

THE MINI GUIDE TO *Fertility, Pregnancy, Birth & Baby*

SUPPORT MAMA & BABY NATURALLY WITH DOTERRA



FERTILITY PROTOCOL

|

SUPPLEMENTS

|

SAFETY DURING PREGNANCY

BIRTHING PROCESS

|

NEWBORN CARE

|

PRENATAL SUPPORT

Consult your Doc

- WE AREN'T MEDICAL PROFESSIONALS -

ALTHOUGH A TON OF THOUGHT, TIME, AND TESTIMONIAL WENT INTO COLLECTING AND PUTTING TOGETHER THIS INFO FOR YOU, WE AREN'T DOCTORS. WE DON'T WANT YOU TO TAKE ADVICE FROM US THAT DIFFERS FROM THE ADVICE A MEDICAL PROFESSIONAL WOULD GIVE YOU. PLEASE CONSULT A MEDICAL PROFESSIONAL FOR ANY SERIOUS HEALTH CONDITION THAT ARISES DURING PREGNANCY.

AS WE SAY AT DŌTERRA: "THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT DISEASE."

PLEASE SEEK MEDICAL ATTENTION FROM A LICENSED MEDICAL PROFESSIONAL SHOULD YOU NEED IT.

NOW WITH ALL THAT "LEGAL JARGON" OUT OF THE WAY... LET'S GET INTO THE FUN STUFF!

Fertility Protocol

- ELIMINATING TOXICITY -

Many women experience difficulties when trying to conceive. We live in a toxic world where chemicals are in our beauty products, food, air, and even our home and work environments. One of the first things I recommend you do when trying to conceive is eliminate toxicity from your life. Opt for more natural care products such as the ones dōTERRA offers. Secondly, a cleanse is a great way to reset, restore, and prepare your body systems for the task of pregnancy. Toxins build up over time in our bodies and they can cause hormone imbalance and other health issues which can be contributing to infertility. Check out some of our personal care products below and find the entire dōTERRA 30 day cleanse protocol on the following page.



Fertility Protocol

- THE 30 DAY CLEANSE -

CLEANSING IS A GREAT WAY TO SETUP YOU AND YOUR BABY FOR OPTIMUM HEALTH. PREVIOUSLY WE TALKED ABOUT DETOXIFYING YOUR LIFESTYLE. THE FOLLOWING CLEANSE IS A FANTASTIC PROTOCOL TO DETOXIFY INTERNALLY AS WELL. COMPLETE THIS 30 DAY PROGRAM PRIOR TO PREGNANCY FOR A HEALTHIER AND EASIER PREGNANCY FOR YOU, AND A WELL ESTABLISHED HEALTHY FOUNDATION FOR BABY. YOUR ORGANS ARE ALREADY STRESSED DURING PREGNANCY; SO BEING CLEAN, CLEAR, AND RESET PRIOR TO BECOMING PREGNANT LEADS TO A HEALTHIER, EASIER PREGNANCY FOR BOTH YOU AND BABY. YOU CAN PURCHASE THE ITEMS YOU ARE MISSING FROM THE dōTERRA 30 DAY CLEANSE PROTOCOL OR CHOOSE TO JUST PURCHASE A FULL PRE MADE CLEANSE KIT FROM dōTERRA. YOU WILL FIND THE DAILY PROTOCOL AND ITEMS NEEDED ON THE NEXT PAGE. PRINT THE FOLLOWING PAGE TO USE AS YOUR DAILY CHECKLIST WHILE CLEANSING.



Fertility Protocol

- FULL BODY CLEANSE -

Read more about the dōTERRA cleanse protocol by clicking the info graphic below, or by going to doterra.com/US/en/blog/science-wellness-detoxification-cleansing

dōTERRA CLEANSE & RESTORE

PB Assist®+

Take daily to support the gastrointestinal system.

DigestZen TerraZyme®

Take with meals to aid in the digestion of food.

Zendocrine® Detoxification Complex

Take every 3 to 4 months to promote liver and kidney health.

GX Assist® & PB Assist®+

Take quarterly to promote gastrointestinal health.



10 days



5 days



15 days



For regular probiotic support, take 1 capsule of PB Assist®+ on a daily basis.



DigestZen TerraZyme® can be taken daily with meals. For a more hearty meal with more fat, take up to 3 capsules. For lighter meals, such as fresh foods, you may only need 1 capsule.



Take 2 Zendocrine® Detoxification Complex capsules daily (AM & PM) for one month straight every 3 to 4 months.

Step 1: Consume 3 capsules/day of GX Assist® for 10 days

Step 2: Then, consume 3 capsules/day of PB Assist®+ for 5 days

Step 3: Finish the remaining days of the month with 1 capsule/day of PB Assist®+



CLEANSE & RESTORE KIT
ITEM# 60200541
\$245

Fertility Protocol

- HORMONAL SUPPORT -

In addition to cleansing many women also need to support the body with hormone balance and production. Investing in some women's health items can help with this.

Continue taking your Lifelong Vitality, PB Assist+, and DDR Prime softgel daily after your cleanse. Read more about additional oils and supplements below and how to use them to support hormonal balance in the body.



dōTERRA Women's Phytoestrogen Essential Complex is a blend of standardized plant phytoestrogens that support hormone balance gently and naturally. It also includes concentrated flax seed lignans to promote healthy metabolism. Take 2 tablets every day to eliminate bad estrogens in your body and balance out the good estrogens.

PHYTOESTROGEN



ClaryCalm is a proprietary blend of essential oils that provides a soothing and calming effect during a woman's menstrual cycle. ClaryCalm provides a cooling effect to the skin and help balance emotions. Apply to the bottoms of your feet, lower abdomen, and wrists everyday to help to balance your hormones and help to manage mood swings.

CLARY CALM



Take Grapefruit drops under the tongue or in a capsule every morning to help balance progesterone. (When our bodies are under stress cortisol inhibits our production or progesterone; grapefruit prevents cortisol from blocking progesterone production.) Daily maximum intake from dōTERRA is 24 drops in 24 hours but remember your body is more sensitive during pregnancy. Start with less and adjust as needed. Read more about recommended doses of oils by clicking the Grapefruit bottle!

GRAPEFRUIT

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Supportive Supplements

- DAILY PREGNANCY CARE -

There are so many wonderful dōTERRA supplements that can support you through your entire pregnancy & during your initial cleanse. Read more about them below.



dōTERRA's complete whole food vitamin. The perfect prenatal to carry you through pregnancy. Your body assimilates these nutrients just like real food. These supplements have been linked to easier shorter labor, less pain, more energy, and less postpartum depression.

LIFE LONG VITALITY



DDR PRIME

DDR Prime is a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils that help protect the body against oxidative stress to cellular DNA.* The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors. This is a great supplement to take daily throughout pregnancy with your LLV to support your cellular vitality, health, and energy and the growing cells of your baby.



PB ASSIST+

PB Assist+ is a proprietary formula of pre-biotic fiber and six strains of probiotic microorganisms in a unique doublelayer vegetable capsule. It delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructooligosaccharides) that encourage friendly bacterial growth. The time-release, double-capsule delivery system is designed to help protect the sensitive probiotic cultures from stomach acid. PB Assist+ offers a unique, safe, and effective way to deliver the well-recognized digestive and immune system support benefits of probiotics. PB Assist+ nurtures proper gut flora which is imperative to immune function and overall health.



TERRAZYME

DigestZen TerraZyme® Digestive Enzyme Complex is a proprietary blend of active whole-food enzymes that support healthy digestion of food nutrients and cellular metabolism of nutrients to energy. Many women find common pregnancy digestive issues are calmed by adding digestive enzymes to their daily regimen. Enzymes also help to rebuilt and support connective tissue (which make up our whole body). Enzymes also help to regulate many body functions like immunity, hormone regulation, cellular growth, and repair of organs, glands, and tissues. They should become a vital part of your daily routine.

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Supportive Supplements

- ADDITIONAL PREGNANCY CARE -

There are so many wonderful dōTERRA supplements that can support you through your entire pregnancy. The supplements below may not be needed daily, but can be used as needed through your pregnancy.



DIGESTTABS

DigestZen is one of the most popular blends due to its ability to aid in digestion, soothe occasional stomach upset, and maintain overall digestive health. Its also available in a convenient chewable tablet. DigestTab is a calcium carbonate tablet infused with DigestZen, to deliver the benefits of digestion supportive essential oils as well as the acid neutralizing benefits of calcium carbonate. Use this supplement to combat heartburn, which can be a common complaint during pregnancy.



MITO2MAX

dōTERRA Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors that supports healthy cellular energy production. Mito2Max supports optimal mitochondrial function, aerobic capacity, and stamina naturally without the use of harmful stimulants. Use Mito2Max as a healthy, alternative to caffeinated drinks and supplements for increased energy and vitality. Many women choose to stay away from caffeine during pregnancy. Mito2Max can help with energy levels without caffeine.



DEEP BLUE POLYPHENOLS

Deep Blue Polyphenol Complex delivers polyphenol extracts of frankincense, turmeric, green tea, ginger, pomegranate, and grape seed, and is designed to provide soothing support to aching muscles and to other occasional discomfort. Take as needed when discomfort presents itself, or take it every day for long-lasting benefits. Many women experience aches and pains associated with their growing belly - which puts strain on the neck and back. Use Deep Blue Polyphenols as an alternative to pain medications when discomfort presents itself.



CHILDREN'S SUPPLEMENTS

The dōTERRA children's supplements provide the same great whole food nutrition as the adult Lifelong Vitality pack. Many women experience issues swallowing pills, which can be exacerbated with morning sickness, headaches, and other pregnancy issues. If you find that swallowing supplements in early pregnancy is too hard for you turn to the children's line to support your body.

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Safety During Pregnancy

- WHAT CAN'T I USE? -

Almost all dōTERRA oils and supplements can be used safely throughout your pregnancy. Remember that your body is more sensitive when you are pregnant. Always dilute more than usual and start slow. Listen to your body and check to see how you feel after application. Decrease or stop use if any negative effects occur. There are some oils to be avoided until later in pregnancy for the safety of you and baby.

GX ASSIST- GX Assist is a phenomenal supplement to aid in cleansing the gut and body for pre pregnancy health. Once becoming pregnant discontinue use of GX Assist for the remainder of pregnancy. The detoxifying effects of this product can be too strong. There are other "milder" ways of cleansing during pregnancy if you are having issues.

THE CLARYS- Clary Sage can be very beneficial in strengthening and promoting uterine contractions. This oil and the Clary Calm blend can both be amazing tools during labor. Usage before 37 weeks is not recommended. Although these oils will not stimulate labor if you aren't ready its recommended to stay away from them or use very cautiously up until 37 weeks.

JASMINE & JASMINE TOUCH- Similar to Clary Calm and Clary Sage, Jasmine and Jasmine Touch can be amazing calming and stimulating oils to have on hand during labor. Again to be avoided or used with caution up until full term.



NO GX ASSIST DURING PREGNANCY. USE CLARYS & JASMINE WITH CAUTION OR NOT UNTIL FULL TERM.

Your Birthing Kit

- PREPARE FOR BIRTH -

What oils, blends, sprays and items should you bring to the hospital or have on hand when baby is coming? Great question! Read below to find the must have items for your birthing bag!

DIFFUSER

If you're planning to have your baby in a birthing center or at home bringing along your favorite diffuser is easy. If you are planning to give birth in a hospital check with your doctor and see if you can bring your diffuser along. Most hospitals are ok as long as you won't be sharing a room with anyone. Diffusing oils during and after labor can help with relaxation and promoting a calm environment for both mother and baby.

DILUTION OIL

Be sure to have fractionated coconut oil, MCT oil, or your favorite dilution oil on hand for applying oils to you and baby. Baby will always need oils to be applied with dilution oil. Many mothers find coconut or MCT oil to be soothing for dry or cracking skin from breastfeeding. Baby may also have peely skin, cradle cap, a healing circumcision wound, or other mild skin conditions that can be remedied with coconut oil.

ROLLERS

Make some roller blends ahead of time to have for your birthing bag, or bring along some of the dōTERRA pre diluted touch rollers. These pre diluted rollers are perfect for you and baby. If you are making rollers to bring along with you remember that baby's dilution ratio and yours may be different. Check out the blending section later in this guide for more info, and blend ideas.

SPRAYS

Many spray bottle blends can be helpful during labor. A mist bottle of healing oils can also be great for spritzing on sensitive areas after birth. Some hospitals will not have a shower readily available and some mothers find a mild body spray or "happy" spray to be helpful in feeling refreshed and uplifted following birth.

OILS

Be sure to pack some of your favorite oils in a small case. Remember there is no need to go overboard or pack an every oil kit. The oils in the top 10 kit are usually plenty for most hospital stays. Check out some of our favorite recommendations later in this guide.

SUPPLEMENTS

Pack a travel supply of your daily supplements with you and start phytoestrogen and clary calm as soon as you give birth to help with hormonal balance and to reduce the symptoms of postpartum depression. Continue to take your Lifelong Vitality Daily as your body needs the nutrients when breastfeeding.

New Mama

- SUPPORT FOR ALL THE MOM THINGS -

10 ml roller blends to support you during pregnancy, into labor, and postpartum.

MORNING SICKNESS

10 Peppermint
or DigestZen
10 Lavender
10 Ginger
(roll into belly & inhale)

BOOST MILK SUPPLY

10 Fennel
10 Marjoram
10 Basil
(Roll onto breast and massage in
between feedings or pumping
sessions)

HORMONES

Clary Calm
(Roll into lower abdomen &
bottoms of feet starting after birth)

ACHES & PAINS

10 Deep Blue
10 Lavender
10 Marjoram
8 Copaiba
(Roll into lower back, neck or other
affected areas)

STRETCH MARKS

10 Citrus Bliss
10 Lavender
10 Wild Orange
10 Cypress
5 Geranium
(roll into areas of concern)

PERINEUM SUPPORT

20 Helichrysum
20 Frankincense
(Massage into perineum area when
head is crowning & during pushing)

POSTPARTUM BLUES

3 Bergamot
3 Grapefruit
3 Clary Sage
3 Wild Orange
10 Frankincense
(Use on pulse points & bottoms of feet)

FATIGUE/ FOCUS

10 Citrus Bliss
10 Elevation
10 Peppermint
(Roll into back of neck and inhale
deeply)

EDEMA (SWELLING)

5 Lavender
5 Lemon
5 Ginger
10 Cypress
10 AromaTouch
(massage into ankles, legs & feet,
add to epsom salt bath)

HEMORRHOIDS

4 Cypress
4 Helichrysum
2 Peppermint
(Apply directly to affected area and
massage gently)

TENDER TATAS

10 Lavender
5 Grapefruit
5 Ylang Ylang
(Massage into tender nipples or
breasts)

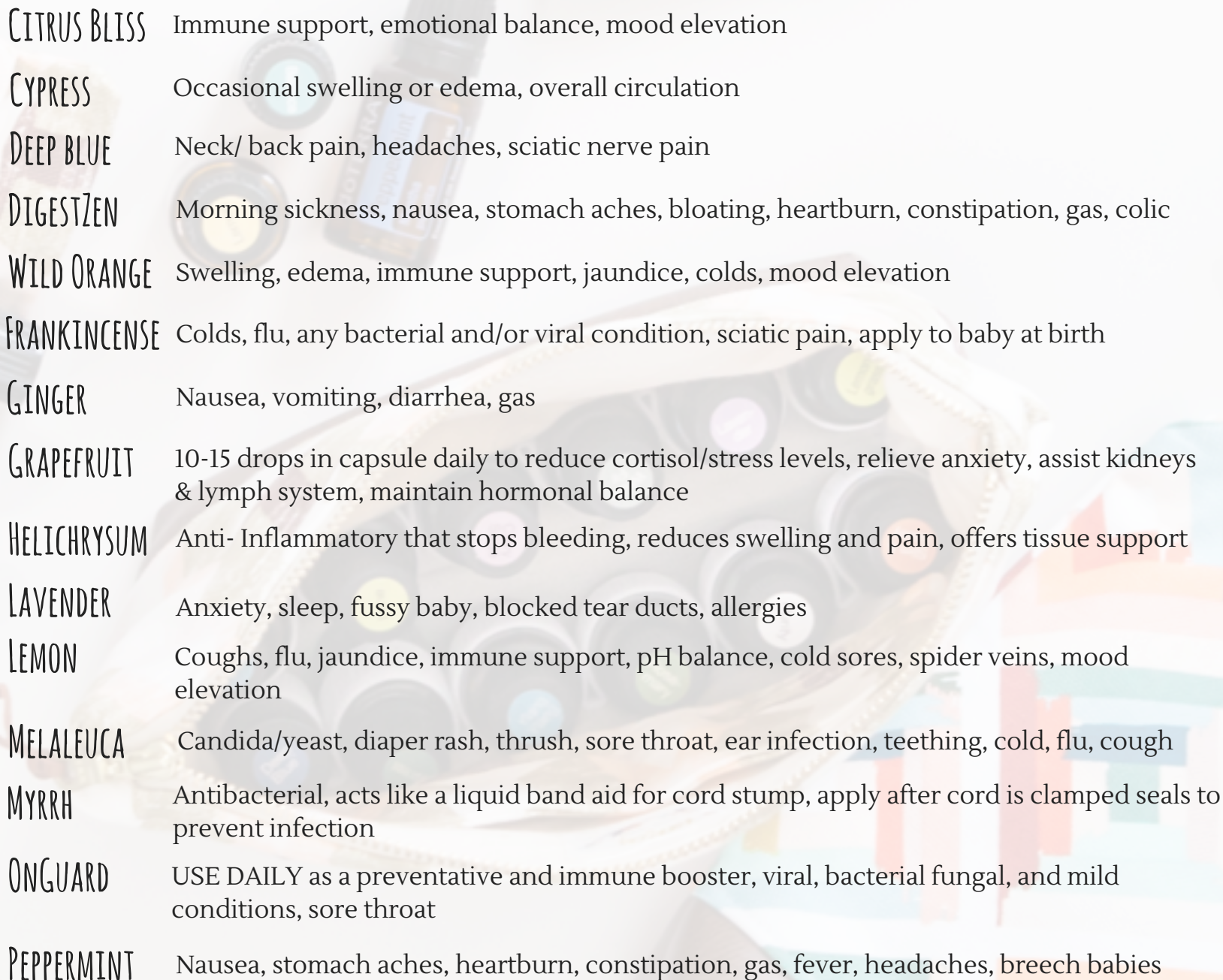
RELAX & SLEEP

5 Roman Chamomile
5 Vetiver
3 Frankincense
3 Bergamot
(Roll onto bottoms of feet and base of
big toe, add to PM bathwater)

New Mama

- SUPPORT FOR ALL THE MOM THINGS -

Additional oils for pregnancy and birth kit



CITRUS BLISS	Immune support, emotional balance, mood elevation
CYPRESS	Occasional swelling or edema, overall circulation
DEEP BLUE	Neck/ back pain, headaches, sciatic nerve pain
DIGESTZEN	Morning sickness, nausea, stomach aches, bloating, heartburn, constipation, gas, colic
WILD ORANGE	Swelling, edema, immune support, jaundice, colds, mood elevation
FRANKINCENSE	Colds, flu, any bacterial and/or viral condition, sciatic pain, apply to baby at birth
GINGER	Nausea, vomiting, diarrhea, gas
GRAPEFRUIT	10-15 drops in capsule daily to reduce cortisol/stress levels, relieve anxiety, assist kidneys & lymph system, maintain hormonal balance
HELICHRYSUM	Anti- Inflammatory that stops bleeding, reduces swelling and pain, offers tissue support
LAVENDER	Anxiety, sleep, fussy baby, blocked tear ducts, allergies
LEMON	Coughs, flu, jaundice, immune support, pH balance, cold sores, spider veins, mood elevation
MELALEUCA	Candida/yeast, diaper rash, thrush, sore throat, ear infection, teething, cold, flu, cough
MYRRH	Antibacterial, acts like a liquid band aid for cord stump, apply after cord is clamped seals to prevent infection
ONGUARD	USE DAILY as a preventative and immune booster, viral, bacterial fungal, and mild conditions, sore throat
PEPPERMINT	Nausea, stomach aches, heartburn, constipation, gas, fever, headaches, breech babies

The best way to build up your oil collection and get all the oils, supplements, and products you want during your pregnancy is to join the monthly rewards program called "Loyalty Rewards". Ask the person who introduced you to dōTERRA for more information about how to get some of your oils for free.

Newborn Baby

- SUPPORT FOR NEW BABY -

These are 10 ml roller blends to support your newborn (0-6mo) baby. Additionally the dōTERRA Touch kit is the perfect kit to support babies and children as "touch" rollers are prediluted to safe guidelines.

PERFECT BABY BLEND

- 1 Frankincense
- 1 Lavender
- 1 Wild Orange
- 1 Cardamom

(Roll into bottoms of feet at birth)

DIGESTION/REFLUX

- 1 Cardamom
- 1 Wild Orange
- 1 Fennel

(Roll into belly)

EAR PAIN

- 1 Melaleuca
- 1 Lavender
- 1 Basil

(Roll around ears)

SLEEP

- 1 Serenity
- 1 Vetiver
- 1 Frankincense

(Roll into bottoms of feet)

CIRCUMCISION

- 1 Frankincense
- 1 Immortelle
- 1 Helichrysum

(Roll into palms with correct-x and lightly apply to area)

RESPIRATORY

- 1 Cardamom
- 1 Lime
- 1 Arboviate

(Roll into chest and throat)

CRADLE CAP

1 Melaleuca, 1 Lemon, 1 Geranium - Combine with 2 Tbs carrier oil and massage into scalp. Allow to sit on skin for a couple minutes before washing off with warm soapy water. Typically 2-5 applications needed.

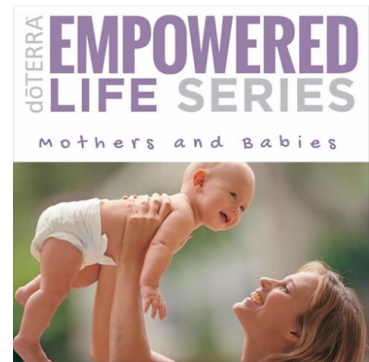
ADDITIONAL OIL SUGGESTIONS:

- Frankincense on the top of the head immediately at birth to ground baby into earth
- Lavender on swaddles or applied to the feet for overall calming
- Myrrh for umbilical cord stump (liquid band aid)
- Balance on baby's feet for grounding effect
- Melissa down the spine for DNA repair (releases emotional issues picked up from mom during utero)

Additional Resources

- LINKS, BOOKS, AND SITES -

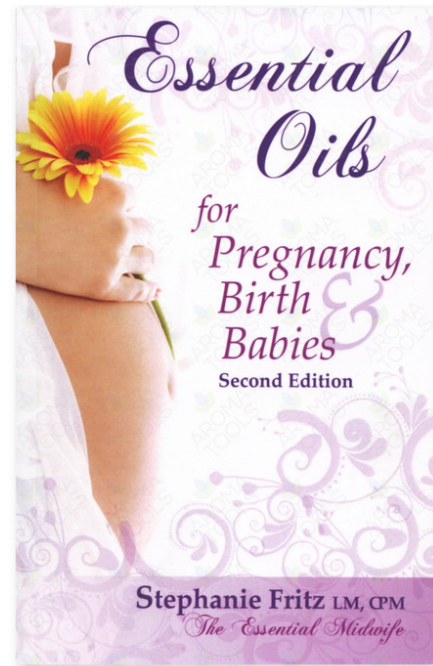
Check out the resources and tools below for even more info, support and guidance on fertility, pregnancy, labor, and newborns.



You can watch recordings from the doTERRA Empowered Life Series: Mothers and Babies webinar here and strengthen your knowledge of essential oils and how to use them from bump, birth, and beyond. Learn from Certified Professional Midwife Stephanie Fritz, certified labor doula and childbirth educator Holly Lo, Registered Nurse Sarah Vansteenkiste, and Board Certified Surgeon Dr. Paul Winterton as they give tips and information about doTERRA essential oils and safe uses during pregnancy and labor. Click the picture or copy and paste the link below.
doterra.com/US/en/empowered-life-series-mothers-and-babies

The ultimate resource guide and reference book is Essential Oils for Pregnancy, Birth, & Babies authored by Stephanie Fritz, doTERRA diamond and registered Midwife. Much of the content in this ebook is straight from this amazing book. Be sure to snag your own copy for a more in depth explanation of much of what was covered here. Buy her book by clicking the picture to the right or copy and paste this link:

amazon.com/Essential-Oils-Pregnancy-Birth-Babies/dp/0985528028/ref=sr_1_1?ie=UTF8&qid=1517100636&sr=8-1&keywords=stephanie+fritz+book+essential+oils+for+pregnancy+birth+and+babies



You can join Stephanies Facebook Community here: facebook.com/groups/temcommunitygroup or by clicking the banner above. This is an awesome community group with thousands of testimonials, tips, and tricks from women who have been through pregnancy or are going through pregnancy currently.

doTERRA offers a mini video on some commonly used products in pregnancy that can be found here: <https://www.doterra.com/US/en/pregnancy-essential-oils-presentation>



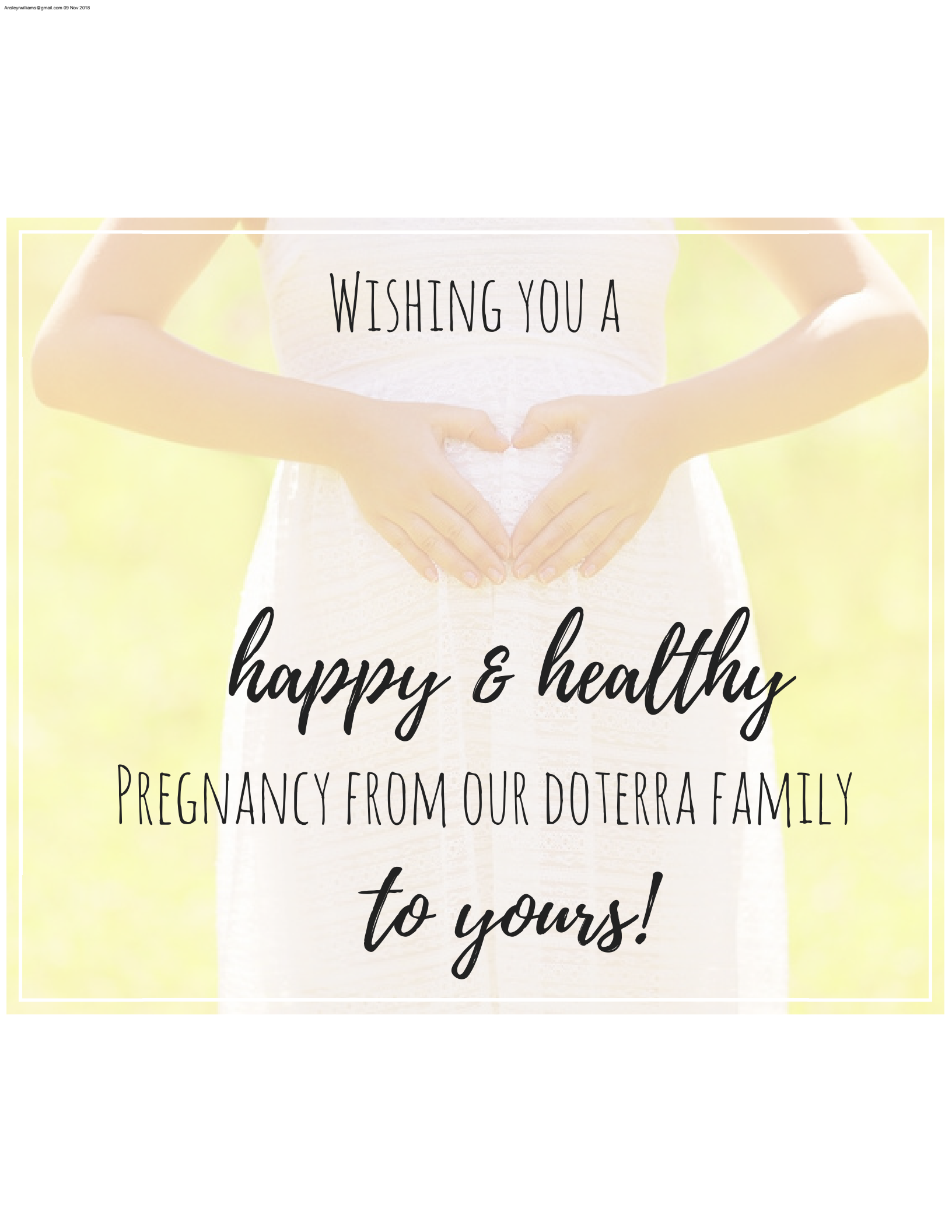
doTERRA Blog Posts:

doterra.com/US/en/blog/science-safety-physiology-childbirth-and-essential-oils

doterra.com/US/en/blog/science-wellness-prenatal-cravings

doterra.com/US/en/brochures-magazines-doterra-living-Summer-2017-the-home-birth-choice

Childbirth and Essential Oils

A pregnant woman is shown from the waist up, wearing a white lace dress. Her hands are positioned over her belly, with her fingers touching to form a heart shape. The background is a soft, out-of-focus yellow-green. The text is overlaid on the image.

WISHING YOU A

happy & healthy

PREGNANCY FROM OUR DOTERRA FAMILY

to yours!