

Amenorrhea (the loss of periods)

Stress is one of the causes of amenorrhea. The menstrual cycle can also be stopped by disease of the ovaries, anorexia, physical or emotional shock, stress and emotional upsets, travel, moving, new jobs, pretty much anything that disrupts your life. Generally, your period will return when your emotional upset evens out. Essential oils can help you get your emotional (and physical) equilibrium back more quickly and smoothly. (Lack of menstruation during pregnancy or lactation is normal.)

All of the female cycle problems (amenorrhea, dysmenorrhea, menopause, menorrhagia, PMS, and general hormonal imbalance) have one essential oil blend that you want to get first and never let go of—Venus. It was designed for women and their cycles and is just a marvelous, marvelous essential oil blend. I know that the female cycle is different for every female and you may need to add something to your use of Venus in order to achieve the best results for you, but I highly recommend that you start with Venus and add to its use if you need something more.

Venus essential oil blend: soothes amenorrhea, balances the hormone and menstrual cycle (helps create a period where there is none and gets it back on cycle, helping to eliminate the spotty, uneven cycles), it also helps balance women's issues due to monthly cycles (you will find that even if you are not bleeding, you still have the emotional cycle). It helps balance out the hormones, the mood swings, the cramps, headaches, and other hormonally rooted challenges.

How to Use:

- **Topical Use** – Use with a warm compress on the abdomen for cramping.
- Apply to breasts, abdomen, inner thigh, upper inside arms, around the anklebone, or on the bottom of the feet daily as needed, rotating points of application to prevent dermal sensitivity.
- Valuable when applied to feet and hands at reflexology points for female issues. (All the way around the ankles and wrists.)
- Apply 1-2 undiluted drops on pulse points such as the forehead at the hairline, the temples, solar plexus, along the rim of the ear, on the wrists, bottom of the feet, and under the nose.
- **Inhalation** – 2-3 drops of Venus on a cloth or palms of hands, cup hands, inhale for relief of anxiety, hormonal imbalance, or pain associated with feminine challenges.
- **Massage** – Dilute 3-5 drops in 1 Tablespoon of Message Oil and rub hands together for an all-over body massage to enliven the senses and promote feelings of love, joy, and confidence.
- **Diffuse** – Diffuse as needed, particularly to support balanced moods and emotions. To fill a room with aroma, diffuse 15-20 drops in 10-15 minute intervals throughout the day.
- **Bath Application** – Pure essential oils are most effectively used in bathing when added directly to bath water by using one of the methods listed below:
 - Agitation Method – After adding oil(s) to running water, agitate or vigorously mix the bath water, ensuring even dispersion of the oil(s).
 - Create a Bath Oil – Mix the appropriate amount of oil(s) with Message Oil then add the mixture to bath water.
 - Create a Bath Salt Mixture – Add the appropriate amount of oil(s) directly to Be Young Starflake Salts, Epsom™ Salts, Sea Salt, or Be Young Bath Salts and then disperse bath salt mixture into bath.
- Always avoid contact with eyes while in bath water.

To create a cycle when you don't have one:

Drink Masaji (1 oz) daily

Apply Venus to both sides of ankle bones (inside and out) morning and night for 28 days, stop for 7 days, then start for 28 days again. You can also apply Venus to the lower abdomen area.

Masaji has been showing wonders for hormone balancing.

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Other essential oils you may want to consider:

- Basil: helps stimulate the cycle and eases scanty periods.
- Chamomile, German: regulates period, helping to create a regular cycle. Hormone-like.
- Clary sage: helps stimulate the production of estrogen. Helps regulate cycle. Soothes amenorrhea. Supports all female reproductive disorders. Stimulates hormones (stimulates development of sex hormones) and regulates menstrual cycle. This essential oil brings relaxation and allows a woman to overcome the mixture of physical and mental difficulties that sometimes accompany the physiology of a woman's body.
- Cypress: regulates menstrual cycle (reduces heavy flow, induces flow if there is none, eases painful cycle, reduces hot flashes). Its ability to harmonize the flow of body fluids makes it a powerful aid for menstrual problems. Induces menstruation, regulates menstrual cycle, and eases simple water retention. Can act as a female hormonal stimulant.
- E Motion Blend: supports emotional balance, releases negative emotions, increases self-esteem. Assists in balancing hormones. Calming to mid-region of the body, whether it be feminine issues, issues of "the gut" or abdominal issues of any kind, and whether emotionally rooted or physically rooted.
- Fennel: Used for balancing hormones. Useful in treating weak, irregular periods. Estrogen like stimulant. Stimulates the production of menstrual blood. Good for women of all ages – from young women with menstrual problems due to the onset of menses to menopausal women. Helps regulate cycle.
- Geranium is a hormone balancer and reduces stress. Exceptional for balancing emotions and calming stress. When inhaled, the scent is antidepressant, uplifting, and averts tension. Reduces and quiets inflamed emotions, and promotes emotional harmony. Hormone-regulating properties make it especially applicable during puberty, menses, and menopause.
- Lavender: stimulates the production of menstrual blood and restores hormonal balance. Comforts, revives the spirit, soothes the mind. Calming, refreshing, and relaxing, it is used to treat depression, headache, insomnia, nervous exhaustion, restlessness, and moodiness. Helps regulate cycle.
- Marjoram: valuable aid for menstrual disorders, regulates the menstrual cycle, has hormone-like actions. Has a soothing, stabilizing, and warming effect on the emotions and the body. Eliminates feelings of persecution, clarifies and aids manifestation of ideas, eases oppression, psychosis and insomnia, vertigo, irritability, deep trauma, aids heartache and warms the soul in times of grief, sorrow, and loneliness.
- Myrrh: May balance reproductive systems and hormones, may induce menstruation, hormone-like (thyroid modulator).
- Thyme: stimulates sluggish menstruation and helps treat weak or missing periods.
- Loving Care: an excellent blend for high stress situations (jobs, life, having a baby, etc). Supports women in all stages of life. Use as a great daily fragrance or cologne with the benefits of maintaining hormonal balance.

Other suggestions:

- Have an Emotional Aromatic Touch treatment (EAT) for stress. If you don't have someone who can do this for you, learn to do the EAT on the toes (you can do this on yourself).
- Add essential oil(s) of your choice to a carrier and massage over your abdomen and lower back every day for at least two weeks. You can also add the oils to your bath.
- To start a period or if you have spotty periods, try the following: Apply Cypress then Marjoram to lower abdomen, followed by a hot compress.
- Black Cohosh is an herb that has good results with balancing the menstrual cycle and getting periods started again. (You can generally get the capsules at a health food store. If you can't locate any and want to try some, let us know and we will order some in for you. NEVER take an herbal tablet, always find it in capsule or tea form. If you take the tablet you are wasting your money.)

Success Stories:

Last summer my period came back after being absent for 4 years and it came back very irregularly. I had 3 periods in one month. It was very sporadic for a couple of months. I had lots of cramping and my jaw line broke out in big sores. I started using the Venus and the next month I had a normal period lasting 5 days and my face did not break out. From then on it has been like clockwork with no cramping or breakouts. – Name withheld.

I wanted to update you on my "Boot Camp" Chamomile/Clary Sage Story.

Dana had me stand in boot camp and tell the start of this story, which was that one smell of the Chamomile the night before had made me start my cycle. It had been 6 months since my last period. Dana told me to continue with Clary Sage, one drop on the inside of each ankle. Now the true test was if my period continued the following month. It has been one month since boot camp, and I can officially say I just finished my second period! My husband hasn't been too excited over that, but I know my body needs it. Most importantly, my body knew it needed it, and with the help of the Clary Sage oil, it has given me the "mimicked estrogen" my body needed to get going on this. Even better, my chin hairs (whiskers) are disappearing! That in itself is wonderful.

Thanks for all you do, Kammie R., Arizona

To order, for class information, or if you have questions contact:

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