Essential Oils During Pregnancy

My thoughts:

Normal use of essential oils (if they are Young Living essential oils) is perfectly fine in pregnancy. You are not going to find a list of safe versus unsafe that is completely reliable for all people at all times. The resources/people that make these lists disagree about the use of essential oils even outside of pregnancy. The Aromatherapists that practice according to the British School emphasize massage with diluted essential oils and discourage undiluted application and ingesting of essential oils. They are more focused on the "aroma" than they are with the "therapy". This school also is emphatic on using only formally trained practitioners in their own methodology. Opposite to that "school" is the French school of aromatherapy which emphasizes oral and undiluted application of essential oils, and suggests administration by inhalation, massage in carrier oils, and also rectal/vaginal suppositories. The French are more interested in "therapy" than they are in "aroma". This "school" does not insist on professional consultation in order to learn how to use essential oils for yourself. They emphasize that aromatherapy is safe and can be practiced, with common sense, by anyone, whether trained in the healing arts or not. The NAHA and the ARC are 2 American organizations that promote only British philosophy. Any cautions or warnings coming from those organizations, or those that practice according to the British school's guidelines needs to be considered with this in mind. If that is the philosophy that you adhere to, then you may want to follow those guidelines, but if it is not, then you should evaluate for yourself what oils you/your body needs for the issues you face during your pregnancy.

There are MANY, MANY, MANY mothers that use peppermint and other oils the Essential Oils Desk Reference cautions against. I have done Raindrop for many, MANY pregnant mothers - which includes Marjoram, Basil, Wintergreen. These resources that give cautions for particular oils (the EODR, Reference Guide for Essential Oils) are trying to hand the decision back to the mother or tell her to talk to her provider, rather than assume the risk. They are also doing the "consult your doctor" liability dance that has become necessary in our litigious society. I prefer to awaken the mother to her OWN responsibility, if she leans towards trusting someone else for decision making. Her responsibility, her choices, ALWAYS.

Clary sage is fine for skin support, but if you’re using it with the intention of inducing your labor let me put that to rest. It doesn’t work. There are studies that bear that out. Secondly, for the matter of labor induction, that is an intention that is against bodily integrity...in other words....your baby will come out when he's ready and your body supports that (most times, unless there is a problem) and so using oils that support the body, to attempt to get the body to do something it is not designed or SUPPOSED to do, is a wrong intent, and won't work. There are a small subset of women in some studies that have had their contractions made more regular, in their opinion, from the use of Clary sage. That is once their labor has already started. One has to wonder if that is not the placebo effect. Whatever you do to calm a woman and help her to trust in her own ability to birth, and her body's ability to do the work set...
before it, those things are going to help make her contractions regular. If her body needs to rest, the contractions will space out. She should take advantage of that and rest.

Using clary sage to induce a labor is the same sort of thing as using Progessence Plus at the same time you are using hormonal birth control. That is an oxymoron. You cannot tell your body NOT to ovulate with pharmaceuticals at the same time you tell it to balance your hormones with oils. That is double-mindedness.

I’m listing what the 3 resources I use for most things state about the use of essential oils in pregnancy:

Reference Guide for Essential Oils by Connie and Alan Higley, states the following about their list: “It was very difficult to compile a list of oils/products to be avoided during pregnancy. Each aromatologist has a different opinion. We feel that an oil that is unsafe is an oil that has been adulterated or one that is used improperly. Oils that are diluted, applied externally, and used in moderation should not create a problem.”

This list is a compilation of the safety data contained in aromatherapy books written by the following authors: Ann Berwick, Julia Lawless, Shirley & Len Price, Jeanne Rose, Robert Tisserand, and Tony Balacs: Basil, birch, calamus, cassia, cinnamon bark, hyssop, Idaho tansy, Lavandin, rosemary, sage, tarragon Blends: estro, FemiGen, ParaFree, Protec

Use cautiously during pregnancy: Angelica, Cedarwood, chamomile (German/blue) cistus, citronella, clary sage, clove bud, cumin (black), cypress, davana, fennel, laurel, marjoram, mountain savory, myrrh, nutmeg, peppermint, roes, spearmint, vetiver, yarrow Blends: Aroma Siez, Clarity, Harmony, ImmuPower, Relieve It, Thieves, Other: Prenolone/Prenolone+, ComforTone, Essentialzyme, Dragon Time Massage Oil.

Essential Oils Desk Reference 5th edition, by Life Science Publishers states: During pregnancy most oils are safe and bring peace and contentment. Oils such as basil, clary sage, fennel, hyssop, nutmeg, rosemary, sage, tansy, and tarragon should be used carefully with a good understanding as to their benefits and how to use them. Some essential oils such as fennel and clary sage may help to accelerate labor once it has begun.

Clinical Aromatherapy, by Jane Buckle - There are no records of abnormal fetuses or aborted fetuses due to the "normal" use of (ANY brand) essential oils, either by inhalation or topical application. There are no records of a few drops taken internally causing any problems either. There are a very few accounts that link 2 essential oils: pennyroyal and parsley seed to abortion. The amount taken was several milliliters at one time. On the other hand, there are 2 other recorded accounts where the same amount of pennyroyal taken by mouth did not cause the same effect.
More of my thoughts: At the same time we are cautioned so strongly about the use of essential oils....and there should be CAUTIONS both DURING pregnancy OUTSIDE of pregnancy for the QUALITY of essential oils used - due to the possibility of synthetic substances and adulterations added and the lack of therapeutic ability. Therapeutic quality is affected by the time and manner of harvesting and distillation. Most companies do both the harvesting and distillation with quantity foremost in mind for perfume grade oils, rather than therapeutic ability. You should KNOW the company/place/persons you choose to purchase your oils from. A broker is a broker and cannot give you guarantees. They don't have the necessary information to be able to do that. They buy the cheapest oils available in bulk. You want a company that TESTS every batch, that is involved from the choosing (and developing) of seeds all the way through the bottling, testing, labeling and distribution of the oils. If it says on the label, "perfume quality" or "not for topical use" or "do not use internally" then it should not be used at all, as that suggests impurities. If you have the ability to go to the farms to see how the plants are grown, harvested, distilled, tested, packaged and distributed....then you KNOW you have an authentic product that can be trusted for you to use responsibly. That is key, for YOU to use RESPONSIBLY, not against bodily integrity.

AND as a side note for consideration: is there a caution against PERFUME?? Or commercial deodorant?? or standard shampoos?? or laundry detergent?? and yet we KNOW those products have harmful ingredients! There SHOULD be cautions on these products, but there are not. Please be careful (both during pregnancy and in regular daily life) NOT to use products that are harmful to the body or the environment. This is not a "whack-job environmentalist issue" as some may consider the issue, but it IS an issue for optimum personal health and of concern for future generations. You are what you eat....you are also what you breathe and what you wear and what you use. Be careful. ALWAYS be careful. Be careful with foods, with toxin exposures, with personal care products and anything you decide to put onto or into your body.

You do NOT have to be afraid of any Young Living essential oils as far as purity/toxic ingredients/synthetic additives/inflated components in pregnancy or out of pregnancy. As always, evaluate everything you use/do/ingest on your own, it is your responsibility and you will reap the results of the choices that you make. You cannot assign your responsibility to another.

As far as how do you KNOW what to use or not? Never go against your own intuition. If you have a real caution against using a particular product, Young Living or any other, listen to yourself. When it comes down to it, much about the use of essential oils is intuitive...which oil to use for which issue in what manner (inhaled, topically or ingested) due to the vast number of oils that are useful for every issue. If you have a strong caution in your spirit against something, you need to listen to that. You will never be sorry for listening to your own spirit. You will, however, have great sorrow and regret if you do not listen to your spirit about something, and it turns out you should have.
Sources:

Clinical Aromatherapy, Jane Buckle
Essential Oils Desk Reference 5th Edition
Reference Guide to Essential Oils, Higley
Chemistry of Essential Oils Made Simple, Dr. David Stewart
http://www.raindroptraining.com/messenger/v2n2.html

My qualifications/credentials (December 2013):

- Wife of 30+ years, Mother of 9 living children and 1 in heaven, parent of vaccine-damaged children, grandmother of 1, intelligent analytical mind, thousands of hours spent studying/researching
- Certified Raindrop Technique Specialist, working through Licensed Spiritual Healer requirements
- CARE trained (2012, 2013) working on CCI
- Traditional Midwife, AAMI graduate (2012) specializing in: Infertility, Grief integration, Vaccination education/alternatives
- AAMI/Lamaze certified childbirth educator