

Pregnancy & Postpartum

EBOOK GUIDE



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ARE ESSENTIAL OILS SAFE DURING PREGNANCY



One of the biggest questions asked, "are essential oils safe during pregnancy?"

There is so much skepticism surrounding the usage of oils during pregnancy. Are they safe? Will they harm my baby? Most of the time essential oil bottles will have a warning label "to contact your doctor before usage."

The answer is "YES" I can't speak for all oils, however dōTERRA essential oils are safe during pregnancy, however, not all oils are safe- do your research. Certified Pure Therapeutic Grade (CPTG) essential oils from dōTERRA are 100 pure, naturally extracted from plants, they do not contain fillers, chemicals, or artificial ingredients that would dilute their natural qualities, and they're free from all contaminants such as pesticides, herbicides, or any other chemical residue. They truly far exceed the FDA minimal standards for purity.

PRENATAL CARE

before, during, and postpartum



Prenatal Vitamins- dōTERRA Lifelong Vitality Pack® are the best prenatal vitamins because your body can assimilate it like food. These supplements know exactly how to process, and where to distribute it within the body.

My doctor was concerned about the amount of Vitamin A? The vitamin A in the LLV is the natural form of A (Beta-Carotene), your body will only absorb what it needs. No vitamin A overdose can occur with natural beta-carotene.

Resource:

http://www.doterratools.com/documents/vitality_booklet.pdf

PRENATAL CARE

before, during, and postpartum



PB Assist®+ is a proprietary formula of pre-biotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule. It delivers 6 billion active probiotic cultures and soluble pre-biotic that encourage friendly bacterial growth. The time-release, double-capsule delivery system is designed to help protect the sensitive probiotic cultures from stomach acid. Taking a daily probiotic is so important to balance our digestive and immune systems to help create a healthy gut for us and our growing baby.

Extra Folate- The Life Long Vitality doesn't support the amount of folate you need while pregnant, I recommend taking a natural form of folate. "Folate" is the natural form of folic acid. I get mine from whole foods, or you can purchase from Amazon.

TerraZyme® is doTERRA's Digestive Enzyme Complex. It's a proprietary blend of active whole-food enzymes and supporting cofactors that are often deficient in cooked, processed, and preservative-laden foods. The powerful combination of digestive enzymes found in DigestZen®, TerraZyme® supports the body's constant production of enzymes critical for healthy biochemical functions, including healthy digestion of food nutrients and cellular metabolism of nutrients to energy.

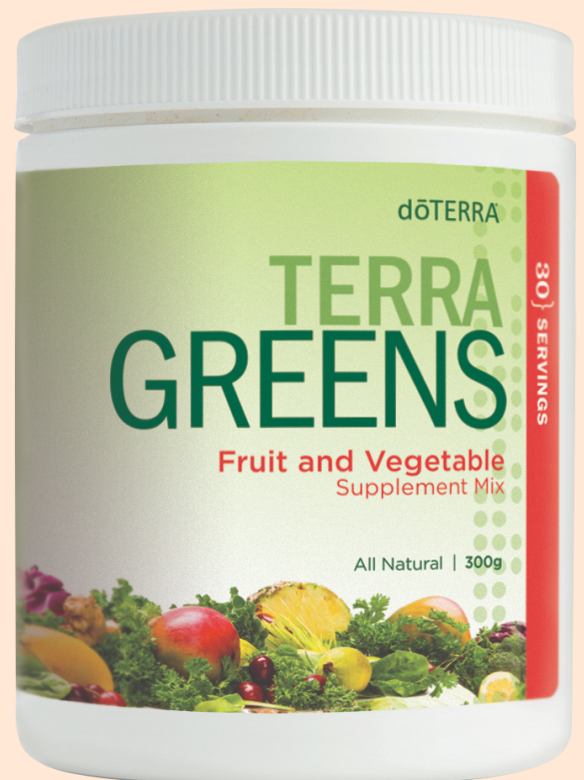
NUTRITION

before, during, and postpartum

TerraGreens®

Primary Benefit:

- *Provides the body with essential nutrients
- *Supports immune health
- *Supports digestive health
- *Supports weight management
- *All natural ingredients
- *GMO and gluten free
- *Vegan friendly
- *I love adding a scoop into my smoothies in the morning, it helps me get my daily dose of vegetables and fruits.



FERTILITY SUPPORT



Reducing Toxic Load and Cellular Support: These oils may help create a safe environment for your body which can be beneficial for women trying to get pregnant.

Hormonal Balance: The most recommended single oil for this is Clary Sage which may help balance estrogen. The cup and inhale method can make this a simple addition to a daily regimen.

Common problems for infertility: (candida overgrowth) in the gut, yeast infections, unhealthy high carb, non-organic diet. Tips, avoid sugar, grains, dairy, fruit juice, caffeine, and alcohol. (Toxic environment), avoid applying toxic beauty products on your skin, and stop using toxic cleaning products that you absorb into your bloodstream. (Stress), emotional and mental.

This blend can also be used to help balance progesterone.

How to make- use a 10ML Roller:

10-15 Drops per oil, fill rest with a carrier oil, apply to lower abdomen daily to encourage hormonal balance.

1st TRIMESTER

Motherhood is such an incredibly beautiful thing, although sometimes pregnancy can be a whirlwind of physical and emotional processes. We will talk about each trimester, and tips on supporting you and baby.

Prenatal Care:

LLV (dōTERRA Lifelong Vitality Pack®, PB Assist®, TerraZyme®, Extra Folate) optional- Bone Nutrient Essential Complex, TerraGreens®)

Oils to use for:

Morning Sickness
Fatigue
Breast Tenderness
Head Tension
Mild Acne



1st Trimester

Morning Sickness:

Ginger Drops- take as needed

Peppermint- Put a drop directly on your tongue, on the back of your neck, and chest to instant relief. (i.e. peppermint is a cooling oil so use with caution).

Cardamom- Apply directly behind your ears, massage into ear lobes.

Ginger- Can be taken internally, or applied on chest.

DigestZen®- Take internally on the onset of morning sickness, rub on abdomen, apply to chest. Also you can use the tabs or soft-gels.

Mild Acne- dōTERRA HD Clear®, Verage Skin Care Line, Tea Tree.



1st Trimester

Fatigue- Mito2Max®

Energy: Elevation®, dōTERRA Cheer®, dōTERRA Motivate®

Anxious feelings: Adaptiv®, Copaiba, or the soft-gels for these.

Digestive/Immune Support: Lemon, Add in water daily.

Quick Pick-Up: Peppermint

Usage: With any of these oils place one or two drops in the palm of your hands, and inhale deep breathes, massage oils into your back along the spine, shoulders, and back of neck.

Breast Tenderness:

Massage Lavender, or AromaTouch® into breast.

Hormonal Headaches:

Deep Blue®, Frankincense, PastTense®, Lavender (apply to temples, back of neck, shoulders or area of need). Take Bone Nutrient Complex.



2nd TRIMESTER

By now you're hopefully feeling better, your energy levels are up, and things seem to be moving smoothly. This is the time to get things done, I highly recommend getting the nursery set up, and things checked off your to-do list. The 2nd trimester is typically when women have most of their energy back and you haven't gotten too uncomfortable yet.

Prenatal Care:

LLV (dōTERRA Lifelong Vitality Pack®, PB Assist®+, TerraZyme®, Extra Folate) optional- Bone Nutrient Essential Complex, TerraGreens®)

Oils to use for:

Stretch Marks
Digest Discomfort
Respiratory Discomfort
Aches & Discomfort
Urinary Support
Immune Support



2nd Trimester

Stretch Marks: Immortelle® (perfect blend to massage into sides and belly). Yarrow|Pom®, Lavender and Frankincense are great also.

Digestive Discomfort: Digestzen®, Fennel, Peppermint or Lemon. Massage on abdomen.

Respiratory Discomfort: Breathe® or Breathe® Vapor Stick. Place a drop of lemon and eucalyptus on the tips of your middle finger and finger walk middle of the nose up and out towards the cheek bone.

Gas (flatulence): Mix 1 drop of peppermint in 1 tsp. of honey. Stir into a small glass of warm water. Or rub Digestzen® onto stomach.

Aches and Discomfort: Deep Blue® Oil or Rub & Aroma Touch® nightly massage is wonderful!

Urinary Discomfort: Cassia, oregano, On Guard®, thyme. Put four drops of each oil in a veggie capsule and take every hour until you notice improvement. Follow up with PB Assist®+

Immune Support: On Guard®, dōTERRA On Guard®+ Softgels, Stronger™ Roller



3rd TRIMESTER

When you get to the third trimester it really starts to hit home that soon you'll have this beautiful little human in your arms. The last three months of pregnancy though can be harder on our bodies both physically, and mentally.

(dōTERRA Lifelong Vitality Pack®, PB Assist®+, TerraZyme®, Extra Folate) optional- Bone Nutrient Essential Complex TerraGreens®)

Cut out refined sugar and simple carbohydrates. Eat lots of Protein, Greens, and drink a lot of water.

Oils to use for:

Sleep Support
Growing Discomfort
Leg Discomfort
Swelling
Group B Support
Mild Indigestion
Hemorrhoids
Anxious Feelings



3rd Trimester

Sleep Support: Serenity®, Restful Blend, dōTERRA Serenity® Restful Complex Softgels, Adaptiv® Soft-gels, Vetiver, Cedarwood, Lavender, Roman Chamomile- these oils are excellent to promote a sense of peace & relaxation.

Growing Discomfort: Frankincense, Lemongrass, AromaTouch®, Copaiba, Copaiba soft-gels, Lavender, Deep Blue®, Frankincense. Any of these oils can be applied along your sides, back, or area of need.

Leg Discomfort: Massage Aromatouch® or Cypress nightly into calves. Deep Blue® is another excellent oil. Also, take Bone Nutrient Complex.

Hemorrhoids: Mix 3 drops AromaTouch® and 5 drops Geranium to 1 tbsp. carrier oil and apply to the area of need, or you can do this and then soak in a sitz bath.



3rd Trimester

Swelling/ Water Retention: Lemon- use a few drops in water internally on a daily basis. You can also use three drops of Geranium, Ginger, Lemon and Lavender in a roller bottle with fractionated coconut oil, roll on ankles and feet a few times a day. At the end of the day massage feet and ankles in an upward movement toward the heart.

Group B Support: Lemon, Oregano, Tea Tree, On Guard®. Place four drops of each oil in a veggie capsule and take three times a day for one week.

Indigestion- DigestZen®, tabs or soft-gels. Rub oil on your abdomen or area of need. On the onset of mild heartburn take either a DigestZen® Tab, or DigestZen® Softgels.



LABOR & DELIVERY

Well it's finally that time to meet your little one, I'm sure nerves, excitement and an array of emotions are circulating throughout your mind.

Prenatal Care:

(dōTERRA Lifelong Vitality Pack®, PB Assist®+, TerraZyme®, Extra Folate) optional- Bone Nutrient Essential Complex TerraGreens®)

Oils to use:

Pre-Term Labor
Breech Baby
Stalled Labor
Episiotomy
Calm and Focus
Energy during labor
Immune Support



LABOR & DELIVERY

Pre-term labor: Lavender and Serenity®. Mix 3 drops of Lavender or Serenity® into a carrier oil and massage into legs starting from the ankles moving up toward the heart. Also on your belly.

Contraction Effectiveness: Clary Sage, Myrrh, Geranium and Lavender. Blend Clary Sage with Geranium and Lavender for a topical mixture or apply Myrrh and Clary Sage topically to help improve a stalled labor. This only works once in active labor.

Breech baby: Mix 5 drops of Myrrh with 1 tbsp. of carrier oil. Massage abdomen in a circular motion ending with visualizing the baby head down.

Episiotomy: 6 tablespoons witch hazel, 4 tablespoons filtered water, 5 drops Lavender, 5 drops Frankincense, five drops of Geranium and Helichrysum. Combine in a glass spray bottle and use as needed.



LABOR & DELIVERY

Calm & Focus: Use Balance®, and Serenity®. You can diffuse or just open the bottle for smelling

Back Labor: Use a few drops of AromaTouch®, and/or Deep Blue® massage into back and apply pressure. This will relieve some of the discomfort especially with a posterior baby.

Labor Discomfort: You can use Lavender and/or Clary Sage and put in with 2 tablespoons of epsom salt and soak in bath. Mix 2 drops of Balance® in 1 tbsp. of carrier oil and massage hips, bottoms of feet and abdomen. Or use a warm compress and apply 2 drops of whisper or Ylang Ylang® and place the wet cloth on the abdomen or back as desired.

Energy: Peppermint, dōTERRA Cheer®, Wild Orange, Elevation®.

Immune Support: Diffuse On Guard® in your hospital room.



POSTPARTUM

Prenatal Care:

(dōTERRA Lifelong Vitality Pack®, PB Assist®+, TerraZyme®, Extra Folate) optional- Bone Nutrient Essential Complex, TerraGreens®)

Oils to use for:

After Birth Bleeding
After Birth Discomfort
Cramping/Abdominal Support
Hemorrhoid Support
Nipple Discomfort
Engorgement
Lactation
Emotional Support (Baby Blues)



POSTPARTUM

After birth bleeding: Clary Sage, Helichrysum, and Ylang Ylang® this tones things back up quickly. Place oils on ankle reflex points (inside of ankle).

After Birth Discomfort: Lavender and Frankincense on frozen feminine pads for soothing, healing, and inflammation immediately after the birth.

Cramping & Abdominal Support: Deep Blue® Oil or Rub (rubbed directly on lower abdomen), Clary Calm®, Copaiba soft-gels, Deep Blue Polyphenol Complex®.

Hemorrhoid Support: Cypress, Geranium, Clary Sage, Helichrysum. 1-2 drops of each oil in a spray bottle base of Fractionated oil for Hemorrhoids. Apply each time you use the restroom.

Baby Blues:

Frankincense, Adaptiv®, Adaptiv® Soft-gels, Copaiba soft-gels, Serenity® Restful Blend soft-gels, dōTERRA Emotional Aromatherapy® System



BREAST FEEDING SUPPORT

Breast tenderness: Lavender, apply oil directly on nipple after breastfeeding.

Nipple discomfort: Mix 5 drops of any of these oils (Geranium, Myrrh, Sandalwood, Lavender or Balance®) with 1 tbsp. carrier oil. Clean oils off before nursing. Also Correct-X is wonderful.

Engorgement: Add 2 drops of Lavender oil and 2 drops of Geranium to one cup hot or cold water. Soak a washcloth in the solution, wring out and apply washcloth to breasts. After try to gently hand express some milk.

Lactation: Increase supply- Mix 5-7 drops of any of (Fennel, Basil) with 1 tbsp. carrier oil. Massage breasts, lymph area above breasts, and upper back along the spine. Repeat daily for up to 10 days. Wash the oil off the nipple before nursing. You can also take Basil & Fennel in veggie cap.

Lastly, you should be drinking lots of water and consuming 500 extra calories a day. If you need support reach out to local lactation consultant.

Decrease Supply: apply Peppermint multiple times a day directly on breast.

RESOURCES

-Pregnancy, Babies & Beyond By: Stephanie Fritz
<http://www.theessentialmidwife.com/>

-Essential Life Book

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