

**Essential Oils to
boost your
fertility**



I recently had the pleasure of chatting with Stephanie Fritz licensed midwife and certified professional midwife. She has a successful midwifery practice in Arizona since 2000. She began using essential oils as a natural health solution in 2008.

She is the author of Essential Oils for Pregnancy, Birth and Babies and Fertility Essentials.

She is also the author of, The Fertility Essentials e-book which can be [downloaded for free](#) on her site!

After having used essential oils personally for years (my favorite is lavender), I'm fascinated with how they can positively impact fertility.

Enjoy my interview with Stephanie!

Why did you first decide to incorporate essential oils into your practice as a midwife?

As a midwife I am in the alternative medical community. In my practice, everything I use is natural. I started out with herbs and homeopathy. I used essential oils, but initially I was not sure of the purity. Many essential oils have fillers, synthetics and chemicals. I used the essential oils for family and myself for awhile and then I discovered doTerra.

As soon as I smelled the doTerra oils I knew they were pure and I began to share the oils with my clients. I have watched my client's health improve dramatically when they use essential oils and whole food supplements. I love to empower the families that I serve through education and choices. It is one of my greatest passions to share pure therapeutic oils with the families that I serve.

In your e-book Fertility Essentials you mention the importance of lifestyle changes. What are your top tips? What essential oils do you recommend?

The first step is to clean up the diet. Cut out gluten because gluten mimics estrogen. This can be an issue with fertility. Cut out dairy, caffeine, processed sugar and any other processed food. Make essential oils part of your lifestyle.

Refer to the FREE Fertility Essential book for the everyday routine to boost fertility.

How do you know if you have a good essential oil? What are the top items to check for?

There are lots of brands. There are no regulations on essentials oils. Most will contain chemicals and synthetic fillers. Especially when you have fertility issues you want to avoid these types of chemicals because they play havoc with fertility.

What to look for in an essential oil:

- 1) A company with high integrity
- 2) Only aromatic pure extracts – no fillers, chemicals, containments, toxins, including pesticides or herbicides
- 3) Ensure the right plant material is selected
- 4) Ensure the plant is grown in its native environment
- 5) Ensure plants are harvested in the right moment and right way – could carry toxins if not harvested properly
- 6) Heated and cooled at the right temperature

- 7) Tested for purity and therapeutic grade quality by experienced scientists,
- 8) Gas chromatography and mass chromatography – ensure equal balance of pure and potent

There are different types of essential oil grades:

- Perfume Grade – largest category, found in perfumes, candles, aerosols
- Food Grade – these are edible
- Therapeutic Grade – carried at health food stores, FDA doesn't regulate these and could still be considered a pure therapeutic grade. Ensure you do your research and that the oil meets the criteria listed above for "what to look for in an essential oil".

Stress can play a big part with infertility. Can you explain more about the Aroma Touch Technique?

Dr Hill (Chief Medical Advisor with doTerra) developed the Aroma Touch technique to minimize stress in the body. This technique includes 4 steps to minimize stressors and balance the body.

For fertility it is recommended to use the Aroma Touch technique at least once per week. It takes about 30-40 minutes for the application. It de-stresses the body, improves the immune system, reduces inflammation, improves circulation and then brings the body back into balance. It is a very light touch and is applied on the back and the feet.

You can learn more about the [Aroma Touch Technique here!](#)

As a certified instructor of the Aroma Touch technique Stephanie has many testimonials where she used the technique together with diet and lifestyle changes, which have resulted in successful pregnancies.

In your book you discuss different infertility types and the recommended essential oils.

What are the best oils for PCOS, unexplained infertility, endometriosis, low ovarian reserve, male factor infertility, repeat miscarriage.

I like to keep things simple. I recommend Clary Calm (doTerra product). This product can be applied daily. Apply to pulse points (behind ears, behind the neck) bottoms of the feet. This essential oil is good for balancing hormones.

For anyone who would like additional support, in my Fertility Essentials e-book I recommend a blend that can be rubbed on the abdomen every day.

This blend includes:

- 10 drops clary sage – uterine tonic
- 10 drops sweet fennel – helps reduce hormone fluctuations, regulate menstrual cycle
- 10 drops geranium – uterine and ovarian tonic, hormone balance
- 5 drops lavender – good for relaxation and the uterus is a muscle so this is good for the uterus
- 5 drops rose (optional)

Add this blend to a bottle with fractionated coconut oil (virgin coconut oil with fats removed so it doesn't go rancid). Fractionated coconut oil is an all natural carrier oil that readily absorbs into the skin making it an ideal oil for topical therapies. Refer to Fertility Essential e-book for more details.

For most infertility diagnosis's diet is the cornerstone and essential oils help to support the body to come into balance.

What is the best way to use the essential oils – ingest, inhale, apply on skin.

All of the above are great ways to use essential oils. Some were created for topical only such as Clary Calm. Apply Clary Calm to pulse points (wrist, neck and ears).

During the menstrual cycle apply the essential oil to the abdomen.

Peppermint is great to inhale – this is good for nausea

Essential Oils that are good for emotional support include - Balance (doTerra blend) and Wild Orange. Place the drops into a diffuser. These essential oils help with anxiety and fear. I recommend this blend to couples going through infertility as they are dealing with the thoughts such as “what if I can’t” and “I’m running out of time”.

Essential Oils that are good for relaxation and before bedtime include - Lavender and Serenity (doTerra)

Can you talk about any risks with essential oils. e.g. certain oils such as rose otto, lavender should not be used after ovulation and should be used only to prepare the body for healing, Clary Sage should not be used if consuming alcohol or driving

I am very particular about the brand I use. I use doTerra. Dr Hill from doTerra says, “You will find warnings everywhere about which oils you should and shouldn’t use during pregnancy and these previously were very valid concerns, due to the impurities there were so prevalent due to the oils available and the affect on the developing fetus, but now we enjoy the purity of the oils that we have with doTerra and that is no longer an issue”

There is mixed information in different books. These books were written with all users in mind. The information that I give in my Fertility Essential e-book is written with doTerra oils in mind. That being said I always say follow your own intuition. You are the one who has been given stewardship over your body, and do what you feel is right for your body.

I don’t subscribe to the belief that there needs to be caution around using the oils after ovulation. Although, as a midwife I have dealt mostly with women when they are pregnant. I have added fertility to my practice in the last 2 years, so do what you feel is right for your body.

Discuss some of your success stories with infertility and essential oils.

I get emails and Facebook messages that talk about the success with essential oils and fertility all the time! I had someone who was trying for 2 years and started the fertility protocol listed in my e-book and was pregnant within 4 months. The lifestyle change was a huge component of her success.

I had someone else who was trying for 5 years to get pregnant. She had sinus infections; which is a strong sign of candida. Both husband and wife did the protocol listed in my e-book for 6 months straight. They lost weight (over 50 lbs together), the husband’s testosterone was low (I recommended sandalwood and geranium - recommended using on testes and feet), the wife started phytoestrogen and Clary Calm and on month seven they were pregnant!

What books or resources do you recommend besides your own.

I recommend your book, **Fabulously Fertile!** There are very few books, that I have come across, that tackle fertility in such a positive way. Thanks Stephanie for your recommendation! J

What is some wisdom or advice you would like to share?

- Don't let getting pregnancy be your focus.
- Focus on getting your body into a healthy balanced state with lifestyle and diet.
- Eat right, exercise, rest, reduce stress, and reduce your toxic load. Sometimes the stress of the infertility roller coaster can counteract all the good you are doing. Stress is a really powerful energy that can have a negative affect on all the systems in the body. Let go of trying to get pregnant and focus on getting your body healthy and helping it remember its perfect blueprint by supporting it the best way that you can.
- I recommend essential oils balance (doTerra), wild orange and clary calm (doTerra). These all assist with stress and anxiety.
- Take time to be in the moment and de-stress at least once a day. Find a support person, friend or someone who has been through the infertility roller coaster.

FERTILITY- PRECONCEPTION SUPPORT KIT

BY JESSIE REIMERS

From the experts I have heard discuss the topic it is important for both the male and female in the partnership to work on “cleaning things up” especially in the gut a good 3-4 months prior to trying to conceive.

I would personally look at diet, eating quality, nourishing, organic/spray free/chemical free where possible foods, basically whatever your great grandparents would have recognised, quality vegetables, meat, FAT!!, fruit and quality carbohydrates (starchy vegetables, white rice).

Absolutely get rid of all toxic **household**, cosmetic, **perfume/deodorant**, cleaning products

BOTH the man and woman should work together on their gut health and doing a detox/cleanse to clean up all the unmentionables. Gut integrity is EVERYTHING!

BASICS Kit for Man & Woman Fertility & Preconception Support \$448.50 USD + shipping (includes shared wholesale membership)

This is a premade doTERRA Kit that will save you \$109.30 (\$54.65 per person) USD + includes your wholesale membership, It is called the **AU Cleanse & Restore kit** and it includes the following. You will need two one for him and one for her. If you are just working with one person get one kit. Each kit includes the following.

Lifelong Vitality Pack normally \$79.50 USD wholesale

A comprehensive dietary supplement foundation for a lifetime of vitality and wellness, Alpha CRS+, xEO Mega®/vEO Mega, and Microplex MVP™ provide potent levels of antioxidants, vitamins, minerals, essential fatty acids, co-factors of cellular energy production, and a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils—your first step toward a lifetime of looking, feeling, and living younger, longer.

LIFELONG VITALITY BENEFITS* • General wellness and vitality • Antioxidant and DNA protection • Energy metabolism • Bone health • Immune function • Stress management • Cardiovascular health • Healthy hair, skin, and nails • Eye, brain, nervous system • Liver function and digestive health • Lung and respiratory health • Gentle on stomach • Non-GMO, gluten-free, dairy-free

For comprehensive information on this incredible trio [read this](#).

GX Assist GI Cleansing Formula normally \$30 USD wholesale

PRODUCT DESCRIPTION GX Assist is a combination of CPTG Certified Pure Therapeutic Grade® essential oils and caprylic acid to help support a healthy digestive tract by creating an unfriendly

environment for potentially harmful pathogens that can disrupt digestive immunities and cause digestive upset. GX Assist is formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+® Probiotic Defense Formula.

GX Assist contains a proprietary blend of essential oils from Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme. The GX Assist blend may improve microbial balance, purify and cleanse the digestive system. Caprylic acid has been used for over 40 years for improved digestive health and microbial balance of the digestive tract.

PRIMARY BENEFITS • First step in an essential oil digestive maintenance program* • Supports a healthy digestive environment* • A proprietary blend of CPTG Certified Pure Therapeutic Grade essential oils and caprylic acid that provides a natural cleanse for a healthy digestive system*

Terrazyme Digestive Enzymes normally \$43 USD wholesale

dōTERRA TerraZyme™ Digestive Enzyme Complex is a proprietary blend of active whole-food enzymes and supporting mineral cofactors that are often deficient in cooked, processed, and preservative-laden foods. The powerful combination of digestive enzymes found in TerraZyme supports the body's constant production of enzymes critical for healthy biochemical functions throughout the body, including healthy digestion of food nutrients and cellular metabolism of nutrients to energy. TerraZyme includes a variety of whole-food enzymes that help with the digestion of proteins, fats, complex carbohydrates, sugars, and fiber.

PRIMARY BENEFITS • Supports healthy digestion and metabolism of enzyme-deficient, processed foods* • Speeds conversion of food nutrients to cellular energy* • Promotes gastrointestinal comfort and food tolerance* • Supports healthy production of metabolic enzymes* • Proprietary blend of 10 active whole-food enzymes • Contains the dōTERRA Tummy Tamer Blend™ of Peppermint, Ginger, and Caraway Seed

PB Assist Probiotic Defence Formula normally \$40.75 USD wholesale

The latest addition to the dōTERRA DigestZen® digestive support category, PB Assist+® is a proprietary formula of pre-biotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule delivering 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth. The time-release, double-capsule delivery system protects sensitive probiotic cultures from stomach acid. PB Assist+ supports healthy digestive functions and immunities and is safe for use by all members of your family.

Zendocrine Softgels normally \$29.40 USD wholesale

Support your body's natural detoxification system with a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils. Zendocrin helps cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling. This powerful blend combines Rosemary, Cilantro, and Juniper Berry, known for their detoxifying properties and ability to support healthy liver function, while Tangerine and Geranium have purifying effects against unwanted substances in the body.

Lemon 15ml Essential Oil normally \$12 USD wholesale

The top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. Lemon is a powerful cleansing agent that purifies the air, disinfects surfaces, and can be used as a non-toxic cleaner throughout the home. When added to water, Lemon provides a refreshing and healthy boost throughout the day. Lemon is frequently added to food to enhance the flavor of desserts and main dishes. Due to its high limonene content, Lemon is a powerful antioxidant that can help ward off free radicals. Taken internally, Lemon provides cleansing and digestive benefits, can soothe an irritated throat, and supports healthy respiratory function. When diffused, Lemon is very uplifting and energizing and has been shown to improve mood and cognitive ability.

Here is how I would do the cleanse.

30 Day Renewal

with the Cleanse & Restore dōTERRA kit

www.getafreshstart.com.au

	2 of each with am and pm meals
Lifelong Vitality Pack	
	1 with each meal (3 per day)
Terrazyme Digestive Enzymes	
	1 with each meal (3 per day)
Zendocrin Detoxification Blend	
	1 with am & pm meals days 11-20
GX Assist GI Cleansing Formula	
	1 with each meal days 21-30
PB Assist Probiotic Formula	
	Optional drop in glass of water between meals
Lemon or Smart & Sassy	

Discontinue or reduce if stomach upset occurs. Check with a healthcare professional before commencing.

Clary Calm Women's Roll on US \$28.50 wholesale

A must have for balancing hormones and mood, apply to the abdomen, sides of feet under ankle bones, lower back, wrists and behind the ears as a perfume. Will also assist with a week leading up to and during your cycle. *****MUST Discontinue use once you fall pregnant*****

Find pregnancy protocols [here](#).

GET STARTED with the BASICS Fertility/Preconception Kit for Men and Women

To get started with the ULTIMATE kit [CLICK HERE](#) and choose your Language and Country you want to ship to. On the next page you will need to choose International NFR Order as some of these products are not available from the Australian warehouse. Choose the WHOLESale PRICES option, fill in your details, then add Au Cleanse & Restore Kit from the kit selections up the top, then update the quantity to 2, then type in Clary Calm below. For more information about other options, monthly specials and my contact details read [this post](#).

IMPORTANT Please note you will be charged in US\$ for the Ultimate Kit and a conversion fee from your bank may apply.

ULTIMATE Fertility/Preconception Kit for Men and Women US \$919 + shipping (includes wholesale membership)

Includes all of the above PLUS

Men's Blend to Encourage & Stimulate Hormonal Balance

1 drop **Hawaiian Sandalwood** (hormone balancing, calming and relaxing, spiritually connected)

2 drops **Clary Sage** (enhances endocrine system function and balances hormones)

1 drop **Ylang Ylang** (promotes healthy libido, relaxes)

Apply topically on lower abdomen in fractionated coconut oil or diffuse beside the bed.

Women's Fertility Blend

12 drops **Clary Sage** (enhances endocrine system function and balances hormones)

10 drops **Fennel** (supports healthy estrogen levels and supports healthy ovaries)

7 drops **Geranium** (supports hormones, emotional balance and fertility)

8 drops **Lavender** (emotionally balancing, calming, stress reducing)

8 drops **Bergamot** (emotionally balancing, supports feeling of self worth and self acceptance)

Combine oils in a 10ml roller bottle: Fill remainder with fractionated coconut oil. Apply to lower abdomen twice daily, targeting ovary and uterus areas.

Sensual Massage Blend (when ready to start trying)

4 drops **Whisper Women's Blend** (promotes healthy libido, balances both men and women)

2 drops **Ylang Ylang** (promotes healthy libido, relaxes)

2 drops **Hawaiian Sandalwood** (hormone balancing, calming and relaxing, spiritually connected)

2 drop **Wild Orange** (uplifting, joyful)

Combine in a bowl with 10ml fractionated coconut oil and give each other a nice massage.. with a happy ending!

Grapefruit 15ml Essential Oil

Take a few drops under the tongue each morning to help support healthy progesterone levels.

Phytoestrogen Lifetime Complex

Beginning as a young adult, almost every function of a woman's body is controlled by hormones. A balance of normal hormone levels will influence a woman's good health and emotional well-being from her early teens to her transition through menopause. dōTERRA Women Phytoestrogen Lifetime Complex™ is a blend of standardized plant phytoestrogens that support hormone balance gently and naturally. It also includes concentrated flax seed lignans to help manage the potentially harmful by-products of estrogen metabolism.

Australian Lotus Diffuser- to safely diffuse the oils and experience them aromatically and receive the physical and emotional benefits from them in the bedroom and during the day.

Fractionated Coconut Oil, a safe carrier oil to dilute your essential oils with for topical application.

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Why Becoming a Wholesale Member is by far Your Best Option!

- Wholesale pricing (25% discount)
- No monthly order required
- Option to receive 10-30% of your total purchase back in FREE product points
- Eligibility to receive dōTERRA's FREE Product of the Month
- Ability to **earn compensation** and bonuses by sharing with others
- This is the lowest overall product cost & smartest way to buy