



# Autism & ADHD

## 10 Best Essential Oils for Autism and ADHD

A study conducted by Autismag took 7 months to pull together the core selection of Essential Oils that have reported benefits for kids with autism and adhd. After months of engaging multiple research institutes, dozens of aromatherapy practitioners and a survey involving more than 200 parents ... This is what they found:

- ✔ 84% of parents with Autistic children have reported medium to significant overall benefits
- ✔ 61% reported that the oils helped pacify their child during Meltdowns or Sensory Overloads.
- ✔ 77% parents have reported reduced hyperactivity levels in their kids upon usage
- ✔ 56% parents felt that their child was more relieved from anxiety, stress, attention deficit and anger
- ✔ 79% parents reported reduced discomfort due to sensory sensitivity
- ✔ Most importantly, 88% were happy with the overall effects and said they would recommend other parents to try out as well.

## The TOP oils were found to be:

 **Tea Tree:** Of all the oils that made it to this elite list, Tea Tree oil deserves a place as it offers a unique Sensory benefit that few other provide 

Kids with Autism have heightened sensory sensitivities, including highly sensitive epidermal skin. Be it extreme weather conditions, or dust and pollution – such conditions may feel disruptive to many children with Autism. Tea Tree oil not only helps soothe skin sensitivity issues, but it also insulates the skin from external disturbances, thereby protecting your child's skin from conditions that heighten hyper-sensitivity.

### **Vetiver Essential Oil**

Dr. Terry Friedman conducted a study to understand the hidden benefits of vetiver essential oils for children diagnosed with ADHD conditions.

Interestingly, the study revealed the oil helps children combat ADD and ADHD symptoms to a greater extent than previously known.

Dr. Friedman states,

‘Amazingly, these oils help children in enhancing their concentration levels that will directly benefit them with lesser distractions and reduced impatience levels.’

Here are some additional autism related benefits he reported:

-  Soothes an overactive mind
-  Aids in controlling anger
-  Reduces irritations

### **Cedar wood Oil**

Helps in naturally increasing melatonin levels (this helps in proper functioning of other hormones and maintaining the body clock i.e., time when hungry, time to sleep, time to wake up, time to visit the loo, etc

-  Helpful in stimulating pineal and pituitary glands
-  Improved focus
-  Aids in sleeping well

## **Ylang Ylang Oil**

Though, not super helpful in any of the direct symptoms of Autism or ADHD, Ylang still makes it into the list because of the many benefits it provides in tackling with some of the common comorbid conditions like

- ✔ Helpful in increasing the blood flow to the body
- ✔ Lowers blood pressure
- ✔ Highly effective in preventing septic infections
- ✔ Fights depression
- ✔ GI (Gastro-Intestinal) Issues

## **Roman Chamomile**

This ancient medicinal herb is known for its disease fighting properties and is touted to be the best when it comes to fighting symptoms such as anxiety and stress.

- ✔ The herbs from which chamomile oil is extracted are known to reduce meltdowns
- ✔ Reduces hyperactivity and hypertension

## **Bergamot Essential Oil**

Bergamot oil is known for its excellent mood enhancing properties and is considered to be one of the best essential oils for autistic children who are sensory seeking.

- ✔ Widely considered as a natural relaxing agent or a relaxant
- ✔ Known to improve blood circulation
- ✔ Its sweet fragrance can work well as a stimulant for the sensory seeking
- ✔ Provides Sensory relief too

## **Peppermint Essential Oil**

This to the list of widely known oils known to mankind since ancient times. The oil is known for its cooling properties and is proven to improve mental focus for individuals.

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.

Holly, a mother to an autistic child who tried our Peppermint Essential oil says,

‘My daughter often used to have meltdowns. This would cause her body to heat up further and condition would worsen. I used two drops of peppermint oil mixed with coconut oil and rubbed the mixture progressively on her forehead. Interestingly, it worked! Her body started to cool down and I could see that she started feeling calmer.’

## **Lavender oil**

Children with autism and ADHD can benefit from the calming effects of lavender which help improve their sleep quality and assist their body in fighting emotional stress.

- ✓ Improved sleep quality
- ✓ Emotional Stress buster
- ✓ Reduced Anxiety

## **Frankincense Oil**

Children with ADHD or autism are seen to greatly benefit from frankincense oils as it helps them to maintain their focus levels while helping them reduce negative emotions and stressful reactions.

- ✓ Autistic and ADHD children often face issues in maintaining their focus. In such cases, Frankincense essential oil helps children to improve their focus levels.
- ✓ The oil is seen to be a helpful alternative in overcoming negative emotions and stressful reactions
- ✓ It helps in deep breathing with induced calmness
- ✓ Minimises sensory overload
- ✓ Keeps stress levels in check

## Sandalwood oil

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.

- ✔ The oil is widely known for its relaxing and calming effects
- ✔ Continual usage of sandalwood oil is known to benefit one from reduced anxieties.
- ✔ Improves attention levels
- ✔ Studies show that kids can concentrate better in learning under its effects.

These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent disease."