



# HOW TO HAVE THE HEALTHIEST PREGNANCY, BIRTH, AND BABY.

# INTRODUCTION

This is an exciting time where you are expecting a cute bubbly baby into your life. It is also a time of great anxiety, worry and stress because your life is about to change forever!

This eBook's objective is to empower, prepare, and give confidence to expecting mothers. I hope this eBook will help you experience the healthiest pregnancy, birth, and baby.

This book will cover how to:

- ✓ Prepare your body for pregnancy,
- ✓ Support you during pregnancy,
- ✓ Relax during labor and birth, and
- ✓ Keep you and your baby healthy afterwards.

## WHY ARE ESSENTIAL OILS GOING TO BE YOUR BEST FRIEND?

You want to give your baby the best and healthiest start to life. When you choose wellness solutions, you will want to select the safest and least invasive solutions available. You will want to avoid toxins, synthetic chemicals, and unnatural substances. For the most part, this means selecting natural remedies.

Pure and therapeutic essential oils are the safest and most powerful health and wellness remedies in nature. They are safe for both the mother and new born child. They are 50-70x more powerful than herbs. Essential oils will quickly become your go-to solution for the whole family.

### ESSENTIAL OIL GRADES & USAGES

Essential oils are aromatic liquids extracted from medicinal plants from around the world. They have a variety of therapeutic benefits from immune support to promoting relaxation. Their small molecular size and oil solubility allows them to penetrate body systems to provide support where you need it. I recommend the dōTERRA brand Certified Pure Therapeutic Grade (CPTG) essential oils when it comes to essential oils for the family and babies.



# ESSENTIAL OIL USAGE



**Smell it.** Smelling essential oils can help with mood, open airways, and support memory. Try diffusing oils in a diffuser.



**Rub it.** Rub the oils where you need them for immediate relief. When in doubt, rub essential oils on the bottom of your feet for whole-body support.



**Ingest it.** CPTG essential oils are safe and powerful. Add to water and drink daily. Add essential oils to empty veggie capsules and swallow.



## STEP 1 - PREPARE YOUR BODY

### CLEAN CELLS - HEALTHY MAMA



Before you start shopping for the perfect baby outfits, consider making your cells perfect for making a baby first. When we have healthy, clean cells, we have healthy tissues. Healthy tissues make healthy organs. Healthy organs make a healthy body!

You and your partner can start cleansing with nutrition and essential oils leading up to when you are ready to try getting pregnant.

I recommend the dōTERRA 30-Day Cleanse every 3-4 months. The Cleanse releases old junk from your cells as well as old negative emotions.

This Cleanse includes:

- **Vitality Supplements:** Whole-food derived vitamins and minerals and an Omega oil blend with essential oils. Take these before, during and after pregnancy.
- **Detoxification Blend:** This is a blend of Rosemary, Cilantro, Tangerine, Juniper Berry, and Geranium essential oils. It is great for cleansing the liver, kidneys, colon and lungs. When your organs are clean, your skin will be clear too!
- **Quality Probiotics:** The probiotics I recommend is double encapsulated for release in the gut. Probiotics protect and improves gut health and immunity.
- **Enzyme Complex:** Enzymes not only help regulate bowel movements but it also helps with tissue building and repairing.



#### Why You Should Cleanse?

Most people in our modern society, have an overgrowth of fungus and toxic buildup from environmental pollutants and synthetic chemicals. These unnatural elements have built up over many years and have incrementally deteriorated your wellness.

## STEP 2 - STAY HEALTHY

### Morning Sickness:

If not properly managed, morning sickness can rob the joy from this wonderful time of life. For many women, these tips can help them avoid morning sickness altogether.

Try smelling 2-3 drops **Peppermint**, **Ginger** or **DigestZen**. Also consider diluting these oils with Fractionated Coconut Oil and rubbing below your rib cage OR putting 2-3 drops in a capsule and ingesting. When your body has enough nutrients for both mother and baby, you are less likely to experience nausea. Make sure you have enough nutrition through healthy diet & supplements.

### Rest & Relaxation:

Your body is working extra hard taking care of you and nurturing a new life. Allow yourself a lot of time to rest and relax. Relaxing helps you to produce lots of happy body-nourishing chemicals and hormones. This will help the baby not only physically grow well but develop emotionally too. Happy mothers make happy babies! Relaxation helps you reduce stress and anxiety. Essential oils can powerfully assist you in rest and relaxation. It's also a time to allow others to help, too.

- Diffuse **Serenity Blend** regularly.
- Rub **Balance Blend** on your forehead, ears, and big toes every morning and night. This helps your mind to be present and not run away.
- Other essential oils to try: **Geranium**, **Lavender**, **Sandalwood**, **Ylang Ylang**, **Bergamot**, **Roman Chamomile**, **Frankincense**, **Elevation Blend**, **Citrus Bliss Blend**, and **Wild Orange**. Everyone is different. Discover the oils that make you happy. You might change your preferences depending on the day.





## STEP 2 - STAY HEALTHY (CONT.)

### Stretch Marks:

Let's face it, we all want to retain our beautiful skin. Essential oils have been used as a beautifier throughout history because many of the oils are fantastic at preserving and supporting tissues. Twice a day rub diluted **Immortelle Blend** on your skin. This is a blend of **Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose essential oils.**



### Aches, Sores, and Cramps:

**Deep Blue Blend, AromaTouch Blend, PastTense Blend, Peppermint, Eucalyptus, Geranium, Wintergreen, Lavender, Basil, and Cypress.** Dilute any or a combination of these oils with Fractionated Coconut Oil and rub onto location as needed. For cramps consider soaking feet in a warm essential oil bath.

**Boosting Immunity:** Immunity is important because you don't want to catch anything especially during this important time. Regularly diffuse **On Guard Blend, Breathe Blend, Lavender and Eucalyptus** oils. Consider also rubbing one or more of these oils on the bottom of your feet daily.

**Head Tension:** **Peppermint, Frankincense, Wintergreen, Lavender or PastTense Blend.** Rub on forehead, temples, big toes and base of brain stem (back of neck). Drink lots of water. Breathe deep, slow breaths and rest up.

### Swelling & Water Retention:

Dilute with Fractionated Coconut Oil and massage **Lemon, Grapefruit or Cypress** oils on legs, hands, and feet. Elevate legs. Also consider, adding 2-3 drops of **Grapefruit or Lemon** oil to a cup of water and drink regularly.



### *Diffusing Tip*

My favorite diffuser is the ultrasonic diffusers. It uses water and a high vibration to create a column of mist.

## STEP 3 - BIRTH & LABOR

This is the moment you've been waiting and planning for. It is time to meet your baby! Even though you have a birthing plan, be open to adaptations. This is the time to really apply what you've learned in your birthing classes. Focus on what relaxes you. It could be your breathing, music, touch, or something else. Communicate with your support team what you prefer. Here are some essential oil suggestions to make this the best experience it can be!

### ESSENTIAL OIL SUGGESTIONS

**Labor Confidence Diffuser Blend:** Diffuse **Wild Orange** and **Balance Blend** in the diffuser throughout the experience. This blend helps the body relax and embrace the experience. You can also mix this up in a roller bottle and roll on the spine and bottom of feet for confidence.

**Back & Labor Support:** Dilute the **Deep Blue Blend** and **AromaTouch Blend** with Fractionated Coconut Oil and massage on back, ankles and lower abdomen. Use as often as needed. Add wet compress. Water drives the oils in deeper.

**Peri-Spray:** Fill a small 15ml glass bottle with 1/4 **Immortelle Blend** and 3/4 Fractionated Coconut Oil. Add a spray-top and shake it up. Spray this blend on the perineum area to clean, protect, and support tissues. Use throughout labor, especially right before pushing stage. Continue to use this blend after birth for speedy recovery.



**Relaxing & Calming:** In the diffuser, add **Serenity Blend** or **Lavender** to assist you to relax and feel calm. When the body relaxes, the tissues easily stretch and the whole experience is more pleasant and smooth. Other calming oils are **Roman Chamomile**, **Frankincense**, **Bergamot**, and **Peace Blend**.

**Labor Assist:** Mix **Geranium** and **Clary Sage**. Rub on ankles and lower abdomen. Inhale and relax. This usually helps the process pick-up and get going!

## STEP 4 - HEALTHY BABY

**Crown Anointment:** Put a few drops of **Frankincense** on the baby's crown after birth. This helps protect the baby and assist in quick recovery from the birthing experience. Emotionally, this helps the baby feel protected and safe. Spiritually, this helps the baby connect back to God.

**Umbilical Cord Protection:** Put a few drops of **Myrrh** on the baby's cut umbilical cord stub. The **Myrrh** is circulated into the baby supporting all the baby's vital organs and systems. This emotionally helps the baby feel nurtured and connected to his/her earthly mother.

**Grounded Baby:** Massage gently a few drops of **Balance Blend** onto the baby's feet assisting the baby to be grounded. It supports the baby to be relaxed and present. Say, "Hi" to your loving parents baby!

**Visitor Blend:** Diffuse **On Guard Protective Blend** often to help clean the air and protect the baby from any microscopic environmental threats that may have accompanied the well meaning visitors.



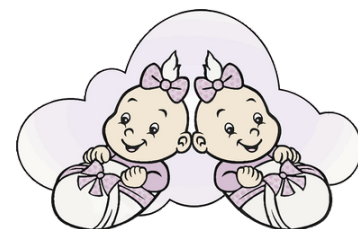
### DID YOU KNOW?

**Delayed Umbilical Cord Clamping:** Typically a 3rd of the baby's blood is still in the umbilical cord right after birth. If we delay the cutting and clamping, the blood will fully return to the baby's body. It normally takes 15-20 minutes for the umbilical cord to stop pulsating. This is a good time to cut the umbilical cord. Allowing the baby to have all its blood will ensure the baby maximum good health from the start.

This is good for the mother also because when the umbilical cord stops functioning, the placenta detaches easily because it is now no longer needed.

**Placenta Encapsulation:** Consider placenta encapsulation services. The placenta is loaded with perfectly formulated healthy hormones and nutrients for the quick after birth transformation of the mother. Read more here:

<http://www.nurturinginstincts.com/placental-encapsultaion/>



## STEP 5 - BEYOND BIRTH

**Strength & Vitality:** Continue to feed and nourish your cells. You need all the strength & vitality you can get. Keep taking the **Vitality Supplements** and **Enzyme Complex**. Drink plenty of water.

**Sleep:** Sleep is your sweet nectar during this time. Use **Lavender** and **Serenity Blend** often to help you and your baby get longer, quality sleep. Diffuse in your diffuser and rub on the feet. Other essential oils to consider are **Vetiver**, **Juniper Berry**, **Cedarwood** and **Patchouli**.

**Nipple Care & Clear Baby Bottom:** dōTERRA essential ointment: **Correct-X** is an ointment with **Lavender**, **Frankincense**, **Helichrysum**, **Melaleuca**, **Cedarwood**, and other natural ingredients to help protect and strengthen the skin. Use a small amount on the nipples in between breast feedings. This ointment is also fantastic for babies' bottoms, too.

**Increase Milk Flow:** Dilute **Basil** or **Geranium** or **Clary Sage** with Fractionated Coconut Oil 2-3 times a day massage into breast tissues. Avoid the nipples.

**Immunity Booster For Mother & Baby:** Dilute **Frankincense** and **Myrrh** with Fractionated Coconut Oil and massage on the bottom of the feet after bathing.

**Baby Blues:** Make sure you have proper nutrition and quality sleep. Your brain balances emotional hormones while you sleep. Nutritional deficiency leads to irritation and depressed feelings. Dilute your favorite oils daily. Here are some suggestions. **Clary Sage**, **Grapefruit**, **Lemon**, **Sandalwood**, **Vetiver**, **Balance Blend**, **Elevation Blend**, **Serenity Blend** and **Melissa**.

**JOIN THE CLUB**

It is my passion to help **empower** mothers all over the world. What we do in our homes for our children will influence generations. **Join my online weekly classes for more information.** Please share this eBook with your friends. Visit my website to find out how to best buy high quality certified essential oils and other health products I recommend.

**Please visit my website [www.jadebalden.com](http://www.jadebalden.com)**