

A woman with her hair in a bun, wearing a light pink shirt and floral pants, sits on a blanket in a field of lavender. She is reading a book. The field is filled with rows of purple lavender flowers, and a dirt path leads through them. The background is a soft-focus landscape of more lavender fields under a bright sky.

Sensory Integration and Essential Oils.

Lisa Rankin MD

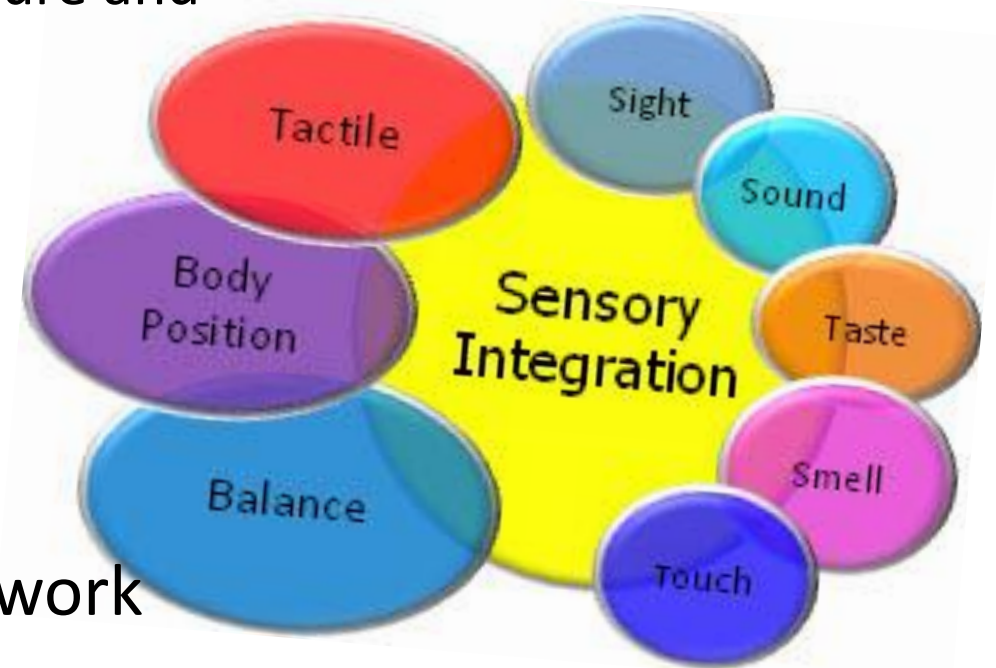
Sensory Processing Disorder

- Not recognized as its own disorder with a code
 - Neurologic dysfunction seen to some degree in all children with Autism
 - May not be obvious but it is there
- Sensory signals do not get organized into appropriate responses
 - Noxious input not always recognized – high pain threshold
 - Overreacting to non- noxious stimuli- hair cuts, brushing teeth/hair
- Creates challenges in performing everyday tasks
 - Grooming
 - School- overstimulated and unable to focus/fidgets
 - Social Interactions – under stimulated and becomes sensory seeking
 - Sleep- unable to settle down



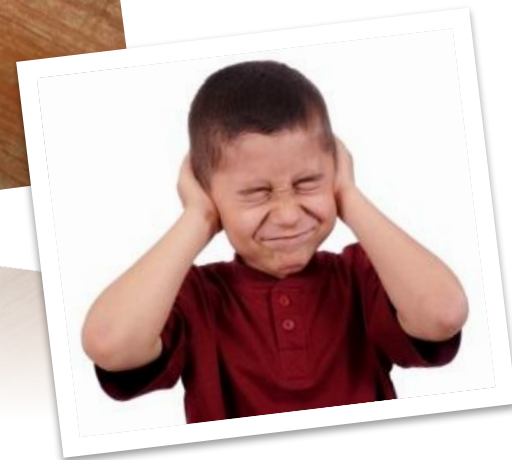
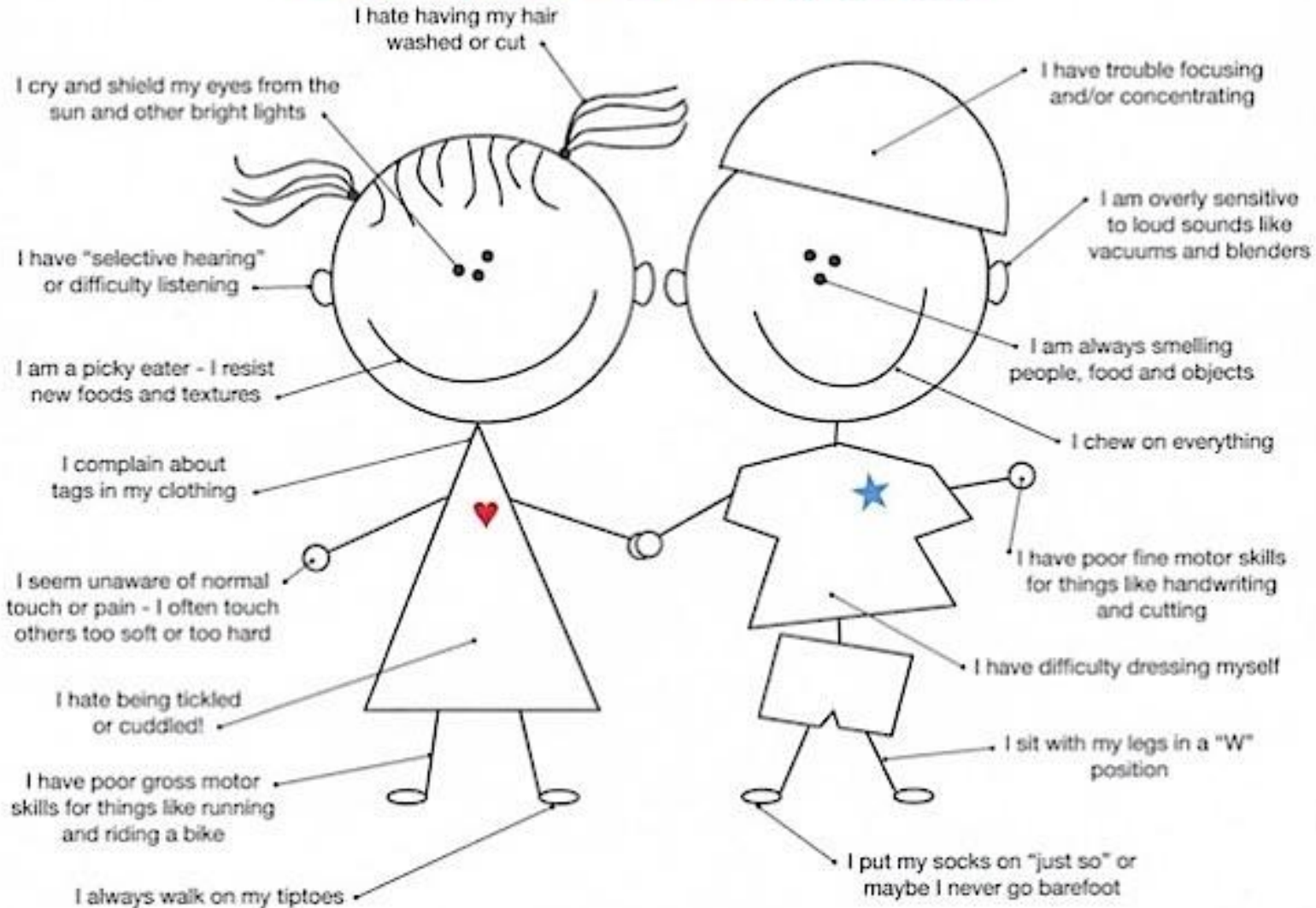
Sensory Integration therapy

- Most children benefit from this therapy
- Similar difficulties across the spectrum
 - On exam – perioral sensitivity, enjoys deep pressure and joint compressions
 - By history – noises, textures, smells
- Sensory protocols are usually very similar
 - Heavy work
 - Desensitization
 - Hands on sensory diet
- Using usual interventions on every child will work for majority
 - Adding historical questions increases effectiveness



Does this look familiar?

DO YOU KNOW ME?

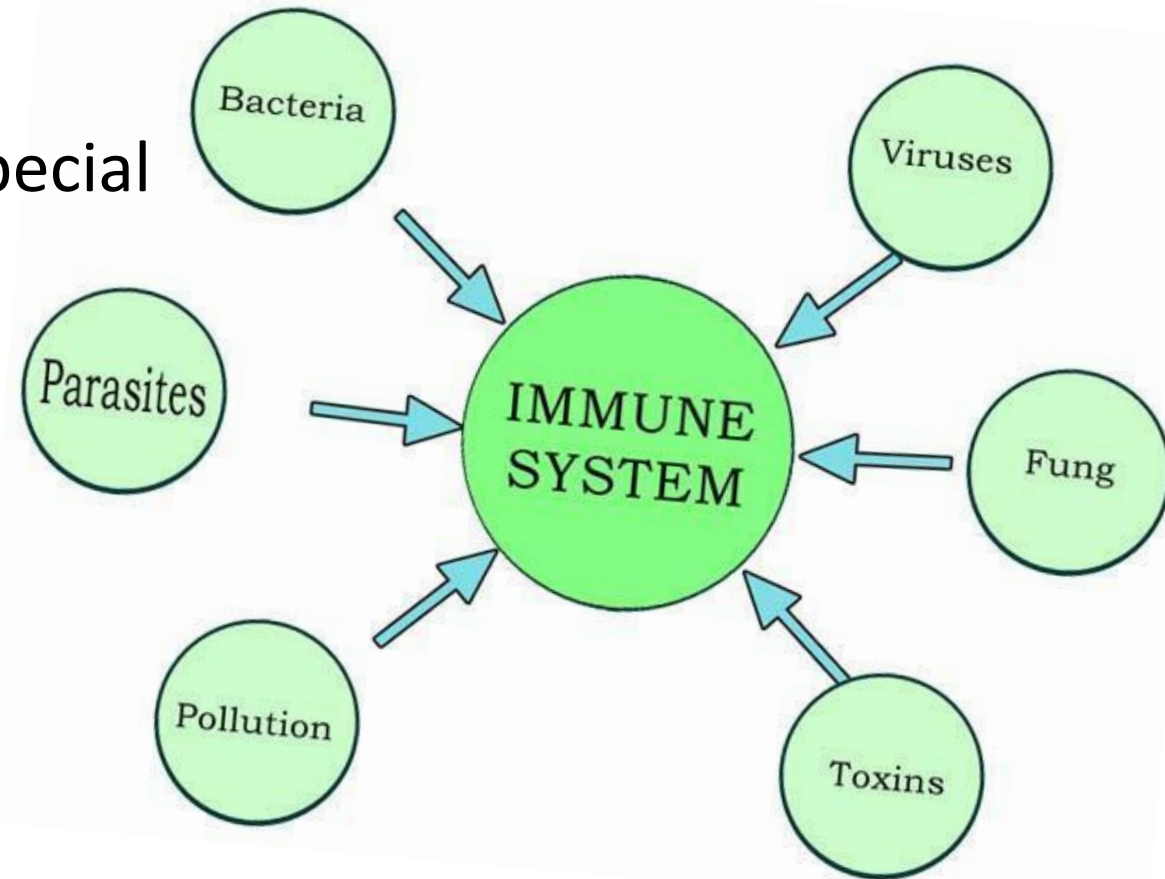


Not Just Behavioral

- Many body systems affected in many special needs populations

- Immune
- Gastrointestinal
- Neurologic/cognitive
- Adrenal/ Neurologic
 - Sympathetic –Fight or Flight
 - Parasympathetic – Calming

- Support the functioning of these systems while providing therapy
 - Specific oils based on which systems they support
 - Specific application process for each group of oils



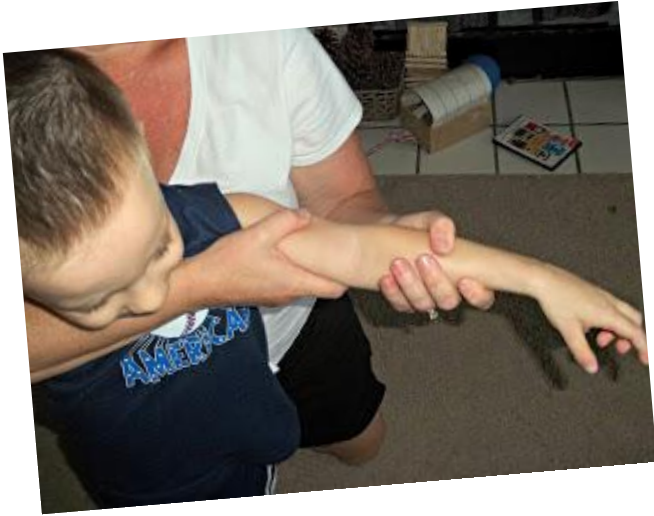
AHA Moment: Combine Brain Mat Sensory ProtocolTM with Essential Oils!

Therapeutic: Can be done at home by parent/caregiver/sibling

- Digestive – on feet
 - Digestive Blend
 - Peppermint
- Immune System- on shins/calves
 - On Guard
 - Frankincense
- Parasympathetic stimulation- forearms
 - Lemongrass
 - Marjoram
- Brain Support – cervical spine/jaw line/ forehead and temples
 - Eucalyptus
 - Sandalwood



Devil is in Details



- Each pair of oils work to support different system
- Application of oils is paired with a specific type of movement
 - Ordered distal to proximal
 - Integrates a full deep pressure/joint compression protocol

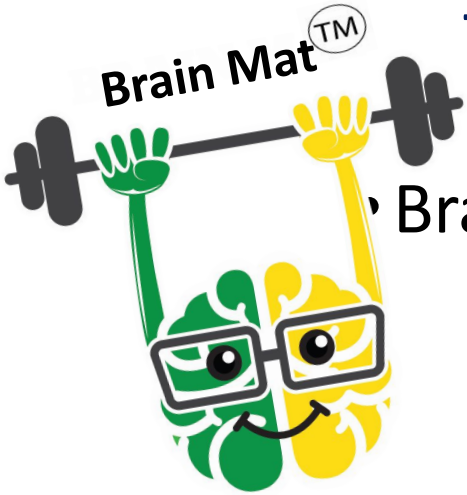
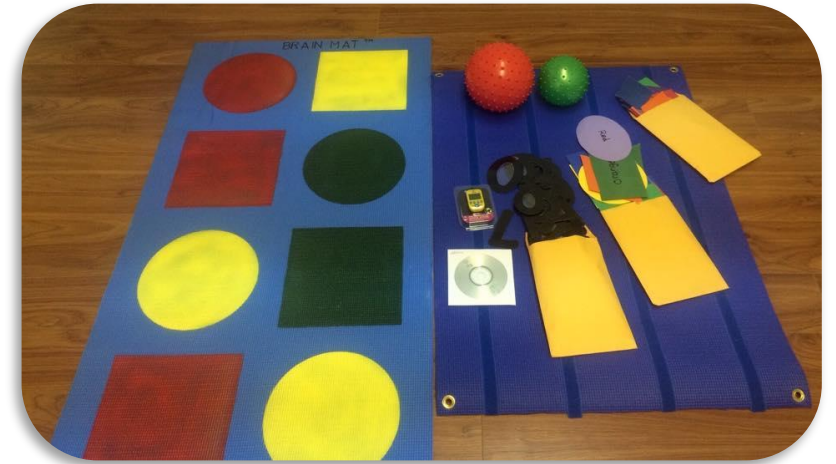


- Only need a few drops of each essential oil with Carrier oil
 - Aides in the movements
 - If fractionated coconut oil used also get antifungal effect
- Technique can be easily learned and implemented



A Winning Combination

go to www.coastalintegrativemedicine.com
to order your program and kit today



Brain Mat Home Therapy Program

- ❖ Brain Mat Only \$200.00
- ❖ Brain Mat and Assessment \$250.00
- ❖ Brain Mat and Assessment with 3 Follow Ups \$350.00

Brain Mat Sensory Kit

- ❖ Wholesale Price \$527.50
- ❖ Retail Price \$337.41

