

Stephanie Fritz – Midwife Essential Oils for Pregnancy Birth and Babies (using essential oils since the 80's)

Foundations to start with:

- Lemon – raises Ph and supports your immune system
- Lavender – all calming for a restful night's sleep – in labor if she needs a break
- Peppermint – digestive issues, for hormonal fluctuations such as a headache (put some on the back of the temple). Open the bottle and smell
- Wild Orange – a happy oil to release anxieties
- Black Pepper – for back pain in pregnancy or in labor as a back labor support. Use carrier oil (fractionated coconut) apply to low back
- All above are 100% safe and
- Use internally, topically, or aromatically

Avoid clary sage in pregnancy – it can strengthen contractions. Post dates use on nail bed of pinky toe, spleen 6 (kidney 3) or lower abdomen every 10-15 minutes. Use when pit suggested. These oils are adaptogenic – supports you in labor

Avoid oregano – used for infection

Avoid peppermint while breastfeeding – may reduce milk supply – if milk supply is low add a few drops of fennel in water, or as a tea, under the tongue with water 3-4 x/day

Oils that are mild can be used "neat" undiluted - oils that are "hot" (strong) you dilute.

Wild orange and grounding blend (balance) made of tree oils diffused for labor can assist with releasing fears and keep you grounded. Diffuser sends oils out into a micromist (tiny micro particles) that can get into our limbic system to release fears and anxieties

Labor blend can be applied to the back for nausea, pain, back labor – use with balance

Helacrisin and carrier oil as lubricant on perineum for support

How much to use is not a science – use common sense

Postpartum use clary calm (with clary sage) (Doterra) – a gentle hormonal blend for chills and shaky. White fir and lavender lay with clary calm are very gently and can rub on mother's abdomen.

When using essential oils make sure mom is familiar with them. To see if she is ok with the smell in labor have her smell first.

You can always diffuse safely. When applying to the body apply to the bottoms of the feet. For back labor apply oil the back – it will work quicker. Nausea – smell is quicker

Round ligament pain – support abs when rolling over to avoid straining. Need circulation to heal. Cypress is for circulation. White fir is for pain. Layer them – apply to both sides where the ligament is strained.

Breach – peppermint and myrh – myrh put on low abdomen where you want the head to go to. Peppermint is a cooling oil so put that hip to hip and up and over the belly and baby will move away from peppermint and go down to myrh. Do the same for posterior – peppermint to the back and myrh in the front – where you want the baby to move from and go to. Do with inversions 3x/day. Also swim to create the most room for the baby to move.

Aromatherapy – use 4-5 drops oil. Can kill air pathogens in the hospital. Also with the new baby around. To be preventative in pregnancy use a diffuser.

Belly button is the sweet spot for direct application

1st stage – wild orange and balance for whole labor. Wild orange and peppermint is a great pick me up. Put in her hands and have her rub her hands together and smell

2nd stage – perineal support – carrier oil as a lubricant. Hulacrisim is the arnica of oils for bruising, swelling

3rd stage – after pains clary calm, white fir and lavender.

Anti-aging – francense, sandlewood, lavender, myrh, roles. Great for healing. Can be used as a peri-spray. Use 20 drops in 15 ml bottle with carrier and add spray top. Can be used cesarean scar healing – put around scar

Online – ecourse in April – essentialmidwife.com. Free

A NOTE ON COMPLIANCE

The FDA has regulated what distributors of an essential oil company can and cannot say to their customers. The term used for this is “compliance.” This is for your protection as a distributor. It may feel like you are being handcuffed, but it is important to understand the blessing that working compliantly within your business brings. Compliance may be a new concept for you since we live in a world where freedom of speech matters. Consider this simple transaction between you and a friend who has not used essential oils before. Your friend has a raging migraine. She asks if you have any oil that may help. You personally have found Peppermint to work well for you, so you gladly give her some to try. A couple hours later your friend tells you it didn’t work. Just as she suspected—oils don’t work and she then decides oils are a sham. The issue here is, you do not know why she has a migraine. It could be from hormones, or dehydration, or perhaps the 9 cups of coffee she has consumed that day. The point is, oils do not work the same way as pharmaceuticals do. Essential oils work organically in our bodies to help support health, not cure illness. A more serious claim could land you in a lawsuit where the court will rule against you simply because there is not enough information on essential oils. The reality is, if you operate your business and disregard compliance, your account will get shut down by Young Living. It is to protect the company as a whole. If one of their distributors is overtly non-compliant, the FDA could step in and shut down the company. Young Living will give you a warning and will work with you to help you clean up anything you are doing incorrectly. They want you to succeed, but it is best to start off on the right foot to begin with. Here are some simple tips to keep both you and your customers happy.

- Talk about oils from a health perspective. This is called “above the wellness line.”

- Never use any words that imply or claim sickness. Examples: cold, flu, sick, cough, sore throat, infection, virus, bacteria, inflammation, pain, under-the-weather, headache, head-in-a-vice, heartburn, high blood pressure, constipation, etc.
- Never use any words that are clearly diseases or names for disorders. Examples: Cancer, COPD, Diabetes, Pneumonia, Eczema, Gout, ADD/ADHD, or any autoimmune disorder such as MS, Lyme, FM, RA, etc.
- FDA Guidelines state that a product may not be labeled for topical and aromatic use as well as for consumption. Structure function claims, such as respiratory, digestive, circulatory claims, are only permissible for dietary supplements. When making structure function claims, only refer to the Vitality™ line of consumable essential oils.
- Never share links to other websites on your own website or on any social media platforms. Example: do not share a recipe from another website and link that website. It is better to copy and paste the recipe and give credit to the website name without the dot com at the end. The reason for this is if the website you link to has any non-compliant information on it at all, you are also liable.
- Do not give out non-compliant information to your customers at the time of sale. You may direct them to third party resources (see The Resources page) to help them in their own research or suggest they take a free course at The School for Aromatic Studies.
- Always remind your customers that essential oils help support health, not cure disease.

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