

THE 10 BEST ESSENTIAL OILS FOR AUTISM, ADHD & ADD

Adapted from *Best Essential Oils for Autism and ADHD - The Ultimate Guide – Parenting Magazine*

1. Frankincense Oil

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.

It has anti-bacterial, anti-tumor 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.

2. Vetiver Oil

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.

It has antiseptic and antispasmodic properties that aid in the healing of wounds and scars and provide relief from all types of inflammation. Best

3. 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. Sandalwood is also known to have anti-inflammatory, anti-aging, and anti-viral properties.

4. Cedarwood Oil

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.

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.

5. Lavender Oil

Lavender has a calming effect on children on the autism spectrum and can help improve sleep quality and reduce anxiety and emotional stress.

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.

6. Mandarin Oil

Mandarin essential oil is particularly useful for children because many kids are fond of its sweet, citrusy scent. It can also help reduce anxiety levels. Known to be the sweetest and most calming of all citrus essential oils.

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.

7. Peppermint Oil

Peppermint 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.

It 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 oil has effective sedative, anti-septic, antispasmodic, 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

Known as an excellent mood enhancer, bergamot is considered great essential oil for autism. Bergamot 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.

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.

10. Chamomile Oil

Chamomile 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.