

Fertility, Pregnancy & Beyond

doTERRA Essential Oils are Certified Pure Therapeutic Grade (CPTG) which means, it has no fillers, pesticides and very safe for everyone. It is also therapeutic grade, which means it's very potent, and as pregnant women can be more sensitive than usual, it is recommended to use smaller regular doses and dilute with fractionated coconut oil.

Fertility

POSSIBLE ISSUES: Zinc deficiency, unhealthy diet, hormonal imbalance, yeast overload (fungus), stress, regular contact with toxic chemicals. More info on reducing possible causes: www.jamieta.com/infertility

DIET: Eat more leafy green vegetables, nuts, fish, lots of water and reduce sugar, wheat and processed food.

BALANCE HORMONES: Apply Clarycalm Monthly Blend on lower abdomen, ankles and bottom of feet 2-3 times daily. Take 1- 2 capsules of Phytoestrogen Complex every day to help support normal hormone levels.

REDUCE YEAST AND REPAIR BODY: Your body can heal itself once it is clean of toxins and harmful microbial. Complete a 30-day cleanse multiple times until your body feels healthier. Take the Lifelong Vitality Supplements daily, Terrazyme daily, Zendocrine daily, Gx Assist from day 1-10, PB Assist from day 11-30 and Grapefruit oil in every glass of water. If you haven't lived a very healthy life, you may need to do several cleanses for a year or more. More info on cleanse: www.jamieta.com/detox

REDUCE TOXINS: Buy only safe natural products for items such as shampoo, conditioner, toothpaste, sunscreen, hand soap, hand sanitiser, dishwashing liquid, laundry detergent, cleaning products, creams, face/body wash, makeup and deodorant. Absolutely NO perfumes! Head over to my website to see my recommendations.

Pregnancy

MY DAILY PROTOCOL:



LIFELONG VITALITY SUPPLEMENTS

Boosts energy, provides emotional balance, supports healthy joint function and reduce feelings of tension. Contains 400mcg of 100% natural absorbable folate. Take as directed on bottle or half in the morning and half in the afternoon.



TERRAZYME

Wholefood enzymes helps digestion of protein fats, sugars, complex carbs and more. Helps convert food into energy, Breaks down food in the stomach to process nutrients. Take 1-2 capsules with meals.



CLARYCALM MONTHLY BLEND

Great for balancing those fluctuating hormones. Helps ease stress, head tension, irritability and emotional imbalance. Apply around ankles, bottoms of feet and lower abdomen daily or when necessary.



ON GUARD

Supports immune system and protects body from germs. Apply 2-3 drops under the feet twice a day.



FRANKINCENSE

Supports immune system, cellular system and overall health. Apply 2-3 drops under the tongue of capsule daily.



LEMON OR CITRUS OIL

Provides energy, cleanses the body and aids digestion. Drink a few drops in water throughout the day.



BALANCE/ LAVENDER PEACE

Promotes relaxation, good sleep,, calming, helps with feelings of overwhelm, scattered, anxiousness and stress. Apply 2-3 drops on head and feet at night or when needed.



As Needed During Pregnancy

ANXIOUS FEELINGS	<i>Balance, Lavender Peace (Serenity), Console, Frankincense</i>	Diffuse 4-6 drops of oils and apply 2-3 drops to feet, wrists, behind ears and back of neck
ACHY JOINTS/ MUSCLES	<i>Ice Blue (Deep Blue), Siberian Fir, Marjoram, Black Pepper</i>	Rub 2-3 drops on affected area. Reapply every 2-3 hours and dilute if necessary
BREASTS (SORE)	<i>Lavender, Geranium, Roman Chamomile, Clarycalm</i>	Rub 1-2 drops to Fractionated Coconut Oil. Apply every 2-3 hours and massage
CIRCULATION/ PINS AND NEEDLES	<i>Cypress, Aromatouch, Lemongrass, Peppermint</i>	Rub 2-4 drops to Fractionated Coconut Oil. Apply every 2-3 hours and massage
CONSTIPATION	<i>Digestzen, Lemon, Peppermint, Fennel, Terrazyme</i>	Take 1-3 drops in water or capsule every 2-3 hours, particularly with meals
FATIGUE	<i>Citrus Bliss, Lemon, Citrus Oils, Peppermint, Elevation, Lifelong Vitality Supplements (LLV)</i>	Diffuse 4-6 drops of oils, inhale deeply and apply 2-3 drops to feet, wrists, shoulders and back of neck. Take LLV consistently daily.
INDIGESTION/ ACID	<i>Digestzen, DigestTab, Ginger, Peppermint, Fennel</i>	Chew 1 DigestTab. Take 1-3 drops in water or apply on stomach and bottoms of feet.
NAUSEA/ VOMITING	<i>Ginger, Peppermint, Digestzen</i>	Take 1-3 drops in water or apply on ears, stomach and bottoms of feet.
SADNESS/BLUES	<i>Elevation, Litsea, Citrus Bliss, Cheer, Frankincense, LLV, Balance</i>	Diffuse 4-6 drops of oils and apply 2-3 drops to feet, wrists, behind ears and back of neck
SKIN BLEMISHES/ STRETCH MARKS	<i>Salubelle (Immortelle), Frankincense, Rose, Yarrow/Pom</i>	Blend 20 drops of Sallubelle and 5 drops of Yarrow/Pom to 10mls of Coconut Oil in a roll-on. Apply 2x a day, massage on belly, hips & breasts.
SLEEP	<i>Lavender, Lavender Peace, Magnolia, Vetiver, Roman Chamomile</i>	Diffuse 4-6 drops of oils and apply 2-3 drops to feet, head, spine and back of neck before bed. Add a few drops to your pillow.
SWELLING	<i>Water, Lemon, Citrus Bliss, Aromatouch, Cypress, Ginger</i>	Increase water intake. Take 2-4 drops of citrus oils in water and massage oils into legs, & feet.

Post Pregnancy

BREAST INFECTION	<i>On Guard Softgels, Frankincense, Citrus Bliss, Lavender</i>	Take 2 On Guard Softgels or 6 drops every 3 hours and massage 3-4 drops of oil into breast lumps and press down to release blockage.
CONTRACTION (INCREASE DILATION)	<i>Clary Sage, Lavender, Myrrh, Geranium</i>	Blend oils and apply to lower abdomen, ankles and feet to improve stalled labour.
HEALING SPRAY	<i>Salubelle, Helichrysum, Frankincense</i>	Put 30 drops of Salubelle into a 30ml or 50ml glass spray bottle and fill with coconut oil. Spray on wounds/tear/ lady-bits/circumcision several times a day until healed.
INCREASE MILK	<i>Basil, Fennel</i>	Massage oils on breasts, avoiding the nipple.
LABOUR PAIN	<i>Ice Blue, Black/Pink Pepper, Basil, Helichrysum, Peppermint</i>	Blend oils in roller bottles and apply to lower abdomen, lower back and hips periodically