

## IMPORTANT INFORMATION

The pure therapeutic-grade essential oils and natural products referenced in this book are exclusively produced by Young Living Essential Oils (YL). After much careful research and study, it is the opinion of the author and contributors that no other brand of essential oil has the power and purity that is an absolute must for everyone, but especially for pregnant and nursing moms and small children.

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Although it has gone out of vogue over the years due to modern medicine and technology, it is still safe and effective to use natural, God-given substances to support the health of mothers and babies and to make childbirth a tranquil experience. Women the world over have relied on natural means to support their health during pregnancy without fear.

*"For God hath not given us the spirit of fear; but of power, and of love and of a sound mind." I Timothy 1:7*

According to D. Gary Young, founder of YL, "F-E-A-R is a **false emotion appearing real.**" Use the oils recommended in this book without fear. Thousands of mothers already have.

## 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. There are even several blank pages inserted throughout the book for this purpose.

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@healthyhomesllc.com](mailto:editor@healthyhomesllc.com).

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of drops of each with several drops of a carrier oil and massage legs every day.

**NingXia Red** – Take one ounce twice a day.

**Ortho Ease® massage oil** – Apply to restless legs.

**Omega Blue** – Take one or more capsules of this unique blend of fish oil and essential oils complex.

## CIRCUMCISION

**SuperSalve** or **Rose Ointment** - Apply topically with each diaper change to prevent healing area from sticking to diaper. (SuperSalve is not a YL product, see ordering instructions on page 95.)

## COLIC

This is when an infant has episodes of crying and irritability with what appears to be abdominal pain. Nursing mothers should check their diet for offending foods.

**Roman Chamomile** - Place one drop in bowl of warm water and compress on baby's belly

**Dill** - Place one drop in one tablespoon of either V-6 oil or sweet almond oil and rub on the middle of the baby's back in circular, clockwise motions.

**Di-Gize™** - Dilute one drop in one teaspoon olive oil rubbed on the baby's abdomen.

NOTE: Nursing moms should avoid caffeine, foods with high fat content and spicy foods which may be too harsh for the baby.

## CONGESTION (also see COUGHING and RESPIRATORY INFECTION)

**Eucalyptus globulus, Eucalyptus radiata, R.C.™** or **Rosemary** – Diffuse all to decongest.

"My five-week-old, Ethan, came down with a low fever and had some congestion which I knew was pretty serious for a newborn. I had already been applying **lavender** on the bridge of his nose since he had a blocked tear duct, causing some goopy mucus in his eye. So I rubbed **R.C.** diluted 1:1

with V-6 oil all over his chest and bottoms of his feet every two hours or so. As I was praying over him, I felt led to apply frankincense all over his body, around the outside of his eyes, and over his sinuses. I also diluted some **Thieves** 1:1 and rubbed it on the bottom of his feet. The next day, his fever was gone, the congestion was cleared, and even the blocked tear duct was open and the infection in his eye was totally cleared up!" ~ Sera

## CONTRACTIONS (see LABOR)

### CONSTIPATION

For baby:

**KidScents MightyVites™** - For children who are eating solids, take one chewable tablet prior to each meal.

**Peppermint** - For babies and children, dilute one or two drops and apply to the abdomen and rub in circular, clockwise motions.

**Di-Gize** - Apply diluted 1:1 or neat to lower abdomen and bottom of the feet.

**Fennel** - Apply neat to bottom of the feet in the center and heel area.

For mother:

**Life 5 Probiotic™** - This probiotic supplement will assist in proper bowel function. Take as directed on bottle.

**Comfortone™** - If tendency toward constipation exists, take two to five capsules before breakfast and bedtime. Start with one capsule and increase daily as needed. Take appropriate nutrition to prevent constipation. (See nutrition guide on page 73.) Drink eight or more eight-ounce glasses of distilled water throughout the day for best results.

**ICP™** - Mix two teaspoons with at least eight ounces of fresh juice or water and drink daily. This contains advanced fibers that scour the colon; increased fiber leads to better bowel formation and movement. Do not take more than one teaspoon per day after third month.

**Essentialzyme™** - Take one to three capsules before meals to improve digestion, which is challenged in general during preg-