

Using Essential Oils during Pregnancy to Maintain Health

If you are pregnant or nursing you will find a lot of conflicting information regarding the use of essential oils. For example, you will find many books that reference that you should not use Basil essential oil while pregnant. The studies which say Basil is harmful during pregnancy use about 55 lbs of Basil oil to get harmful effects. A regular bottle of Basil essential oil is only 10 ml or .33 fl ounces (remember 16 ounces makes a pound, so you would need to use roughly 2,640 bottles of Basil oil!) You'll only be using a few drops. There are a few key things to using essential oils while pregnant or nursing:

1. Know the quality of your essential oils. Many essential oils on the market today are cut with carrier oils or have synthetics added to them. They may have been distilled from plants that have been liberally sprayed with pesticides or the plants may be genetically modified. Some additives are actually carcinogens (cancer-causing). There are many things to be aware of and watch for; you want only the purest of oils from the cleanest of plants. Research the company from which you are buying your oils and discover what their commitment is to purity and quality. For example, the Be Young brand of essential oils are all EOBBB guaranteed. EOBBB stands for Essential Oils Botanically and Biochemically Defined. That means that they test their oils to make sure that they only contain the botanical matter on the label (for example, their Oregano oil comes from Oregano plants) and that they are only plants. The Biochemical part means they test their oils for synthetics, chemicals, carcinogens, etc. They stand behind the quality and the purity of their essential oils, guaranteeing that each is what it says it is. They never add a carrier oil, they don't add synthetics, they don't add anything to their oils (except some love).
2. Know how to use an essential oil. These oils are very powerful and concentrated. A little bit goes a very long way. For most challenges you will only need 1-2 drops. There's a few ways you can use them: you can use them in the bath, shower, massage with them, diffuse them, put in a humidifier, put in water in a sprayer and spray the room, put them in a bowl of water and bring it up to a boil, you can also use them in a douche when you are pregnant. Most of the time most women can use oils undiluted on their skin. Once you become pregnant things change and sometimes oils that were not sensitive to you create sensitivity so it's always a good rule of thumb to dilute your oils 2-3% dilution with a good quality carrier like grape seed, sunflower seed, or avocado oil. You can use it as a lotion or you can use five drops essential oil in an ounce of carrier and massage your entire body. At that dilution the chance of you ever having any challenges is practically zero.
3. There have been many studies done with essential oils and pregnancy. Some oils have been found to be unsafe for use during pregnancy. In some cases because of the lack of common sense (like the study done with Basil oil I mentioned earlier). There are some compounds in some essential oils that have a hormone like behavior or effect on the body. Because of this you may want to avoid using the following oils: Anise Seed, Angelica, Cedarwood, Chamomile (German), and Clary Sage. That's really quite a short list. (Remember to check the list of oils used in a blend for any of these oils.)
4. The list of oils that have been found to be absolutely safe to use during pregnancy is much longer! It includes: Bergamot, Chamomile (Roman), Geranium (Rose), Grapefruit, Lavender, Orange, Patchouli, Rose, Sandalwood, Tea Tree, and Ylang Ylang. You can also use essential oil blends that use these essential oils.

Now, we know how to use essential oils, which ones to use and not to use, and how to select a high quality essential oil. The question now is why would you want to use them? Essentially there are two main reasons why you would want to use essential oils during pregnancy or while nursing.

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1. For emotional health and stability.
2. For the physical health of both you and your baby.

Pregnancies can be highly emotional times. Not only can you experience challenges with hormones, but there are also other reasons to be emotionally distressed. You can worry about the addition of a new child to your family, complications of the pregnancy, illnesses, work, and more. Geranium (Rose) is going to be your best essential oil friend. It helps you maintain emotional stability. Face it, sometimes you're going to need to cry. It's not good to keep all that emotion locked up inside and crying is a good outlet, but sometimes we need to stop crying. Geranium will help you do that. You can diffuse it, open the bottle and sniff it, or put it on the pulse points like it's a perfume.

Lavender will help you relax and stay on a more even emotional keel. It can also help reduce cramps and is excellent for preventing stretch marks and helping the skin be elastic so that it can expand. It will also help keep your body limber. Apply Lavender to your lower back and abdomen on a daily basis. It can also help with insomnia.

Sometimes our mind seems to run away with us. We find that we just keep thinking of how things can go wrong, stressing over every tiny thing, worrying over this and that. When you find yourself in this situation you want to grab the Quiet Scent blend by Be Young. It contains the essential oils of Vetiver, Patchouli, Lavender, Sandalwood, Basil, and Spruce. This essential oil blend helps the mind stop and rest, it helps you quit worrying over things, and it helps you relax. You can practice relaxing with Quiet Scent. Put it on the base of the neck, the temples, and by the nostrils along the moustache area. Breathe deep and feel yourself relax. Practice this now and later when it is time to deliver you'll have your body all trained to breathe deep and relax when you smell the Quiet Scent blend.

Be Young also has another blend that was designed specifically for use during pregnancy. It is called Loving Care. This blend contains the essential oils of Rosewood, Geranium, Lavender, Ylang Ylang, Lemon, Sandalwood, and Bergamot. This blend of oils is ideal for relaxing, calming, sedating and soothing, comforting, and releasing pent-up tension in the body. It can be used during all three trimesters of pregnancy to help support yourself physically and emotionally. The Loving Care blend can be diffused to create a relaxing atmosphere (fathers get stressed out, too), can be applied in a carrier oil to create a divine massage, used in a bath (add 4-5 drops to ¼ cup Epsom salts and then add to the water), or apply to the base of the neck, temples, and nostril area.

If you find that you are challenged with depression during (or after) your pregnancy use a drop of Frankincense under the tongue. Some days you will find that one or two drops will do it, other days you may need more, but it works quickly and is safe for both you and the baby.

Now on to physical health. It is essential that you maintain good health while pregnant because there are so many complications that can arise if you become ill. However, essential oils are an excellent resource that can assist your body's immune system. Stress decreases the effectiveness of our immune systems, we've already talked about many ways that you can use essential oils to help emotionally, using them to strengthen your physical health is twice as good because then you are confident that you can maintain that health and then you don't stress over it.

Eucalyptus is one of the best single essential oils for strengthening the immune system. Make it a part of your daily routine. After you bathe apply some Eucalyptus essential oil to the bottom of your feet, your chest, and your back. Do this while your skin is still moist, the water will help drive the essential oil into the body where it can be used to strengthen the immune system. If you feel like you're trying to come down with something, add five drops of Eucalyptus essential oil to ¼ cup Epsom salts and then add it to bathwater and soak for about twenty minutes. Rinse off afterwards. Wow, you have just strengthened your immune system and given your respiratory system a real

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boost! If you don't have a bathtub or can't get in and out of the tub, do the same thing with a foot bath. You may choose to add a couple of drops of Tea Tree essential oil if you feel you need to supercharge it.

There are three essential oil blends that have been created by Be Young: Spice for Life, Guardian, and Defence. These three oils can be used together to create a potent force against viruses, fungi, and bacteria or they can be used individually to target a specific challenge. You can learn more about how they work by reading our article on Getting and Maintaining Health. If you have had health challenges in the past, or are dealing with a Staph or MRSA infection you will want to use all three of these oil blends. If you are just striving to be on top of your game and want to help prevent illness then you can probably get away with using just the Spice for Life blend daily. You can take one drop internally (lick it off the hand, it tastes yummy, but spicy; or you can put it in a capsule). If you don't feel comfortable taking it internally you can apply it to the bottom of your feet. This is a rather warm oil so you may want to dilute it before applying to the feet.

Before going to the doctor's office (or anywhere where people are, I do this just to go to the grocery store) protect yourself with a little bit of Lemon essential oil. Just take a drop or two, put it in the palm of your hand, rub your hands together and then inhale deeply. This will stop any germ that gets on your hands (we all know that our hands are one of the number one ways that germs are spread) and by inhaling deeply it will give a protective boost to our respiratory system. A nice bonus is it will also refresh you mentally and give you an emotional boost.

How does all of this benefit your unborn baby? Using these essential oils will help you maintain your emotional balance; this will enable you to focus your love and energy on your unborn child and your family. Staying healthy will enable you to avoid more doctor visits, potential side effects from medication, and these essential oils will pass through your body to the fetus and strengthen their immune system. The same is true when you are nursing, you will pass the immune strengthening benefits on to your newborn child through your milk. We are seeing more and more children who are born with MRSA or other infections. Using essential oils throughout your pregnancy can help prevent this and can help strengthen your child's immune system so that they will be stronger when first exposed to the superbugs that are now found in hospitals everywhere. You will be strengthening your body and your child's body. Continue to use the essential oils throughout your life and you will live a healthy happier life, and as your family learns to use them they will benefit as well.

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

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