



ESSENTIAL INSIGHTS™

The Light of Seeing for the Truth of Healing

Annette Ahlers #372920

916-242-7896

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We welcome the Beautiful and Divine presence of a new little person into this world! The following is from her mommy, the happiest one I've had the honor of being around, sharing with you her experience with the essential oils during the process of pregnancy and childbirth.

PRENATAL AND CHILDBIRTH

As for **prenatal** - the **gentle baby** and **lavender** were calming and I **didn't experience a single stretch mark**. I used them on my **abdomen and breasts**. It's also a **perfect opportunity to involve your partner**, which makes it even more **fun!**

I used **claraderm spray** every morning on my **perinium** for approximately **6 weeks before delivery** and was able to have a completely natural, drug-free birth and **did not tear!**

I used **2-3 drops of joy** on my **heart every day** during pregnancy to help **balance hormonal fluxes and uplift my emotions**. I would also use **joy or lavender** on my **throat** for **calming and upliftment**.

I also **intuitively used peppermint** (sometimes every other day, sometimes once a week) on my **abdomen to stimulate the flow of oxygen for baby**. I would use it on days when I felt more lethargic which I perceived could affect her, or on days when she was less active, and noticed it would stimulate her.

The **cold compresses** we used during labor - the combination of the oils and the cool temperature - really helped to calm me down and rein in my focus. We used **10 drops of jasmine, 5 drops of roman chamomile, 5 drops of geranium, and 20 drops of lavender**. I felt very hot during the process and it significantly helped cool me off and stay calm. We put the wash clothes on my **forehead and neck**.

Through contractions, we discovered that lying on my left side was the most comfortable position. K was **massaging my right hip** (applying pressure) and **lower spine** during every contraction and it relieved a lot of pressure and helped ease the pain. She used **aroma siez and peppermint**.

K first applied a few **oils on the bottoms of my feet** and held them for a minute or two. She applied **valor, lavender, and peace & calming**.

M.H. & K.F. - Los Angeles

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.