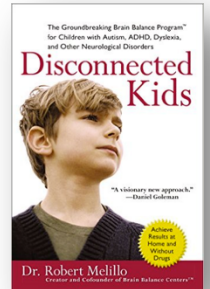


Connected and Focused Protocol

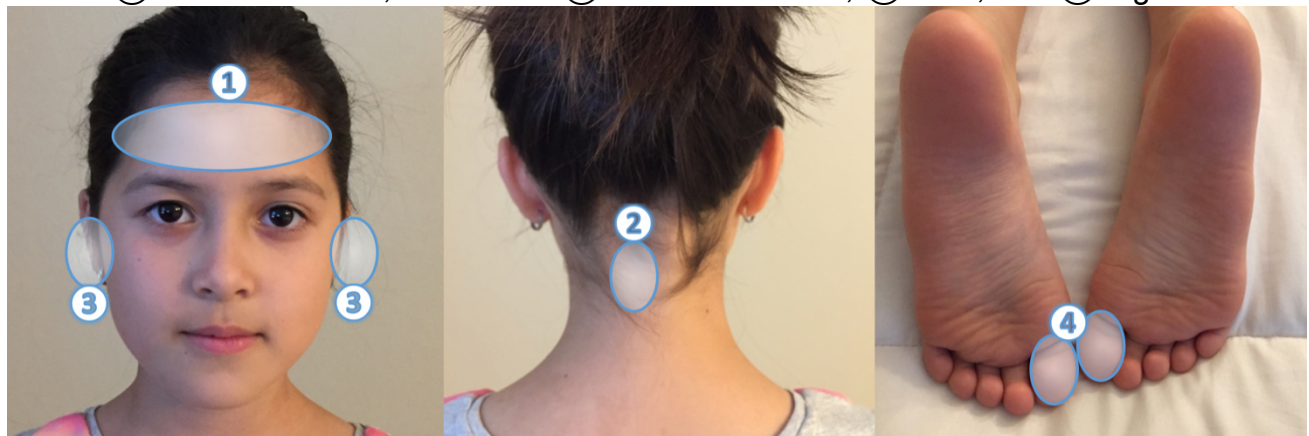
Currently there are many kids that have learning and cognitive concerns. They may be labeled as Autistic, ADD, ADHD, Dyslexic and everything in between on this spectrum. This protocol is not intended to diagnose, treat, cure or prevent illness. Our goal is to help the body balance, repair, and cleanse toxins and fungus from the brain and body as much as possible. We believe that the body knows how to heal, repair and balance. There is much we CAN do to help!! This protocol has had lots of success with our friends and family. As with many imbalances, there are many causes. We believe the best solution is to take a holistic approach.

Suggested Reading: *Disconnected Kids* by Dr. Robert Melillo

Brain Exercise: Do this morning and night. This helps with communication between left and right brain.



Step 1) Apply essential oils: rub both **Grounding & Focus** essential oils blends ① across forehead, and on the ② back of the neck, ③ ears, and ④ big toes.



Step 2) Do the brain dance: ① Place right hand on left ear then left hand on left ear. ② Place right elbow on left knee then left elbow on right knee. ③ Place right hand on left toes then left hand on right toes. ④ Cross right arm and leg over left side of body then left arm and legs over right side of body.



Nourish: It is generally accepted that we are what we eat, and nutrition is the biggest contributor to our wellness. Proper nutrition can aid children in focusing, thinking clearly, behaving, connecting with others, and being happy.

1) Feed the Brains: The brain is made up of mostly fat. Feed the brains with a spectrum of absorbable omega oils. Use a wonderful source of bioavailable omega oil blends for children.

2) Feed the Cells: Feed them good and nutritious food and supplements. Many health problems are simply symptoms of nutritional deficiencies.

Care for the Gut: Most disconnected and unfocused kids also have food intolerances and sensitivities. Many parents call them 'picky eaters!' However, most children are not inherently picky or predisposed to ill-behavior. They are just responding to their bodies, especially the state of their gut.

A healthy clean gut is free from fungus overgrowth and bad flora. Healthy flora by contrast improves energy, mood, and cognitive abilities. A healthy gut also improves a person's immunity because up to eighty percent of your body's immune response system is in your digestive track especially your gut. The gut contains a lot of neurotransmitters, which help with brain functions. It can be thought of as your body's second brain. So it's no surprise a clean gut also improves immunity and clear thinking.

Natural Solutions for Gut Care:

1) Detox and cleanse naturally with foods and essential oils. Have them drink 1-2 drops of **Lemon & Wild Orange** essential oils in water several times a day to help them gently detox and cleanse the gut. **Lemon** essential oil is great for the left brain (logical reasoning) and **Wild Orange** essential oil is great for the right brain (creativity). Other essential oils have wonderful detoxifying benefits, too.

2) Improve the gut's digestive abilities. Apply **Digestive essential oil blend** on the bottom of the feet daily especially in the stomach reflex points (middle area of the arch). Avoid sugar, wheat and other inflammatory foods. Drink fluoride-free water.

3) Establish a healthy gut flora. Take a natural probiotic that is encapsulated and designed to promote healthy gut flora. Probiotic helps establish a healthy gut flora. A healthy gut does not act alone. Rather, our guts naturally employ healthy bacteria that live symbiotically with us in our gut. This healthy layer of good bacteria also provides a natural defense boosting our overall immunity.

Detox the Brain Cells: Toxins and heavy metals may be lodged in the brains causing brain cell damage and disruptions to cellular communication. Give your body all the tools you can to detox the brain.

Natural Solution to Detoxing the Brain:

There are many essential oils that aid the body's ability to naturally detox. We recommend just a few of our favorites. Use a drop of **Cilantro essential oil** and **Clove essential oil** on the bottom of the feet and the big toes daily for as long as you need. Cilantro is a powerful detoxifier. Research suggests that Cilantro essential oil can assist the body in reducing some heavy metals. Clove is very high in antioxidants, and antioxidants help eliminate free radicals. We apply the oils to the big toes because the big toes are the reflex point for the brain.

Manage Mood & Emotions: When the brain is struggling to communicate or make connections, it can become stressed. Stress leads to frustration. Often disconnected kids have tantrums and meltdowns when they get too stressed emotionally or physically.

Natural Solution to Manage Mood and Emotions:

Aroma has a powerful way of affecting the general mood and triggering emotions. This gives you the ability to naturally influence your child's mood or emotions in a positive natural way.

1) Diffuse essential oils during moments of tenseness or stress:

1. **Grounding blend**—calming anxiety, grounding
2. **Wild Orange essential oil**—calming anxiety and stress, uplifting, stimulating creativity, energizing
3. **Lemon essential oil**—uplifting, improving focus and clarity
4. **Focus blend**—improving focus, encouraging learning
5. **Vetiver essential oil**—grounding, relaxing, assisting in resting
6. **Lavender or Calming blend**—sleeping aid, calming, relaxing, soothing anger and frustration
7. **Cedarwood essential oil**—sleeping aid, helping with connection to other people
8. **Sandalwood & Frankincense essential oils**—calming, helping brains cell connections
9. **Patchouli essential oil**—helping us be aware of our body signals, calming & relaxing
10. **Marjoram essential oil**— helping with connection to other people, calming & relaxing

TIP: Choose a combination that the child likes.

2) Adjust colors and light and sounds in the home to set a calm mood and help your child stay in control.

Colors and light can over-stimulate and stress disconnected kids. Choose soft light and colors to support them. For example, dress them in their favorite colors or soft shades of their favorite colors.

Proactive preventative approach: Use essential oils for common health concerns to reduce toxic load on the body from medications and synthetic chemicals. Most of these children are highly sensitive to chemicals and toxins. We strongly recommend caregivers use natural cleaners and natural personal care products on and around these children to reduce toxic load on their cells.

Try natural SLS-free shampoo & conditioners, **Protective essential oil blend** toothpaste a fluoride-free toothpaste, triclosan-free natural **Protective essential oil blend** foaming hand wash, etc.

*These products and statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

