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# Essential Oils: 7 Essential Oils For Children With ADHD: A Holistic Approach To Reducing ADHD Symptoms

## 7 ESSENTIAL OILS FOR CHILDREN WITH ADHD

A Holistic Approach to Reducing ADHD Symptoms



## Synopsis

Essential Oils are being used to treat all types of ailments. This ebook will give a short and sweet run down of the 7 most effective Essential Oils used to treat ADHD symptoms. These oils have been the product of several studies conducted at universities and have been proven to be effective. If you have a child with ADHD then you have for sure been through your share of ups and downs. You may have tried diet, exercise, meditation, medication and other means of soothing symptoms of ADHD. A somewhat new alternative that will assist in mitigating ADHD symptoms is Essential Oils. There are several oils that focus on specific elements of behavior that are beneficial to children with ADHD. In this book we will focus on 7 of them, and introduce one special blend.

## Book Information

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## Customer Reviews

What are essential oils? What you should look for, including origin of plants for oils, processing, application, dilution, "integrity of skin," and age of client? The author gives credit to her source materials, NAHA or National Assn. of Holistic Aromatherapy. That's good, and a reliable source. Remember, in a short booklet like this, it is wise for you to have other resources to research. What

are the 7 oils good for ADHD? Someone in our family uses essential oils for that very purpose with some impressive results. Well, we have Roman chamomile, lavender (great oil for many purposes), mandarin, ylang ylang, vetiver, frankincense and patchouli. There's also brief information on a complex formula that puts many oils together. The author also mentions the need for exercise, meditation and patience. I wish she had included some summary of real-life experiences. I know you have to be careful with testimonials and claims (the FDA is watching). You also have the opportunity to join the author's mailing list and receive updates on holistic ADHD treatments. Sounds good.>> If this review is helpful to you, please click on YES below. If you're on an E-reader (Kindle), you might have to click on "page" button--lower left. By affirming this review helped you, it could also help others. Thanks.

Helpfully read, would have rated it 5 stars or they would have included the dosage for the awake oil blend. Still very informative read

It's informative. I still have yet to try the recipes.

Great Read

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Paperback

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