

I'm Pregnant, Can I Still Use Essential Oils?

We are required by the FDA to have a caution against using essential oils during pregnancy on all of our labels. That is because in rare cases there have been complications in some tests. Thus, we always recommend that you make your doctor aware of the fact that you are using essential oils while you are pregnant. However, thousands (if not millions or more) of pregnant women use essential oils every day.

Why should you use essential oils while pregnant? There are a lot of things going on in your body as you carry a child and then as you prepare for delivery. There are hormones that maintain your pregnancy (these are important to keep in balance). The master organ that helps out hormone modulation is the liver. The liver is also the organ that is in charge of cleaning the toxins out of the body. As the pregnancy progresses the liver's load will get heavier. Not only will the hormones continually be modulating, but your body will be cleaning the toxins and wastes of the baby inside of your as well as cleaning them from your own body. The best thing we can do is prepare our body before pregnancy by strengthening the immune system and getting the liver as clean and happy as possible beforehand. Then, taking care of these vitally important systems is easy once the pregnancy begins.

We prefer that you start using essential oils before you become pregnant so that if your body is extremely toxic and reacts to the use of essential oils by violently throwing off toxins we can discover that and deal with it without having a baby involved, but we understand that this will not always be the case. Thus, if you are pregnant and are just beginning the use of essential oils, we encourage you, whenever possible, to start slowly, use only the best of essential oils (like Be Young) and make absolutely certain that they do not contain harmful synthetics (again, like Be Young essential oils).

As long as you have true, pure, unadulterated essential oils you should be able to use them—as long as they are not geared towards hormone modulation. For example, you want to avoid the Venus Be Young essential oil blend. Yes, your hormones are out of whack, but that's where they're supposed to be right now.

Essential oils that can easily be used by pregnant women include the gentlest of essential oils: Lemon, Lavender, Tea Tree, and Orange. There is also a blend by Be Young that has been created specifically for the use of pregnant women; it is called Loving Care (it is also good for non-pregnant people).

Start by simply smelling or diffusing an essential oil. This will allow the essential oil to enter your system in a gentle fashion. Essential oils are powerful and will have an effect on your body even in this very simple form. Listen to your body; ponder the results. Did you notice a pleasant aroma? Did you feel nausea? Did you want more? Did you notice little to no affect at all? If you felt nauseous or thought the oil smelled horrible this is a sign that you are toxic and need to take things slowly.

Your next step is to apply the essential oil(s) to your feet. Simply take a drop of essential oil and stroke it on the bottom of your foot from the toe to the heel (preferably starting with the right foot). Depending upon how far along you are you may need to have someone do this for you. This mode of application allows the essential oil to enter every cell of your body!

Unless you have an extreme challenge or are used to using essential oils we encourage you to use only the methods of diffusion or topical application during pregnancy. Internal use is easy and beneficial in many ways, but it can also be the strongest way to use an essential oil, so if you aren't accustomed to them it is not the recommended way during pregnancy. But, if you've been doing your liver cleanse internally all along and now you're pregnant, continue doing so.

There is a lot of literature out there that says that peppermint oil can cause premature contractions. Dana Clay Young has tried and tried to get peppermint to produce that effect. He can't. The information is out there, so apparently in at least one study it happened. Listen to your body, listen to your intuition, and go

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with your heart. If you feel at all uncomfortable using the peppermint oil with your liver cleanse while pregnant, then don't use it.

You may also read literature that states that peppermint oil can raise blood pressure. This is often a concern with pregnant ladies. What peppermint does is clear the plaque out of the arteries, reducing cholesterol levels and by so doing reducing blood pressure in the long run. This is another reason why we strongly encourage women to get started on their liver cleanse before getting pregnant. When using peppermint oil in a situation where high blood pressure is a concern, apply lavender to the pulse points to bring down blood pressure. You may want to replace the peppermint in the liver cleanse with spearmint essential oil. It does many of the same things, but does not affect blood pressure.

Essential oils you will want to use daily while pregnant include:

- Lemon and Peppermint in your Liver Cleanse
- Spice for Life to help keep the immune system in good shape
- Loving Care blend helps you cope with emotional and physical changes due to pregnancy
- Lavender should be applied to your lower back and abdomen daily to help with stretch marks and help keep everything limber and moving as you progress through the pregnancy. Also helps with emotions.

A couple of quick remedies you may need...

- Morning Sickness, sip Peppermint tea made by adding one drop of Peppermint essential oil to 1 tsp honey and then add it to warm water. You can also use the Di-gest Be Young blend. Take in a capsule, apply to the abdomen (clockwise), or make a tea using the above directions.
- Feel free to cry, it helps release the emotional build-up. If you find you are crying too much, use Geranium (on the feet or diffuse) to help with the emotions.
- Stretch Marks, Lavender or Loving Care blend applied to the area in a carrier oil.

Essential oils can help make your pregnancy less stressful on your body, your emotions, and on those around you. Use them to help strengthen your body and your immune system and to assist with the emotions. But, always, always be sure the essential oils you are using are the absolute best out there. You can always trust Be Young brand essential oils to be 100% pure and unadulterated, they are tested at the source and then again when they arrive in the US to be packaged. They are never adulterated. Even with those assurances, listen to your body, if at any time you pick up a bottle of essential oil with the intention to use it and you feel you should not, then don't. That's your body communicating with you, telling you what it does or does not need.

*** The basic liver cleanse recipe:**

1 drop Be Young Lemon essential oil

1 drop Be Young Peppermint essential oil

1 teaspoon – 1 Tablespoon (or more) Lemon Juice

Each morning as you rise before you eat or drink anything, 20 minutes before eating.

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

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