



**VALLEY CHILDREN'S CLINIC**

## **ADD & ADHD**

### **Essential Oil Therapy and Uses**

Similar to when we use medications essential oil's work differently on each person. Some aromas are unpleasant to our senses and some aromas are appealing. Essential oils are no different.

#### **Evidence-Based Essential Oil Therapy, Dr. Scott A. Johnson: Attention-Deficit Disorder (ADD) or Attention-Deficit Hyperactivity Disorder (ADHD)**

- A. Topical—Apply 1 to 3 drops each of cedarwood, German chamomile, and lavender and /or frankincense and vetiver to the back of the neck, brain stem, and head up to 8 times daily (frankincense and vetiver increase focus, lavender and German chamomile help calm anxious feelings). Apply 3 to 5 drops of orange, 2 to 3 times daily.**
- B. Oral—Take 1 capsule filled with 2 drops each of cedarwood, lavender, and frankincense, 2 times daily.**

#### **Quick Reference Guide for Using Essential Oils, Connie and Alan Higley**

- A. Topical—Dilute 3-5 drops of oil in 1 Tbs. V-6 Oil and use as a massage oil. Add 1-2 drops to warm bathwater (or combine with ¼ cup bath salts and add to warm bathwater) and bathe.**
- B. Diffuse into the air.**
- C. Oils—Reconnect, InTouch, Lavender, Citrus Fresh, RutaVaLa, Tranquil (roll-on), Ledum**
- D. Other Oils—Lavender, Peace & Calming, Citrus Fresh, valerian, neroli**
- E. Blending Ideas—Lavender with basil (on crown), Harmony, or Peace & Calming, Basil with Clarity; Frankincense with Valor. Apply 1-3 drops of any of these on the bottoms of the feet and on the spine; Diffuse**
- F. Sleeping Oils—Reconnect, InTouch, Peace & Calming or Gentle Baby**

In our office the staff has personally used: Brain Power, Peppermint, Peace & Calming, Frankincense, Lemon, and Clarity. Please feel free to discuss this with your provider as he or she has more information and can help you decide what would work best for your child.