



doTERRA Customer Testimonial

Our daughter was diagnosed with Asperger's (on the Autism Spectrum) 1 ½ years ago at the age of 6, but our struggles with her began long before then. She was always a very happy and content child with a great sense of humour but from about 3 years of age things started changing, she started becoming scared, unhappy and angry all the time. It only got worse the next few years, extreme fears, anxiety, meltdowns, very angry all the time, very defiant toward me, she started hurting our dogs and cats, sensory issues, hyperactive etc.

After her diagnosis we tried everything we could, I changed her diet, had her see an Occupational Therapist, put her on homeopathic remedies, tried to gently detox her, even had her on CBD for her extreme anger and sometimes violent behaviour. All of those helped somewhat, but she was still angry and unhappy and I still battled to get through each day. I have always been interested in natural health and wellbeing and believe that our bodies has the ability to heal itself if just given the chance, I felt helpless, but still believed somewhere out there lies the answer to our little girls recovery.

doTERRA essential oils had popped up when I googled essential oils for autism however they were out of my reach as doTERRA was not in South Africa. The essential oil I had sourced locally and recipes I tried had no results. I became very excited when I heard that doTERRA was launching into South Africa and quickly registered, following some research on the best oils to use on our daughter I purchased them, and started using them.

Results: On day five we started seeing some nice changes, after a month I can say our little girl is a different person, she is now happy all the time, she's got her sense of humour back, she wakes up happier, laughs most of the time, her meltdowns and anger is gone, if she gets upset it only lasts for a minute or two not a few hours anymore, she hardly ever says she's scared anymore. At school there has been big improvements, she hardly ever walks around with a teacher during break anymore, she socializes and makes friends and does a lot of the chatting. Her teacher also said that she is participating a lot more in class and that it is the first time this year that she has to tell Miya to keep quiet in class as she's chatting to the kids. She never hurts our pets anymore and is very loving toward them now. Sensory wise we are also seeing improvements, I can carry on and on with the list...we are blown away with how these oils are helping her, its amazing to see. It has been a very difficult few years, we are so happy to say we have got our little girl back and we are very excited to see what further improvements these oils will bring.

[See protocol used on the next page:](#)

Oils for Autism

30 drops DDR Prime
10 drops Frankincense
10 drops Copaiba
In rollerbottle
Fill up with FCO
Apply twice a day to brainstem and spine



Balance

Apply to
bottom of
feet twice
a day

Grounding
+
Calming

doTERRA oils are certified therapeutic grade, they are 100% pure and free from any artificial ingredients, fillers, or pesticides. They are safe and completely natural and not tested on animals. They are very potent aromatic compounds, and can help us with everyday health related issues including our overall well-being.

Natures Alternative – 4 minute video:
<https://youtu.be/N4Xrj0aEp00A>

For more information please feel free to
Contact me.