

Gentle Babies

Essential Oils and Natural Remedies for
Pregnancy, Childbirth, Infants and Young Children

THIRD EDITION

Debra Raybern


growing
HEALTHY
HOMES

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Required disclaimer: The information given in this book is for educational purposes only and is not intended as diagnosis, treatment or prescription for any disease. Though essential oils have been used for centuries with only beneficial results and the contributors have all experienced powerful benefits from their usage, the reader is advised to seek the advice of his or her chosen health professional before using essential oils. The content of this book does not necessarily reflect the views of Young Living Essential Oils, LC, Lehi UT, (YL) and is produced by Independent Distributors. All trademarks are used by permission. The author, publisher, contributors and YL bear no responsibility for the use or misuse of any of these products. The decision to use or not to use any of this information is the sole responsibility of the reader. Any and all recommendations for essential oils apply only to YL.

Table of Contents

ACKNOWLEDGEMENTS	6
IMPORTANT INFORMATION	7
FOREWORD	8
INTRODUCTION	12
Precautions	14
When to seek medical attention	16
What are essential oils?	17
How to use essential oils	19
LOSS OF PREGNANCY	30
SYMPTOMS GUIDE	33
NUTRITION GUIDE	77
BIRTH KITS	81
DR. MOM'S WELLNESS CHEST	83
TESTIMONIES	84
ABOUT THE AUTHOR	100
RESOURCE GUIDE	101
YOUNG LIVING PRODUCTS	102
ORDER YOUNG LIVING PROUDCTS	104
INDEX	105

Introduction

"And it came to pass that, when Elisabeth heard the greeting of Mary, the babe leaped in her womb..." Luke 2:41

Pregnancy is one of the most joyful times in a woman's life. At a time when conventional medicine and therapies often are contraindicated, the use of natural protocols and therapeutic-grade essential oils can assist the soon-to-be-mom with a wide variety of conditions and experiences such as nausea, stress, labor, delivery and afterbirth care for both mom and baby.

Books on the subject of aromatherapy during pregnancy vary widely in suggestions. One reason for this is the three separate models of aromatherapy: German, British and French. The German model emphasizes inhalation and always extreme dilution. The British model also recommends dilution, but concentrates more on the massage benefits. The French model will use both of these and oral ingestion of therapeutic, grade-A essential oils. The work of Daniel Péroël, M.D., "Natural Home Health Care Using Essential Oils," 1998, showed taking specific essential oils into the body was not only safe but very effective when other modalities were not.

Essential oil pioneer and globally known expert in the field of growing, harvesting, distilling, blending and usage of essential oils, D. Gary Young has traveled the world learning from each model. As the founder of Young Living Essential Oils (YL), he has combined the best of each model to bring us a unique way of using essential oils plus new, innovative techniques empowering people worldwide to take charge of their health and wellness.

This book suggests combining all modalities, but the safety and effectiveness of these recommendations are found only by using YL's brand of therapeutic-grade essential oils. Because of the purity and quality of these specific oils, the contributors of this book do not endorse any other brand of essential oils.

In the words of Dr. Péroël, "I'd rather have a single drop of genuine essential oil than a 55 gallon drum of junk product."

All of the recipes and recommendations in this book have been used on thousands of mothers and their babies and children with no ill effects. From time to time a standard herbal suggestion also will be included. These have been selected for their safety and effectiveness.

I applaud you for taking the time to learn more about your family's health and how you can use God's original medicine – essential oils – to have vibrant health. Using natural remedies requires more effort than the conventional thinking of "take this pill and call me in the morning." The time you spend will be well worth your health and that of your family.

I hope you will begin to experience the hundreds upon thousands of daily benefits of using essential oils and essential oils products for health, home and body. This is a very self-empowering process; it is a joy to be able to take responsibility for our own health and see the wonderful benefits. Please jot down your notes and findings as you use these products.

It is likely that this book will be a never-ending project as more families benefit from and share their successes. Please share testimonials with me via editor@growinghealthyhomes.com.

BABY ACNE

This usually occurs on the cheeks and sometimes on the forehead, chin and back. Milia are tiny bumps that appear on the face at birth and disappear within a few weeks, and they are unrelated to acne. If the irritation is more rashy or scaly than pimply or it appears elsewhere on the body, the baby may have another condition, such as cradle cap or eczema.

Lavender and **Melrose™** – One drop of each dilute 1:1 and apply to affected areas of skin, and be careful to avoid eyes and mouth.

BACK PAIN (also see MUSCULAR PAIN)

PanAway™ – Apply directly or diluted 1:1 on the area.

Valor – Apply directly on the area.

Aroma Siez™ – Apply directly on the area.

Deep Relief™ roll-on – Apply directly on the area.

BATHING BABY

Use only a mild bath gel or soap on a new baby.

KidScents Bath Gel™ – Follow the instructions on bottle.

BED WETTING

Melrose – Apply neat over the bladder

Omega Blue™ – Pierce a capsule of this unique blend of fish oil and essential oils complex and squeeze the contents into a spoon of YL's Blue Agave, apple sauce or rice milk and consume with evening meal.

Peace & Calming and **Valor** – Apply to the bottom of the feet at bedtime. Remove all carbonated beverages from the diet completely, as these are acid forming and may irritate the kidneys and bladder, exacerbating this condition. Stop all fluids two hours before bedtime.

"My daughter started taking one Omega Blue capsule each day to help her unexplained bed wetting, a problem she'd dealt with since she was a toddler. Beginning the day she started taking Omega Blue, she never wet the bed again; it was that effective." ~ Sera

BLEEDING, internal for mother:

If bleeding vaginally, consult a midwife or doctor immediately.

Shock Tea – For this home remedy, use one cup warm water, three tablespoons apple cider vinegar, one teaspoon cayenne pepper and three tablespoons honey (optional). Stir all together and drink with a straw.

Helichrysum – Take a “00” capsule and seek medical attention immediately.

Trauma Life – Apply externally to the wrists and inhale to reduce the stress of the issue.

BLEEDING, external

Tsuga – Apply externally on location.

Geranium – Apply one to two drops directly on the location of bleeding. This is especially good for the umbilical cord and belly button. May be diluted.

Rose Ointment™ – Apply topically to the area.

Helichrysum – Apply one to two drops to the skin at the location of bleeding. Apply slight pressure and repeat if needed.

NOTE: With bleeding on the skin, wash the area with clean, cool water and then cover the skin with damp gauze or a cloth and apply pressure. Apply **Tsuga** or **Helichrysum** oil to the area and recover. Check in five to 10 minutes. If stitches are required, go to the nearest medical facility. In almost all cases of minor bleeding, the **Tsuga** oil and then a small amount of **Rose Ointment** is all that is required.

BLOOD PRESSURE/HYPERTENSION

Preeclampsia, also known as toxemia or pregnancy-induced hypertension (PIH), is a form of high blood pressure associated with high amounts of protein in the urine and occurs during pregnancy and the post partum period.

Aroma Life™ – Apply one or two drops on the heart area and inner wrist to normalize low blood pressure. Also inhale.

Clary Sage – Apply one or two drops on the heart area and inner wrist to lower and normalize.

NingXia Red™ – Take one to two ounces a day to normalize.

Lavender – Inhale every five minutes until desired results.