

(introductory music)

DISCLAIMER: *Taking Back Birth* is a production of the Indie Birth Association and indiebirth.com. No material on this podcast should be considered medical advice. Birth is not a medical event.

MARYN: Welcome to Indie Birth's series of podcasts here on iTunes, *Taking Back Birth*. Today we have a really fun guest. One that I've been very excited about talking with. And we're going to talk about one of my most favorite topics. Essential oils. And we have Sara Wallace here today talking with us. She is pregnant and what I consider to be an oil expert. She's one of the ones I go to when I have a question, so I thought, "How fun it would be to have her on to share her own personal experience as she goes through her pregnancy." Largely doing her own care. Hopefully, she'll talk a little bit about that and how oils play into a healthy pregnancy. So welcome, Sara. We are so excited you're here. I don't know. Feel free to say anything you think is relevant. Introduce yourself or just kind of start in on some topic you find interesting.

SARA: Hey. I'm really excited about this. Yeah. So I'm Sara Wallace. And I am a Gold member in Young Living Essential Oils. And I've been using oils for about seven years now. But it was about the same time with my mom. My mom is Carrie Shepard, and people will recognize her too. And I am so grateful that I did have that background in essential oils with Young Living before we got pregnant because they played a big role in—well, getting pregnant in the first place and then just daily care and has made my life a lot easier. And so it's been really fun because there are a lot of—I don't know—myths about essential oils and pregnancy. And a lot of just fear about it. And we don't need any more fear about pregnancy in any area.

MARYN: No. That's the truth.

SARA: (inaudible) with essential oils.

MARYN: Yeah. Yeah. And I think—well, we were talking before this podcast just about things like that. And that's definitely what we're about here at Indie Birth is just dispelling fears and encouraging women to really tune into their own voice and not read too much about dangers in pregnancy. And I know essential oils is one of them. When I got into oils years ago, that was one of the most off putting things that I could imagine was everything I read was basically like so fearful in pregnancy. And not to use this and not to use that. And I really found that hard to deal with. So what's your—what are some of your thoughts on that for people that are new to oils or wanting to use them in pregnancy?

SARA: Well, it's kind of like anything else in life. If it's not healthy for you when you aren't pregnant, it's not going to be healthy for you when you are pregnant. And so if

you're using a lower grade essential oil that maybe is diluted with stuff or extended with stuff or isn't even an essential oil in the first place, that's not good for you any time. And that's definitely not good for you carrying a baby. But that's not what we have with Young Living, so I feel totally confident there. And I love what Denise Easton put together on her blog about it because she covers essential oils and pregnancy and the safety there really well and what science actually says. And really the evidences that nobody has lost babies because of essential oils. So it's all really good things. And I use it—I mean I've used them constantly. And a lot of those things that will show up like, "Oh, avoid this one, or avoid this one. And this one is terrible. And if you catch a whiff of that, you're probably going to lose your baby," it's just ridiculous.

MARYN: That is ridiculous. I mean I know people that are listening might not know as much about quality, obviously, as you do. So just to give them some background. Young Living has therapeutic, medicinal grade oils as compared to the stuff you'd find at your health food store. And we could talk all day about that. But the reason it's so important is you can ingest these oils. You can use them undiluted on the skin. So that's why we care so much in pregnancy and with kids, I know, especially—but yeah. The fear is definitely out there, and I always say, "Isn't that just crazy?" Like even common sense. If even cooking with basil could cause someone to have a miscarriage, I just don't think we'd be here as the human race has made it this far. So the same goes with the plants.

SARA: Yeah. (inaudible)

MARYN: Hmm?

SARA: I love basil essential oil. We use basil in Raindrop, and I get a Raindrop during pregnancy every 4 to 6 weeks. And I think every pregnant woman should have Raindrop because it's incredible. And it supports your body on so many different levels. And I feel like it's really one of the best things you can do oil wise for prenatal care because since the oils work at the cellular level and they do so many different things—they're always doing something beneficial for you. And even if you don't know that there's something wrong, the oil will. And it'll address that.

MARYN: That's amazing.

SARA: And it's also (inaudible).

MARYN: No. Sorry. Go ahead.

SARA: Oh, I just said it's good for being comfortable. Sometimes you're not very comfortable in pregnancy. And that helps.

MARYN: Yeah. So for people that don't know, could you explain what a Raindrop is? And why you'd want one in pregnancy?

SARA: Yeah.

MARYN: I mean you did kind of.

SARA: The Raindrop technique is a series of essential oils, and they are specifically chosen. And they're applied to the spine and the spinal reflex points on the bottom of the feet. And it's very gentle. It's very noninvasive. It's not like a deep tissue massage or anything like that where there's a lot of force and pressure used. But the closest thing that I can compare it to is like a massage, but it is a different technique. And it's a separate modality. And each of those oils does something different in the body. And if you're interested in reading more about Raindrop specifically, you can go to raindropttraining.com. And they talk all about it.

MARYN: Awesome. So I would imagine that the oils chosen then—are they addressing not just physical things going on but probably emotional balance and that kind of thing as well?

SARA: Yeah. Because all of our emotions are processed on a physical level too. So when you have negative emotions or traumatic memories or just whatever, those emotions are stored in the cells. And the way these oils work in the cells helps release that and bring a good balance and bring you calm there. And it's not a scary thing. It's a really gentle (inaudible) thing.

MARYN: Yeah. It sounds wonderful. I haven't had one yet. I don't—I'll have to find someone around here or learn how to do it, I suppose.

SARA: Yes.

MARYN: Yeah. No. I've heard tons about it obviously. Yeah. I just—in our immediate area, I probably have to look a little further. But anyway, it sounds really relaxing and nourishing in pregnancy which is super important.

SARA: Yeah. And it's really good for your alignment too. That's (inaudible) pregnancy.

MARYN: Yeah. I didn't know that. I did not know that. So what does sort of normal day in your life look like oil wise as far as being pregnant? Anything you use just on a regular basis for balance or what do you do?

SARA: Yeah. So I start my day with spraying ClaraDerm all over my belly that is ever growing. I'm 26 weeks pregnant tomorrow.

MARYN: Yay.

SARA: Yeah. A lot of people are like, "Oh, ClaraDerm is great for stretch marks." That might be true. I don't really know yet. They could pop at any time. But I will say it is amazing for itching skin from stretching. I've been using that. Plus it just feels good and has good oils in it. And then sometime in the afternoon, I do my kind of supplement and Ningxia and oil routine that is just taking care of me and my specific needs in pregnancy. So I use their TrueSource multivitamins. And I drink somewhere between 4 and 6 ounces of Ningxia Red. And what I really like to do is mix Ningxia Red and a glass of water with ocotea. And both of those things are really good for your blood sugar. So some of that is just a nice way of supporting my blood sugar levels in pregnancy too. But I find it also just gives me a nice energy boost. And Ningxia Red has a lot of cool benefits for your immune system, and it's really good nutrition.

MARYN: Yeah. Yeah.

SARA: So I'll do that. And I have a lot of different supplements from Young Living that I might add in as I need to. And they have one called BLM that's—it stands for bones, ligaments, and muscles. And one day I was up. And, man, I just felt like sore everywhere. And I was popping everywhere. And my sister-in-law was there, and I told her. I was like, "I probably need some BLM." So then I did this biofeedback ZYTO scan, and the first thing that came up on it was BLM. So I try to take that too.

MARYN: That's awesome.

SARA: Yeah. And so then oils that I've used a lot during pregnancy have been—especially in the first trimester. I used a lot of spearmint over my liver, and that helped tremendous for morning sickness, for all day sickness. And I also cinnamon bark oil in a little diffuser pendant necklace. And so when I was sitting in class—I'm still finishing my degree. I would sit there and smell my necklace, which probably looked really funny, but it kept me from throwing up in class.

MARYN: Yeah. Those diffuser necklaces are awesome. I have one too. But yeah. I didn't use it through early pregnancy. That's a great idea. That way you're never without whatever keeps you from feeling awful.

SARA: Yes. Cinnamon bark was it for me.

MARYN: That sounds good. I love cinnamon bark. Cool. How about some other—have you had any like common pregnancy complaints that you've used oils for? Besides morning sickness. Can you think of any? Or have you been pretty complaint free?

SARA: Really it's been a pretty—a fairly complaint free pregnancy. I mean I did have some—I was pretty tired in the beginning. And that changed a lot when I started the

True Source because I didn't have that right away. The only thing that I was really doing regularly was the Ningxia Red. And I added that when I found out I was pregnant. I like doubled it. It's good stuff.

MARYN: Tell people what's in that.

SARA: Well, the basis of that is the Ningxia wolfberry or other people know it as gogi berry—and it's like a super antioxidant. And then it's also infused with several different essential oils. And it's sweetened with stevia. Yeah. There's a lot of good things there. I don't have the ingredient list right in front of me, but that's the basics.

MARYN: Oh yeah. No problem. We can look it up. I was just wondering what the basis was. Yeah. That sounds like an energy boost. I should try that in my afternoons.

SARA: It's good. It's good stuff. I got my husband drinking it because as a new bride I was really worried for him because his family struggles a lot with diabetes and cancer. And so that is something that's good for both because of it being good for your blood sugar and having so many antioxidants. So I got him that, so that I would not be so fearful of his health. And noticed such a big difference that it made me go, "Oh, I really should be drinking this too just because it's good for me."

MARYN: Yeah.

SARA: And now (inaudible) super, super baby food.

MARYN: Yeah. Totally. I mean really. With something that nutritious, I'm sure it helped with fertility and that fun stuff too, right? Before you guys got pregnant.

SARA: Yeah. If you ask my husband, it does. He's like super sperm.

MARYN: Speaking of, what other oils—if you don't mind sharing—did you use to kind of prepare your body or just kind of be in optimum health for pregnancy?

SARA: Well, I struggled with my hormones since I started menstruating. And I spent a lot of time with trying different things nutritionally to solve that and never got anywhere. And I didn't want to be put on birth control because that was just a—not an answer for me. I'd rather deal with my horrible cycles than side effects there. So when I got into Young Living, I was really looking for oils to support my hormones. And what I ended up going with is Progessence Plus. And so it is wild yam progesterone in a vitamin E oil base, and it's infused with essential oils that help with absorption and clearing off receptor sites of your cells. So those hormones can communicate well. And when I started that, my hormone health changed drastically for the better. So I was happy to be a woman again. And that is one thing that I think prepared me a long time for this because that's now been probably about five years. I think I started that when I was 20.

Now when Justin and I—my husband and I decided that, "Okay. Baby time here"—we had been practicing for awhile. And my (inaudible). So that was really scary. I had spent all that time with Progessence Plus, and everything was normal. And then I was on day 10 of my period, and there were no signs that I would ever stop bleeding. I was—I mean it was the first cycle after we were like, "Yeah. Let's have a baby." So with my knowledge of essential oils and handling crises situations with natural health care, the first thing I did was a ZYTO scan, which I mentioned earlier. It's a biofeedback software. And all these things that came up on it were really heavy hitters hormonally. But I didn't have a lot of them because I didn't need a lot of them because my hormones were normal.

But I think I used what I had. And when I went to blends that came up, if I had singles in it, I'd grab those. So I mean I'm telling you I had probably 13 different essential oils sitting on my counter. And the supplements that came up that I had I mean I was just popping them. And I put those oils on over my abdomen, and I put them on the female reproductive points—excuse me. And I prayed. And I spoke Scripture over my womb. And the bleeding stopped that night and never came back, and we conceived in the same month.

MARYN: Oh wow. Yeah. That's amazing.

SARA: I didn't think that's what it was. I had implantation bleeding, but I just thought it was my hormones being stupid again. And so I had—I scanned again, and I sent it to my mom. And I was like, "Ugh, I don't know what's going on." And she goes, "I think you're pregnant." Moms know this.

MARYN: Oh funny. Oh, that's awesome.

SARA: So then I took a pregnancy test. It's three days before my missed cycle. And then I told everybody really early.

MARYN: Yeah. Gosh. I mean I have to say that's probably what got me into Young Living. I mean I had been using a local place here. But they don't do blends, number one. And I think it was the help with hormones that I've had other friends experience as well. And the Progessence Plus just seems to come up for so many women whether it's heavy cycles or infertility or—not to say it can solve everything. But so many women have been helped by that one product alone that—yeah. I just kind of am in awe and am happy to recommend it, if it seems right for people, because it seems pretty miraculous.

SARA: Yeah. It does some amazing work. When they first—when I first found out about it, a lot of women going through menopause were promoting it. And so I thought, "Well, I'm not going through menopause." But what it was doing in the body sounded

like what I needed even if I was dealing with some different symptoms. So finally, I did. And now there are just so many stories. So you got to be careful. If you get your husband drinking Ningxia Red and you start on Progessence Plus, I hope you want some babies.

MARYN: Yep. That's a great testimonial. I mean I can't think of a better testimonial than someone sitting there 26 weeks pregnant. So that's fabulous. That's really exciting. Yeah. It's so great that the plants can help us so much with those issues. I think endocrine issues, in particular, are just rampant. I mean they're just everywhere. It seems like everybody is dealing with something. So I'm happy now to have something else to go to, if people feel called to that, to try to help with that stuff too. It's amazing. Yeah.

SARA: It's really nice. And it's really—it's so powerful to be able to take responsibility for that aspect of your health as well.

MARYN: Mm-hmm. Yeah. That's a really good point. That's a really great point. And I think, again, just ties in really well to what we're always talking about which, ideally, we have a few—a full range of options when we're dealing with something. And I think most of us listening would rather err on the natural side of things. And to have that power to kind of figure that out and not to have to go to drugs, if you don't need to, is really wonderful. And very powerful.

SARA: Yeah. And it's so freeing in my pregnancy because my medicine cabinet is essential oils and supplements. And they're all safe. Everything in my medicine cabinet I can take while I'm pregnant, and that has made my life so much easier. And because I can take a lot of things even preventively. You can't just start drinking cough syrup if someone has been coughing. That doesn't protect you from coughing.

MARYN: Right.

SARA: But you can put Thieves essential oil on the bottoms of your feet and diffuse it in your house and really boost your immune system and kill those germs and be happy and healthy preventively. It's really nice. But then even, I had a (inaudible) come through, and essential oils and fermented foods were my absolute lifesaver. I mean I came pretty close to thinking, "Okay. I'm going to have to go in. I'm going to have to get an IV," because I couldn't keep anything down. And I didn't have to do that. That was really nice. And even just little symptoms and little things that come up. (inaudible) I'm coming down with something. I'll just put on a few essential oils.

MARYN: Yeah. Yeah. No. That's a great point is just using them as preventative health care as well especially when you're pregnant. And yeah. You don't want to catch every flu and cough that you're exposed to. It's a great way to just be taking great

care of yourself which is how we do our own prenatal care. It's that simple. It's just looking out for these amazing tools and options we have that keep us healthy.

SARA: Oh heartburn. Okay. I just thought of something that's one of those pregnancy symptoms. I lied. I experience heartburn. I never had heartburn before I got pregnant, and I thought I was dying for 30 minutes.

MARYN: Oh my god. Is it not the most awful thing in the world? I never had true sympathy for a woman with heartburn until I experienced it.

SARA: Yeah. No. I literally sat on my couch going, "I don't feel good," for 20 minutes before I thought, "I wonder what this is. If this is heartburn. Oh, I have something for that." DiGize. Essential oil blend DiGize has been amazing for me with heartburn.

MARYN: So how do—where do you put it? Or how do you use it?

SARA: All I do is put a little bit inside my lip or under my tongue. Just with my finger. That's all it takes.

MARYN: Wow. I wish I had had that a couple months ago.

SARA: It beats Tums.

MARYN: Oh, I bet. Where were you a couple months ago, Sara?

SARA: I'm so sorry I failed you.

MARYN: No. That's okay. That's one of the few things. I never experienced that until probably my fifth or sixth pregnancy. And then this last one—yeah. So anyway, that's a great tip. I'm sure lots of people listening have had or are experiencing heartburn. It is rather rough. I don't think anybody enjoys that at all. Yeah. So how about any oils you use to kind of emotionally ground yourself when you're feeling—I know lots of women—especially this week for some reason I've been in contact with that just are having swings. Like wider swings of hormones or being extra weepy. And we consider these things to be normal in pregnancy, but I don't know. I don't think they're abnormal. But I think there are definitely ways that we can be more balanced, so we don't have to feel like crazy pregnant people.

SARA: Right. Well, I have found that sometimes Progessence Plus has really helped me there. And I don't know if that's just the way it's balanced out the hormones a little bit when they get a little wacky. But as far as more oils just emotionally, I've used a lot of Sacred Mountain. It's a blend. And White Angelica. Another blend there. And I've put those in my diffuser necklace. I put it on my wrist where I can smell it. I put them over my belly. Because people say crazy things to you when you're pregnant. And especially when you're really just taking care of yourself and you don't really care what

other people say. But you do. Sometimes it affects you. And you don't want it to. And you don't want to get those fears because So-and-so said something to you. And I've heard a lot. I've had a lot of bizarre things said to me about other people's pregnancies or how mine would go or this scary thought. And so I will just put the White Angelica all over my belly and say nice things to my baby. And I feel like that has helped me a lot maintain that boundary and kind of my own little happy bubble. I like happy bubbles. But White Angelica and Sacred Mountain are both good for that.

The other thing is that citrus oils are really uplifting and really good for dealing with feelings of anxiety. And I scanned a couple of pregnant women now who have been dealing with some anxiety issues about how the birth is going or how their pregnancy will go because of how the last one went. And those citrus oils have—keep coming up. So with the citrus oils, they're great to diffuse and to—or to put you on somewhere that you can keep breathing them because when you're inhaling oils it goes right to the limbic center of your brain. And it kind of controls all of your emotions. And it's really amazing what a big difference that it can make for you.

MARYN: Mm-hmm. Yeah. I think that's something that people don't know is that it actually does affect your brain and your emotions. It's not just a perfume. It's not just a good smell. And that White Angelica tip, by the way, you mentioned that when were corresponding in messages. And I did pass that on to Margo, so I felt really grateful to you for that because she's pregnant. She's actually just as pregnant as you are. And she's getting the comments too. And I think we all do. I don't know any pregnant woman that doesn't get people's thoughts and stories. And so many of them, unfortunately, really are negative. So to think we can protect ourselves in yet another way and set that boundary I think is a really valuable tool for all of us. For everyone that's pregnant.

SARA: Because I used to do hair full time before I came to Young Living. Well, I was using Young Living. But before I did this full time. And I would find myself—and I think we, as women tend to do this a lot, but I would be working with people. And at the end of the day, my life was good, but I was miserable. And one day I was thinking about it, and it was because every one of my clients had had something disastrous in her family. I mean like they were getting divorced. Or someone had cancer. These huge, heavy things. And nobody in my life had cancer or was getting divorced or whatever. But I took all that on myself. And when I started wearing White Angelica, it really helped me keep their emotions separate from mine and keep my own energy good.

MARYN: Yeah.

SARA: And so when (inaudible) it was like, "Okay. White Angelica again. We got this."

MARYN: Mm-hmm. Yeah. That's such an important part of prenatal care. I mean all the things we do for ourselves. Feed ourselves good food. And give ourselves air. But really our emotional health is so valuable and important. And in pregnancy, I mean I found that you're that much more susceptible. You're just open. Things are just open whether it's having a baby. That soul in you or what I don't know. But yeah. I think most of us could use some kind of protection from the outside. And just taking that step as well to kind of secure that for yourself is really empowering.

SARA: Baby knows what you're going through. Those emotions affect the baby. (inaudible) for you, and it's also important for as a mother to protect that for your child.

MARYN: Yeah. It's the first—one of the first times you have to do that. So to take that stand I always feel like is really important and really meaningful especially when you're having your first baby to say, "I'm in charge. This is the way it's going to be. Thank you."

SARA: That's right.

MARYN: Thank you very much. Right.

SARA: I'm the boss.

MARYN: Yes. You're the boss. Something happened to my volume here. Can you still hear me?

SARA: I can hear you.

MARYN: Okay. There you are. It's just not as loud. So to kind of wrap it up, how about as you anticipate your own labor and birth, is there anything special you'll do with oils? Or I know you don't know yet. I mean exactly. You haven't been through it yet. But just some thoughts that you have even for someone else about to embark on labor.

SARA: Labor is healthy and normal and good.

MARYN: Yes.

SARA: I don't think that you have to have anything necessarily specifically for that because you don't have to fix it.

MARYN: Exactly. We are on the same page.

SARA: I did recently—last night I was at a Healing Oils of the Bible class, and my mom had mentioned having myrrh in a resin burner. And that she hadn't used all of hers yet because it's something that is kind of a limited supply thing. And I love myrrh. And so I was thinking leading up to that—I don't know about actually in labor. But those final

days, I think I would really like to be smelling that and have it surrounding. And my experience has been with a lot of my friends and my sister, who just had her first baby in November that a lot of women like Valor. If you're already using oils, Valor has been really nice in labor. But other than that, the only oil I would want to have on hand is helichrysum. And it's a pricey one, but it is worth the investment because helichrysum is really phenomenal for your blood. And so it's one of the oils that is nice to have in the arsenal for the off chance that something does go wacky as far as hemorrhaging. And so I've talked to a lot of moms know who have used that successfully to stop hemorrhaging, which has been nice. And there's a lot of other things you can do preventatively for that. And so I don't really think that it's a necessity. But I (inaudible).

MARYN: Yeah. I've used that personally just after birth if I've had any minor tears or anything like that as well. So how would you use it for what you thought was a hemorrhage?

SARA: Liberally (inaudible).

MARYN: Oh, okay. Liberally on the abdomen. Okay. Yeah. That's really interesting. I had never thought of that but heard it recently. So yeah. I'm totally with you thought. And just for anybody listening, I'm sure they understand that I don't think either of us think that—especially oils, like you're saying for labor and birth, are something that we need for the process to work. And I just want to say that again. And I think you'd probably agree that even in pregnancy, it's not—you already are healthy. You already have a healthy baby. It's simply optimum care. That's how I always like to put it to people. It's simply using the oils for optimum health and however you feel called to use them. But they certainly don't need to fix an already really perfect process.

SARA: Right. Right. A lot of those little things that come up, like you said, there's a tear, the same oils that would be good for any other kind of skin care are going to be good for that too. And so I think an essential oil reference book is absolutely essential for anybody because everything in there you can apply to the same things you're going through. But even though that's not specifically written for pregnancy, they still deal with heartburn and wounds and bleeding and anxiety and things to help you just relax. And I think that Raindrop is great too in the later end of pregnancy when you do feel kind of like it keeps going, or I don't know if I'm ready. Because it is emotionally balancing and centering that it's helped a lot of women later on in pregnancy to get grounded again.

MARYN: Yeah. Yeah. No. I love that you mentioned that—the Raindrop. I hadn't thought of that. And just essential oils in general, obviously, I feel like are one of the coolest and most effective ways to help us balance during pregnancy. I mean there's, obviously, other ways. But yeah. One of my favorites too. So I just am so glad we got to talk with you today.

SARA: Me too. And Ningxia Red. (inaudible) levels up.

MARYN: Okay. That is a great recommendation. I need to try that too. I haven't yet. But yes. Take Sara's recommendations and go with that. Any parting words or anything you'd want to say or leave with pregnant women listening?

SARA: You got this.

MARYN: That's awesome. We say it right back to you, Sara. We can't wait to hear your story, if you're willing to share. And, of course, just hope everything goes amazingly well for you. And just thank you so much for sharing your knowledge here today. And then even with me when I bug you and have a question, you've been amazing, and I'm really glad to know you.

SARA: Aww, thank you. Well, I'm glad to know you. And I feel really special to be talking to you tonight.

MARYN: Yeah. Me too. So thanks everybody. Thanks Sara. And if anybody is interested in learning more about Young Living essential oils, we are now offering them through Indie Birth. So you can go to indiebirthoils.com and read more about some suggestions for pregnancy, birth, and kid care as well as link to different articles and how to place an order or how to get involved with Young Living. And we're always available for questions and that kind of thing too. So thanks for listening, and we'll catch you next time.

(closing music)