

# Pregnancy Kit

For the crazy, hormonal, and wonderful time of pregnancy, this kit helps you balance mentally and emotionally, so you are able to enjoy your pregnancy from start to wonderful finish! Packed with everything you need for easy use, this kit covers everything from morning sickness to preparation for the big event. Great for helping with all the physical changes that occur during pregnancy, making sure that you feel your best during this magical time. The Pregnancy kit has wonderful herbal tinctures and essential oils to support you gently, nourishing you emotionally and physically.

## **LeBaby Me**

LeBaby Me for the stretched or striated abdominal wall, stretch marks, and xyphoid process pain (the triangular bit of bone at the base of the sternum. Often the pressure of the full uterus pushing upward displaces this bone and causes varying degrees of pain) dilute with vitamin E and apply to the affected areas. To avoid an episiotomy or tear, massage LeBaby Me with olive oil, or vitamin E oil, onto the perineum in the weeks prior to delivery. LeBaby Me can also bring a sense of calmness and competence.

## **LeInsideOut**

LeInsideOut helps with constipation. Apply to the abdominal area and bottom of the feet. Apply one drop behind the ears for nausea, motion sickness, or morning sickness. LeInsideOut improves the function of the digestive system. It helps with upset stomach, belching, bloating, stomach cramps, heartburn, constipation, and diarrhea.

## **LeVitality**

Use LeVitality to improve circulation, preventing spider veins or varicose veins. When large, swollen veins are present, always massage above the vein and move upward. LeVitality reduces the size and painfulness of hemorrhoids; be sure to dilute well. LeVitality can be used for toxemia or high blood pressure if related to heart and circulation. Reduces stress levels. The aroma is useful for shock, increases vitality, energy, and stamina. LeVitality gives one more enthusiasm for life.

## **LeWarmDown**

LeWarmDown massaged into the calf muscles helps relieve leg cramps. Leg cramps are often an indication of poor absorption of calcium. Poor calcium absorption is sometimes a factor in the prevalence of false labor contractions in the later stages of pregnancy. LeWarmDown aids in calcium absorption. Dilute and massage into leg muscles to relieve pain and heavy sensation of spider or varicose veins. Useful for tight, tired, sore, aching muscles, and charley horses.

## **Lavender**

During pre-term labor Lavender can be used for relaxation. Lavender gives us the feeling of total and unchanging support around us. Lavender promotes faith, even in the hard times. It can help us move from judgement to kindness and generosity. Lavender can bring relief from anxiety, panic, hysteria, emotional and mental fatigue, headaches and migraines, and insomnia. Lavender can be used for nearly all skin conditions. It can be applied to cuts, sunburns, burns, rashes, dermatitis, eczema, and insect bites. Consistent use of lavender with burns and injuries minimizes scarring. Lavender is effective for muscle strains and sprains, cramps, and wound healing.

## **LeHeartSong**

LeHeartSong is for relaxation, stress and general fears. It is wonderful for getting through a tough time or just making it to the end of a difficult day. LeHeartSong is also quite effective as a protection against negative energy that you might be picking up from others at home or on the job. Use it for ambivalence or non-acceptance of the pregnancy, depression, lack of joy and anticipation. Diffuse, wear as perfume apply over the heart, ears, and to any area of poor circulation.

## **LeMillenia**

LeMillenia is used for anemia; it helps the body uptake nutrients. For misalignment or malpresentation of the baby, in the final 3 weeks before term—dilute and apply LeMillenia over the abdomen and back, but not during the labor itself. Diffused, LeMillenia builds courage, confidence, and self-esteem while being calming and relaxing at the same time. It's described as "Chiropractor in a bottle". It aligns physical structures, electrical energies of the body. It balances the moisture and fluid levels in the body.

## **LeVisibility**

LeVisibility is used specifically for small spidery veins or varicose veins. Massage upward from the feet. Dilute and apply wherever there are broken capillaries or damaged veins. Dilute very well if applying to hemorrhoids. LeVisibility relieves Restless Leg Syndrome. It eliminates mental and emotional fatigue and stabilizes the high and low mood swings.

## **Cypress**

Cypress is mildly estrogenic and should be avoided by most pregnant women. It is, however, used for toxemia when at least part of the cause is an estrogen imbalance. Cypress layered with helichrysum heals spider or varicose veins while improving circulation. It helps with hemorrhoids. Useful for insomnia. Cypress is a wonderful healer for the spirit. Change is a part of life and times of transition can be positive if we allow them to be. The aroma of Cypress opens us to direction from heaven.

## **Orange Sweet**

Orange Sweet helps with morning sickness or nausea. Place a drop behind each ear or sniff throughout the day. Orange sweet has a delightful fragrance. It promotes feelings of well-being, happiness to the mind and body. It promotes restful sleep. Orange Sweet helps with moodiness, irritability, headaches, insomnia, and expecting more of ourselves and others than is reasonable. Dilute and apply anywhere on the body or diffuse. It works very well as a cleaner, too. It removes sticky adhesive residue from most surfaces.

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## Rosewood

Use Rosewood for morning sickness, nausea or headaches. Diffuse or wear on the body or sniff it as needed. Use as massage oils for the prevention of stretch marks. The gentle aroma of rosewood creates a peaceful atmosphere. Rosewood helps us balance our emotions and maintain evenness of mood. It gives us an ability to speak up, and speak about things close to our hearts. Rosewood helps with skin rashes, irritations, dermatitis, scars, and skin that has become dry and inflamed.

## MIN

Formerly Minerals. MIN contains the same three herbs—Dulse, Nettles, and Alfalfa—as KNA along with herbs for hormone balance, calming the nerves, strengthening the pancreas, and supporting the kidneys. MIN makes an excellent daily mineral supplement and is safe to use when pregnant or nursing. It promotes energy and better health. MIN (dry herb pack) can be made into a pleasant tea for use when pregnant or nursing.

## PHB

Formerly Pregnancy and Hormone Balancer. PHB brings hormones into balance and relieves symptoms in pregnancy. A woman in good health should feel wonderful and be able to enjoy pregnancy. Nausea, mood swings, headaches, a lot of food cravings, muscle and joint pain, and general crankiness are NOT a normal part of pregnancy in healthy women! PHB is just as often needed between pregnancies as during pregnancy. It is a formula designed for balancing hormones and is particularly effective for low progesterone levels and inefficient adjustments of hormones during the monthly cycle. PHB is absolutely essential for women who have had repeated early first trimester miscarriages. (MC formula for miscarriage, too.)

## Miracle Salve

This salve is incredibly healing. Herbal salves are wonderful things! They are convenient to use and very powerful. Miracle Salve is useful for burns (everything from sunburns to very serious burns), cuts/wounds (it will help it heal as well as preventing/fighting infection and minimizing scar tissue), rashes, dry or cracked skin, and just about anything else you can think of. You can use it by itself, or use it as a carrier oil to apply your essential oils.

## Rescue Remedy (BRDESCUEREMX4)

Great for shock and trauma. Rescue Remedy is most effective when used on the occasion of any particular stress, trauma, or emergency. It is formulated to help a person cope with extreme circumstances and can be helpful when dealing with physical and emotional aspects of shock. Brings immediate calm and helps deal with pain. Often used in energy work. Rescue Remedy is most often taken internally. Simply place a few drops under the tongue. Do not eat anything for a few minutes before and after. You can add to a water bottle and sip all day. Add drops to a bath, spritz around the home for a calmer environment, or simply rub on the skin.

## FSW

Formerly Five/Six Week Formula. FSW aids in preparing mother and baby for the upcoming birth. Take during the last 5 or 6 weeks of pregnancy. Use 6 drops for the first week, 8 drops second week, 10 drops third week, then 12 drops until the due date. This dosage is taken twice a day. Doing so really does make a difference to the length of an otherwise normal labor, speeds recovery time, and helps the woman avoid postpartum depression.

## PT

Formerly Pregnancy Tea or Tincture. Use PT dry herb pack for the tea (not included in this kit). PT, like PHB, helps regulate hormones during pregnancy and makes labor shorter and easier. Drink 2 to 4 glasses of tea a day or use 25-30 drops of tincture. The advantage of a tea is that it assures that the mother is getting sufficient liquid to build blood volume and support the kidneys, if she drinks it regularly. Use the tincture, if you must, as a back-up on days when you simply aren't going to get the tea made.

## Vitamin E

Virgin-Vitamin E Oil (Wheat Germ) benefits skin conditions. It helps heal burns, skin ulcers, psoriasis, and eczema. It improves the general health of the skin as it improves the circulation of blood in the skin. Vitamin E helps skin cells that have been damaged from the sun. It helps with dermatitis and scarring. It has high levels of antioxidant properties which prevents the skin from showing the signs of aging. Keep Refrigerated for longer shelf life.