

Essential Oils Guide for Calming, Focus, and More.

Karen Thomas© 2017

Karen@autismmommensor.com

Essential oils have grown in popularity during recent years for good reason. Both physical and emotional benefits have prompted increased use of these oils due to parents reporting their help with everything from digestive discomfort, supporting a healthy liver, immune support, focus and concentration, anxious feelings, feelings of sadness, to better sleep.

The questions most parents ask are what to use, how to use them, and where to get quality products. In this article we will address all of those aspects.

What to look for

When it comes to essential oils quality is the most important aspect. Desired results will not be obtained to the optimum levels with low quality, sub-par oils. Companies may say that they are quality or use the word “pure” but it is not until you start digging into their extraction procedures that you learn the truth. Many oils are extracted with chemicals and are not pure at all. They are also allowed to say that they are organic, even when they are not because there is no regulation on essential oils. Most companies also know that people do not take the time to look deeper, nor do they have the time, so I have done the research for you.

The product should state that it is 100 percent pure, therapeutic grade essential oil. Avoid anything that says “fragrance” or “perfume”. These liquids are derived from plants, shrubs, flowers, trees, roots, herbs, fruits, grasses and seeds. The highest quality comes from positive extraction which is cold pressed, low, slow steam distillation. Anything that is not citrus is distilled, slow steam, so it will not destroy the medicinal value of the product. Citrus is cold pressed to retain quality.

Depending on the product and company extracts can range from 50 to 200 times more concentrated than the original source from which they were derived. When single oils are blended together correctly they are known to be safer, more effective, and easier to use than when the oils are used individually. Blends cleanse and rebuild.

A “carrier oil” is an oil base such as fractionated coconut oil, or grapeseed oil that is used to calm the strengths of some oils to protect from burning the skin on contact. Typically, one drop of essential oil to three drops of carrier oil is suggested for an adult. For children the dilution should be three times that depending on the child’s size and weight. Not all oils need dilution, but having to know ahead of time which ones do can be stressful. I personally like to know which ones I can use right out of the bottle without having to mix it in another bottle. I also know that if an oil were to hurt my child once that he may never let me apply it on him again.

Oils known to be “hot” that are suggested to be diluted, especially with children, are birch, cassia, cinnamon, clove, eucalyptus, ginger, lemongrass, oregano, peppermint, thyme, and wintergreen. “Hot” oils, unless in a carrier oil, are recommended to be used on the bottoms of the feet or in a diffuser for aromatic use. Always keep undiluted oils away from the eyes.

Essential oils last. They do not go bad, unless they have been exposed to excessive heat or cold. Be sure to leave the lid on tight to keep oxygen out of the bottle when not in use.

How to Use Essential Oils

Essential oils can be used directly on the skin applied to the bottom of the feet, the neck, the top of the head, chest, forehead, abdomen, arms and legs, and diffused aromatically with the use of an essential oil diffuser. They work almost immediately absorbing into the bloodstream within 30 seconds, and into circulation throughout the entire body in about 30 minutes. Essential oils are most effective if used two to three times per day, at least in the beginning, then possibly only needing them once per day later on. Note: Always keep essential oils in glass. If they are put into a plastic cup they will pull out the toxins from the plastic and then the oils will contain them. This is especially important if ever ingesting any of the oils.

There are many oils that can benefit children with varying needs such as mood swings, tension, feelings of restlessness, and trouble concentrating. Essential oils have the powerful ability to stimulate the limbic portion of the brain. The limbic brain is directly connected to the sense of smell which ties it into hormonal and emotional centers. Essential oils also have the keen ability to cross the blood brain barrier. They contain something called terpenes which cleanse receptor sites, reprogram the DNA at a cellular level, and deprogram miswritten codes in the DNA. Read more about this at, <http://bit.ly/QcZrSm>.

For your knowledge I will offer some of the benefits of a few individual oils. As with any product the different oils are something to experiment with for best results based on the varying needs and receptive ability of each individual.

Individual oils and their benefits:

- Vetiver (can be applied directly to skin without dilution and great when added to bath water): used for its calming properties, supports healthy inflammation response, head tension, muscle discomfort, feelings of sadness, feeling under the weather and healthy immune support, sleep issues, skin problems, supports brain health, known for its cooling properties which benefits those who overheat easily, better focus, concentration, and organization.
- Frankincense: used for focus, immune support, feelings of sadness, hormonal balance, sleep aid, digestive support, detoxifying, supporting healthy inflammation response, and a healthy respiratory system.

- Sandalwood: for focus, memory, calming, immune support, skin health, healthy inflammatory response, and helps with respiratory support.
- Cedarwood: assists focus, promote oral health, head tension, restful sleep and supports a healthy liver.
- Lavender: helps with anxious feelings, head tension, promotes healthy skin, respiratory health, quality sleep, supports liver and kidney function, and is a known blood sugar stabilizer.

Until you start learning more, it is wise to use already blended oils that are sold in carrier oils, and stay away from commercial oils. The key is knowing which company or companies to trust and sticking with them.

Where to get them

The following company carries products that are 100 percent pure, therapeutic grade oil. They only carry quality blends, and all of their blends are already in a carrier oil. You can buy directly from this company. They are called Green Lotus Essential Oils, www.greenlotusoils.com. Green Lotus Essential oils are 200 times more concentrated than what they are derived from. Their website offers proper application guidelines for each product on its individual page, so you will know how to best use it.

The owner of Green Lotus Oils has made a generous offer for those who have learned about their products here because she knows that children, (she is the mother of five), are extremely important and can benefit greatly from these products. Please use the coupon code "SOLUTION" at checkout to receive ten percent off of your entire order. There are 5ml and 15 ml bottle sizes available for each blend. Some of the larger (15 ml) bottles have been additionally discounted to \$37.00 for you. That is like buying three 5mls for \$12 each instead of \$16, (a savings of \$12), by buying the larger bottle. "Cleanse Pure" has been discounted to \$39.00 for the 15ml, plus the extra 10% off!

Green Lotus Oil blends:

- Detox: Good to add to bath water.
- Healthy Cell Growth
- Deep Sleep: very helpful when put on the bottoms of the feet at bedtime.
- Emotional Release: a combination of coriander, nutmeg, geranium, cedarwood, frankincense, ylang ylang and vetiver.
- Alert & Focus
- Peaceful: calming
- Thyroid support
- Protection
- Stomach relief
- Well Being

The same company, www.greenlotusoils.com, carry additional blends which help support a healthy respiratory system, and can be applied to chest and over lungs, or added to an air diffuser. A diffuser is basically an air vaporizer that you add your essential oil of choice into along with some distilled water. This diffuses the oils into the air for inhalation. They can also help to cleanse the air in a room, or for use with your oil of choice day or night. Great at home, office, or school. Additionally, to avoid more chemicals in your home the following can be applied:

ESSENTIAL OIL CLEANING SOLUTIONS

- Essential oil “cleanse pure blend” is great for general cleaning.
- Essential oils are also great for cleaning fruits and vegetables. Add about 5 drops to water to help clean off any possible pesticide or bacterial residue.

For cleaning: about 10-20 drops of the essential oil blend in a spray bottle with a little bit of green liquid soap does the job.

The second company of mention also has the highest quality, 100% certified pure, therapeutic grade essential oils. Their name is Doterra. They are a large company and carry many choices including different individual oils, blends, and other health and household products such as soaps and laundry detergent made with 100 percent, pure grade therapeutic essential oils. Their products are backed by science, rigorous testing, and are known for consistency of all products. If their bottles have a food label on them then they are telling you that they are acceptable for ingestion. This is a nice added benefit of assurance.

Doterra carries all of the above individual oils mentioned as single, and unblended, but they also carry their own blends too. Their product line labeled as “Touch” blends are already in a carrier oil. Their “emotional” labeled blends are gentler. For oils that are not diluted, it is important to use the above guidelines with them, although the hot oils are much calmer when blended with other oils. Doterra sells fractionated coconut oil for you to make your own diluted version at home, in case you have the need. Quality olive oil from home works well too. Remember that you can test a small amount of any oil on the wrist or the bottoms of the feet.

Some of the Doterra blends that may be helpful for children with mood swings, tension, feelings of restlessness, and trouble concentrating include:

- Peace: great for reducing feelings of stress, and improving sleep. Features Vetiver Root, Lavender Flower, Ylang Ylang Flower, Frankincense Resin, Clary Sage Flower, Marjoram Leaf, Labdanum Leaf/Stalk, Spearmint
- Serenity: for calming, and help with REM sleep
- Balance: assists grounding
- In tune: benefits ability to focus and holding attention
- Motivate
- On Guard: healthy immune support (this also comes in their soap and laundry detergent)

Doterra’s products can either be purchased directly at their retail prices, or for a very small annual fee Doterra offers the option of purchasing their products at wholesale prices for a significant savings. Please refer to, <https://www.mydoterra.com/KarenThomas7>, to learn more. For more information on wholesale pricing please contact me directly at, Karen@autismmomsmentor.com, and let me know how you prefer to be contacted, (email, text, or phone), and I will be happy to answer any questions.