

Fuller Life

YOUNG LIVING OILS AND SUPPEMENTS DURING PREGNANCY

I was asked "What oils have people used during the first trimester of pregnancy to the last and if I have personal experiences using the oils during pregnancy . . . ?"

Since my youngest child is in her 30's, I do not have personal experience using the oils during pregnancy and birth, but I personally know many women who have used them throughout their pregnancies, and there is also a wonderful book, "*Gentle Babies*", written by Debra Rayburn, that is an excellent reference to have not only for pregnancy, but for the entire family. Much of the information in my classes on pregnancy has come from Debra's book as well as from the classes that I have attended.

Specifically, I was asked if DIGEST & CLEANSE is okay to use.

Literally thousands of women have used DIGIZE blend both internally and topically, during their pregnancies and delivered healthy babies. In fact, the ingredients in Digest & Cleanse are quite similar to those in DiGize.

There are several articles and pdf files of class notes on my website that could be helpful if you are planning to be pregnant or if you already are pregnant - or if you are just plain curious.

Frances

Nausea and Vomiting **14 June 2011**

My friend is over 4 months pregnant. She vomits after 6pm every single night. Especially, eating dinner causes her to vomit more. The unpleasant smell make her bad too.

Could you help her please?

The rapidly changing hormones in the body during pregnancy – especially during the first trimester – cause many women to have bouts of nausea and occasionally vomiting. A number of these women have found DIGIZE and PEPPERMINT to be indispensable. Either can be applied topically over the abdomen and inhaled or put in hot water and consumed as tea.

NOTE: Only therapeutic-grade essential oils can be taken internally. Others could harm the digestive tract and organs. Everything that I say about essential oils refer to the use of the Young Living essential oils, which have met stringent criteria and been consumed by thousands of people worldwide.

Since your friend has more challenges at night, perhaps she would choose to eat only a small amount of vegetables after 3pm each day and consume her protein earlier in the day.

Pregnancy is not the time to embark upon any type of cleansing program, but she can certainly pay close attention to what she is putting INTO and ON her body. Even facial creams and hair products absorb into the body and can create challenges as well as those things which are actually consumed. Perhaps if your friend chooses to have fruit only in the morning and eliminates sugar from her diet, she will find that the nausea subsides a bit. NINGXIA RED DILUTED in equal parts of water could assist her in getting protein and a balanced array of amino acids to help her digestive system.

NOTE: She may need to dilute the NingXia Red even more – perhaps 4 parts of water to 1 part of NingXia Red and sip it slowly. NingXia Red is low glycemic and will not cause the blood sugar to spike as other fruits and juices can. It also has a lot of protein for building healthy organs and bones for both the baby and mother.

PEPPERMINT can be applied, inhaled, or consumed as often as she likes and can often totally avert a nasty bout of vomiting if used regularly. A great place to apply the peppermint is on the inside of the wrists about 3 fingers above the hands. Gently applying pressure to this area while applying peppermint can be quite powerful.

Pregnancy-Using Essential Oils to Avoid Potential Challenges 10 March 2011

Pregnancy is a time to celebrate YOUR life and the life that you are bringing into the world. It is a time of great joy . . . but often the nagging fears and the aches and pains that you experience dim the brightness of this period. Isn't it wonderful to know that there is something totally natural and safe that you can do? Pure therapeutic-grade essential oils have been used for thousands of years and, more recently, the Young Living essential oils and products have been used by thousands of women with no ill effects.

In her book, "*Clinical Aromatherapy: Essential Oils in Practice*", Jane Buckle, PhD, RN, states "There are no records of abnormal fetuses or aborted fetuses due to the normal use of essential oils either by inhalation or topical application, There are no records of a few drops of essential oils taken by mouth causing any problem either."

So RELAX . . . and ENJOY this beautiful time of wonder and anticipation . . . Apply some BELIEVE – a beautiful blend of balsam fir, frankincense, and rosewood – and breathe in the beauty of this very special time.

For those occasional challenges you may try following . . .

- Acid Reflux or Indigestion: PEPPERMINT or DIGIZE or ALKALIME
- Allergies: 1-2 drops LAVENDER or RC essential oil
- Blood Pressure elevated AROMA LIFE
- Blood Sugar elevated or erratic: OCOTEA
- Colds/Flu/Bronchitis: THIEVES or PURIFICATION or INNER DEFENSE softgels
- Constipation: COMFORTONE + PEPPERMINT + DIGIZE
- Oedema: LEMON or TANGERINE
- Energy: NINGXIA RED
- General well-being . . . GENTLE BABY, VALOR, LAVENDER, and/or your favourite single oil or blend . . . I personally love SACRED MOUNTAIN, a blend of cedarwood, balsam fir, spruce, and ylang ylang.
- Haemorrhoids: CYPRESS + HELICHRYSUM
- Leg Cramps or aching: ORTHO EASE MASSAGE OIL
- Stretch Marks (avoid): TENDER TUSH

Details about how to apply . . .

Acid Reflux: ALKALIME 1 teaspoon in water am and pm

Allergies: LAVENDER, RC, EUCALYPTUS BLUE

- Lavender-1 drop on thumb; place thumb on roof of mouth and hold for 2-3 minutes
- Eucalyptus Blue – 1 drop on cotton bud and swab inside of nose
- RC – Diffuse in bedroom; apply topically over chest, throat, and behind ears

Back Pain: AROMA SIEZ, DEEP RELIEF, PAN AWAY, MARJORAM, PEPPERMINT, ORTHO EASE MASSAGE OIL

Blood Pressure/Hypertension: NINGXIA RED, AROMA LIFE, LAVENDER

- NingXia Red –60ml diluted in 60ml water twice a day
- Aroma Life – 1-2 drops over heart area and inner wrists; inhale
- Lavender – inhale every five minutes

Circulation: NINGXIA RED, OMEGA BLUE, ORTHO EASE MASSAGE OIL

- NingXia Red – 30ml diluted in 30ml water twice a day
- Omega Blue – 3 capsules daily
- Ortho Ease – Massage legs daily

Coughs and Respiratory Infection: INNER DEFENSE, RC**Constipation: COMFORTONE, DIGIZE****Diarrhoea: DIGIZE, LAVENDER+BASIL, LIFE 5, GERANIUM + SANDALWOOD+ROMAN CHAMOMILE, PEPPERMINT**

- Apply oils over abdomen several times daily

Dietary supplements:

- NINGXIA RED,
- CORE SUPPLEMENTS,
- OMEGA BLUE,
- PURE PROTEIN
- COMPLETE, POWER MEAL

Oedema: CYPRESS + TANGERINE, NINGXIA RED, WATER RETENTION BLEND

- Cypress + Tangerine – add 1 drop each to glass of water several times daily
- NingXia Red – Drink an additional 60ml daily

Water Retention Blend:

- 2 drops tangerine
- 1 drop lemon
- 4 drops cypress
- 4 drops lavender
- 3 drops geranium
- Mix oils in V6 or Ortho Ease Massage oil. Apply oils to feet, ankle, and legs, massaging toward the heart to improve circulation.

Energy Increase: NINGXIA RED, PEPPERMINT, LEMON, GRAPEFRUIT

- NingXia Red – Drink 120-180ml daily diluted in equal parts of water
- Peppermint – one drop applied over kidneys and on bottoms of feet
- Lemon, and Grapefruit – add to water

Fear: VALOR, BELIEVE**Gestational Diabetes: NINGXIA RED, OCOTEA, POWER MEAL****Haemorrhoids: ROSE OINTMENT, HELICHRYSUM + CYPRESS+GERANIUM+PEPPERMINT**

- Rose Ointment – apply topically
- Blend – 2 drops helichrysum+2 drops cypress+2 drops geranium+1 drop peppermint. Add 2-4 drops V6 and apply topically

Massages: LAVENDER, GENTLE BABY, PEACE & CALMING, JOY, RC, VALOR, RELAXATION MASSAGE OIL**Morning Sickness: DIGIZE, PEPPERMINT****Perineum Care:**

- **ONE MONTH BEFORE DELIVERY**
CLARADERM SPRAY applied several times (even hourly) each day
- **ONE WEEK BEFORE DELIVERY**
Geranium + lavender + fennel in almond oil

Stretch Marks – Prevention: TENDER TUSH, GENTLE BABY, ROSE OINTMENT

Gentle Baby can be added to Tender Tush and applied to abdomen several times daily. Gentle Baby can also be added to Rose Ointment and applied topically to abdomen.

Urinary Tract Infections: NINGXIA RED, OCOTEA, INNER DEFENSE, JUNIPER ELIMINATE SUGAR, CAFFEINE, and DAIRY

Yeast Infections: Same as above

Key essential oils and supplements:**Single Oils**

Cypress	Eucalyptus	Blue	Geranium	Grapefruit	Juniper
Lavender	Lemon	Ocotea	Peppermint	Sandalwood	
Tangerine					

Blends

Aroma Life	Aroma Siez	Believe	Deep Relief	DiGize
Gentle Baby	Peace & Calming	RC	Valor	Ortho Ease Massage Oil
Marjoram	Tender Tush			

Supplements

Alkalime	Core Supplements	Life 5	Longevity	Omega Blue
Tru Source	Inner Defense	NingXia Red	Power Meal	

Source: Frances Fuller Newsletter 4 January 2012

Sharing experiences with essential oils is an effective way of learning to utilize these powerful gifts from Nature. With this knowledge we can take control of our personal health. However, we are required by law in the USA to state, "These statements have not been evaluated by the FDA. Products and techniques mentioned are not intended to diagnose, treat, cure or prevent any disease".

Disclaimer: Please remember that anything discussed here does not constitute medical advice and cannot substitute for appropriate medical care