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### SAVE THE DATE!!!

GPA 32<sup>nd</sup> Annual Conference  
The King and Prince Resort  
September 19-21, 2018

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## Using Essential Oild During

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9:00 am - 5:00 pm

## SAVE THE DATE

32nd Annual GPA  
Conference

# Pregnancy: Is it Safe?

With the growing popularity of essential oils in our culture, many women are finding themselves asking healthcare providers, "Is it safe to use essential oils during pregnancy?" Some women are using essential oils during pregnancy and not even discussing with it with healthcare providers because it is already part of some women's daily routine or don't treat essential oil as an herb or medication. Some essential oils are safe during pregnancy while other essential oils need to be avoided. Pregnant women need to consult their medical provider to inquire about essential oils use during pregnancy.

Some women choose to avoid excessive use of the following oils:

- Clary Sage or Sage
- Idaho Tansy or Hyssop
- Fennel
- Wintergreen
- Rosemary
- Blends and supplements containing these oils, etc

Some women will use the following oils during pregnancy:

- Peppermint for nausea
- Lavender
- Lemon
- Rosewood
- Frankincense
- Ylang Ylang
- Bergamot

There are no black and white rules on essential oils. Essential oils use is very individualized. The essentials oils listed above is just the tip of the

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iceberg on essential oils to avoid and are safe during pregnancy. Essential oils have therapeutic benefits which are being utilized nationwide in a variety of hospitals. The aromatherapy of orange during labor decreases women's anxiety. While peppermint can help with nausea during pregnancy by aromatherapy or placing a drop of peppermint on the tongue. Lavender in aromatherapy is used to help relax women. Some hospitals have started utilizing peppermint essential oils into their recovery rooms to help with nausea not just in obstetrics. Vanderbilt University Medical Center has recently started diffusing essential oils at nursing stations to help reduce stress in the workplace. Clary sage, rosemary and sage can cause contractions. The key to essential oil use is being open with your healthcare provider and researching the essential oils together to develop and individualize a plan safe for you and your baby.

*Dina Herren, NP-C, IBCLC  
GPA President*

References:

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