blend in it.

She has been on this "program" for about 8 weeks or so and we just had a parent / teacher conference and her teacher is amazed at the 360 turn around in her behavior and her attention span is much better. Her teacher said that if she had just started school as a new student she wouldn't believe that she has had behavior problems in the past. :-)

She is also taking a few non YL products and you can email me off list for more information as I do not know if it is appropriate to post them here.

Angela Heim
http://www.mommasgoodscents.com/

Dr. Hill

At the Essential Wellness training in Calgary last week, Dr. Hill discussed ADD.

He said that most children are addicted to sugar by the age of 4. 1 in 10 children are malnourished & do not get adequate nutrition. Children are exposed and react to food additives. Children today are exposed to more toxins in one day than our grandparents had in their entire lives. Exposure to lead is a factor as well.

He suggested: Perhaps there is more going on there?? Look deeper, get second opinions. Children need to be challenged both physically & academically (mentally). {From personal experience with his son, Dr.
Hill found that the challenge of mental & physical capabilities - in other words, his son was bored - was the answer not medication.}

In our manuals, it refers to the Essential oil Desk Reference - suggesting the most effective oil is vetiver followed by cedarwood & lavender. Other oils that may be beneficial are sandalwood, cardamom, peppermint, and ledum.

In His love,
Juana

Chemistries Involved

Also in the prevent the problem vein, ADD/ADHD kids are statistically strongly correlated in a long term study with mothers who were depressed postpartum. From what I understand, it is MUCH more about the chemistries involved than emotional "fixing"/processing at that early stage.

IE for starters, healthy milk without colic inducing influences, sufficient moisture and good fats, suitable freshly cooked, digestible, soothing, nourishing, including sufficient alkalizing foods and REST for mom and baby (considering good quality breast milk as most appropriate, of course!), sufficient GOOD sugars (it is sweet taste that builds/rebuilds tissue, it is not inherently bad - and of course sweet taste comes also from everything from carrots and chicken to milk and butter too - add sufficient touch for baby (and mom!) including massage - with warm V6 or sesame oil is particularly good.

This is all very valuable for balanced and integrative neural, hormonal and digestive pathways, also creating less craving even for hard hitting no nutrients and artificially laced poisonous foods.

Like the Young's kids, who don't LIKE chocolate or other white sugar things.

Essential oils are such an added blessing to more quickly bring things into balance, reming the best direction, give hope and comfort, and oxygenate you know the list, and hold sacred doors open while folks get the rest of the homework in operating order.

Vetiver will have a grounding and calming effect - cedarwood also to rood chakra integration and hormonal broadening for those having to
live their life in ADD riding such a thin thread of will and mental pathways as they do commonly. The oxygenation value of all of them of course helps the experience of naturalness and ease in the present also.

Cedar, sandalwood, chamomile, lavender, mints cool the high mental jets especially, streamlining to greater purity experience. Cedar, vetiver, sandalwood, all those thick oils add some traction in form of unction, hormones, like the texture less airy and electric, more connectivity to experience. iedum certainly helps on liver detox level, though there are others and I don't know why this one is selected only.

Those are some of my thoughts, there's more in my files....

_Blessings,
Ysha_

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**ADD/Anxiety**

Hi, I am new to YL but am loving what I have tried. This interested me greatly as I have been dealing with my daughter's diagnosed ADD/anxiety disorder since kindergarten. She was not actually diagnosed until about the second grade but Retilen did not do anything for her and finally we went to a neurologist and she was put on Paxil and Adderal (this was all before I knew anything about EO or anything natural. She is 24 years old now and still taking the generic of Adderal and Paxil. What would be recommended for her, she is open to the oils and loves Peppermint for her sinus problems and Lavender just to smell. As I said above I am new to YO and got started for my migraines. Love to read the notes, questions and answers. If you have any suggestions for me please reply, I guess to the groups, (new to this too). Many thanks for all of the conrodarie and blessings to all....Ann adickinson@... (please send to my e-mail if needed), thanks again.

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**Peace and Calming**

Peace and Calming may be an oil that could help. I think I heard Gary Young say what works best for his child was Sacred Mountain.
Also, I had been listening to a doctor who had a child that was ADD/ADHD. The school made her put her daughter on drugs. That's when the mother of that daughter decided to become a doctor and specialize in this health field. It was a very interesting testimony. But the point I want to make is, through all her research she found out that most of those children (including her own) and adults diagnosed with ADD and ADHD were really allergic to a variety of foods and non-foods. The doctor showed videos of before and after of children and how they reacted after getting off of whatever it was that made them allergic. It truly was amazing! It took a lot of testing, but it brought wonderful, life changing results. Some of the kids had awful behavior problems all because of allergies. Unfortunately, teachers and schools are becoming our physicians and telling parents what they have to do. Usually whatever we eat the most of is what we are allergic to. For example, people with candida usually crave sugar in different forms i.e sugar, bread etc. It must have been a struggle for you and your daughter. But you are on the right path. Try diffusing YL essential oils until she finds the one that works the best for her situation. And don't write-off allergies, get tested for them. They can cause havoc in a person's life! Another thought is get tested for lyme disease. Lyme disease can affect a person neurologically. Go to a lyme specialist for that or go to www.vonner.com for a urine kit to get a proper diagnose of bacteria and viruses that have entered the body.

Good health!

Judy