

## **ATTENTION DEFICIT DISORDER (ADD and ADHD)**

Terry Friedmann, MD has recently completed pioneering studies using essential oils to combat ADD and ADHD. Using twice a day inhalation of essential oils including vetiver, cedarwood, and lavender, Dr. Friedmann was able to achieve clinically significant results in 60 days. Researchers postulate that essential oils mitigate ADD and ADHD through their stimulation on the limbic system of the brain.

Because attention deficit disorder may be caused by mineral deficiencies in the diet, increasing nutrient intake and absorption of magnesium, potassium, and other trace minerals can also have a significant beneficial effect in resolving ADD.

### **Single Oils:**

Vetiver, lavender, sandalwood, cardamom, cedarwood, peppermint, ledum,

### **Blends:**

Brain Power, Joy, Peace & Calming, Clarity, Longevity

### **EO Applications:**

#### **INHALATION:**

DIFFUSION, 15 min. 4-8 times daily

DIRECT, 4-8 times daily

### **Dietary Supplementation:**

Mineral Essence, Essential Manna, Wolfberry Crisp, Essential Omegas, Berry Young Juice, Power Meal.

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