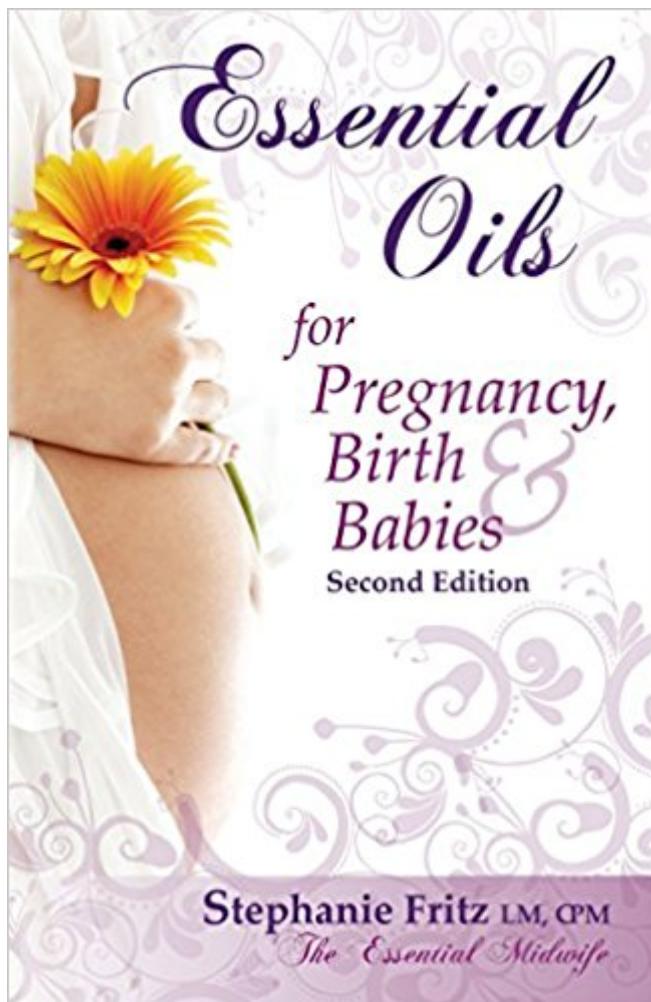


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# Essential Oils For Pregnancy, Birth & Babies



## **Synopsis**

Essential Oils for Pregnancy, Birth & Babies is a reference guide written to educate, inspire and empower pregnant women or anyone assisting them, including midwives and doulas.

## **Book Information**

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Average Customer Review: 4.2 out of 5 starsÂ  See all reviewsÂ  (206 customer reviews)

Best Sellers Rank: #10,154 in Books (See Top 100 in Books) #14 inÂ  Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #27 inÂ  Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #46 inÂ  Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

## **Customer Reviews**

Some of the reviews were complaining this was a big add for DoTerra Essential Oils.Well, if you do any research you'll find the two top producers of quality oils are DoTerra and Young Living.I happen to belong to the Young Living crowd.Even still I found this book very helpful.Yes, the author does recommend DT oil blends, because \*that's what she knows\*. If anything, find out the ingredients in those blends and make your own!She gave a lot of good tips on using oils throughout pregnancy, labor, and newborn stages.Even though she mentions DoTerra frequently I didn't find it off putting, or under pressure to buy DoTerra - just gave me more ideas on how to deal with this pregnancy.

I am an essential oil educator and many people ask me about which oils can be used during pregnancy and while nursing. I love having this book to refer people to because the author is a very experienced midwife with years of practical experience. I just had a baby 4 months ago and followed the guidance in this book. It was the best pregnancy and birth of my four. I would like to comment on the review that said that this book is more of an advertisement for doTerra than anything else. If you use other brands of essential oils and haven't experienced the difference of doTERRA then I understand you feeling this way. An author who has had such amazing success using this brand of

oils couldn't write about anything else. The labor recipe helped me so much during labor and the spray that you put on after birth to heal the trauma in the peri area is like no other! I am so grateful for this book and you will be too.

I am a student midwife and I have heard mixed things about using essential oils in pregnancy. One of my teachers at school, a naturopathic doctor, claimed that essential oils were not safe to use in pregnancy and were "known neurotoxins." I was hoping to educate myself about the evidence out there about using oils in pregnancy in order to give my clients informed choice about incorporating oils into their pregnancy for optimal health and wellness. I recently signed up with doTERRA to be a consultant and was looking for evidence-based information about using essential oils in my practice and with my clients. This book is full of one midwife's anecdotal information about all the supplements and products she suggests for her clients, but no real research! The bibliography is shockingly sparse and includes no journal articles and references only five, yes 5 sources (four are books and the fifth is a midwifery magazine). Although I signed up for doTERRA, I was shocked by the fact that this book is \*not\* advertised as a doTERRA product-based book but clearly is. Much of the information is about ingesting huge quantities of oils daily which is a practice I would like to see research on before advising pregnant women to experiment on themselves and their babies. I just can't take a book that seriously if it lacks evidence-based information when it comes to something as critical as safety and efficacy. It feels like it was thrown together rater than prepared with great care and research. If I had presented this book as a paper for midwifery school, I would have been failed because of the lack of evidence and research. I was so excited to find this book that I was planning on buying large quantities wholesale and selling them or giving them to my clients, but that will NOT be happening.

I was really excited when a friend got me this book. I used many of the remedies that actually helped me. I wasn't feeling very well one day and i saw a cleanse that the author recommended in the book. I started to use it and by the 5 day i was on the couch at night and i started getting pains in my lower abdominal area and the baby started moving A LOT. i did not feel well at all. I decided to further research the oil that this cleanse recommended and it turns out Thyme oil is NOT TO BE USED at all when pregnant as it is a uterine stimulant and can force abortion or periods to come on. I was absolutely horrified that i could have hurt my baby and trusted this author. As i continued researching, most midwives recommend not even using thyme aromatically during pregnancy! The author of this book is telling people to take it internally! It makes me question most of the other

advise she gives. I purchased a book on all of the oils actually put out by Doterra and it turns out many of the oils she recommends pregnant women take are actually not recommended at all by the actual company!!! If i were doterra i would make this woman pull this book from further distribution.

Many of the recommendations in this book are unsafe for pregnancy, and the suggestions for use on newborns are very dangerous. Aromatherapists recommend no EOs on babies under 6 months and then VERY diluted; in pregnancy, limited and diluted. (A list of oils to avoid in pregnancy can be found [here](#)

<http://www.learningabouteos.com/index.php/2013/08/06/essential-oil-safety-during-pregnancy/>)  
Stephanie also recommends a number of additional products and supplements from her supplier, which I found irritating; I was looking for information on oils, not a sales pitch for other products. There are better resources available from people with more training in EOs and safety, rather than sales training from a MLM company. With your pregnancy and your newborn, you don't want to take chances on reactions and side effects. Many companies have aromatherapists on staff who can answer questions about use and safety, and there are discussion groups and forums online where the members are conscientious about EO application.

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