



How doTERRA can help

One question I am asked over and over is how can dōTERRA help with infertility. Unfortunately I think we have had a rise in fertility issues over the last couple of decades and I feel much of it has to do with candida overgrowth in our gut. Cleaning up our diet and resolving the candida issue would help many of those women who are on the rollercoaster ride of infertility, and by rollercoaster, I don't mean a fun one. This often puts a strain on relationships and it definitely plays havoc on one's emotional state of wellbeing sometimes to the point of depression.

When I talk about a candida cleanse I often hear the response, "well I don't ever get yeast infections". You can have an overgrowth of candida/yeast, without ever getting a vaginal yeast infection, candida is in the gut. Other symptoms of candida might include, fatigue, irritability, drained or depressed, poor memory, headache, skin problems, PMS, persistent digestive issues-like heartburn, indigestion, bloating, gas, constipation; or joint pain, nasal congestion, recurrent sore throats, cough or sinus infections, actually, the list goes on and on.

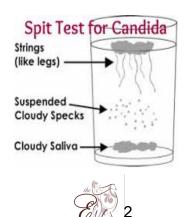


What is Yeast?

Over all when you have an overgrowth of candida in your body, it definitely will weaken your immune system. It is the precursor for all major diseases.

Yeast is a fungus and it feeds off a host, in this case, the "host" is your body. It disrupts the endocrine system, and both your thyroid gland and ovaries are highly sensitive to yeast. Yeast is tricky; it mimics a lot of things trying to hide in the body.

You can do your own saliva test – When you awake in the morning, before you put anything into your mouth, work up some saliva and spit it into a glass of water. After about 15-30 minutes, look through the side of the glass. If there are strings coming down from your saliva, or if the water turned cloudy, or if your saliva sank to the bottom... You may have a yeast or candida concern.





Candida and Infertility

So why am I talking so much about candida when you thought you were going to be gaining some insights on infertility? I believe if we take action in getting the candida under control then most everything else will fall perfectly into place. There definitely is another side to this picture - the issue with low progesterone, or an overabundance of estrogen.

Yeast Mimics Estrogen

I think more often it's an over abundance of estrogen that causes the problem of infertility. We know that yeast mimics estrogen, so when you have overgrown yeast or candida your body thinks you have a high estrogen level, leaving you with an imbalance of both progesterone and estrogen. We also have an imbalance of estrogen because of the petrochemicals our body takes in on a daily basis.



Lifestyle Changes

his is why I recommend cleaning up your environment and lifestyle as well as your diet. Are you washing all your fruits and veggies before eating them? I like to do this with Lemon essential oil in a sink or bowl of water. Have you switched to doTERRA's brand of hair products and skin care with all the good stuff and none of the bad? What kind of toothpaste are you using? What kind of lotions are you putting on your body? Our skin is our largest organ, so anything we put on our skin is going directly into our body. What Chemicals are you using to clean your toilets, sinks and bathtub with? These and many more questions are good to ask yourself as you are paying attention to what your body is taking in.





Phytoestrogen

Phytoestrogen is dōTERRA's amazing product to help confiscate the bad estrogens in our body. Phytoestrogen goes in and eats up the bad estrogen to help balance out the good. We also have Phytoestrogen's partner the Bone Nutrient Complex. Phytoestrogen can only do so much, but when you add the Bone Nutrient Complex you ramp everything up in high gear for the good in your body. These two products were created to be consumed together to help the other do its job better.

Thyme and Oregano may help naturally increase progesterone. Both of these oils are in the GX Assist that we use in the cleanse and Thyme is also included in the Microplex VM supplement.



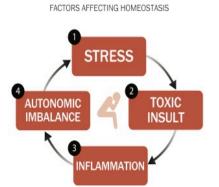




Stress and Infertility

Stress plays an important role in this infertility topic as well. When our bodies are under stress we produce the hormone cortisol. Its nickname is the stress hormone, and it inhibits the production of progesterone. Grapefruit essential oil helps prevent cortisol from blocking the production of progesterone.

have learned the value in the AromaTouch technique to help address the stress our bodies internalize. I love including this as a weekly treatment when trying to help our bodies come into balance and ready for conception. AromaTouch is also very beneficial throughout pregnancy.



BEFORE

SYSTEMIC CONSTANTS







Adrenal Fatigue

Adrenal Fatigue has a negative effect on all your hormones. Stress is a big factor in healthy or fatigued adrenal glands. Anti-stress oils on your feet at night will help support the adrenals. The oils below are helpful when applied topically directly over your adrenals. They will support them in all their work. The adrenals sit like little hats directly on top of each kidney located in the low back.

- 2-3 drops Basil
- 2-3 drops Rosemary
- 2-3 drops Geranium
- 2-3 drops Ylang Ylang

Apply directly on adrenal area topically (If you don't have all of these, use what you have). I like to use two at a time and switch it up the next week.

Mito2Max may help with low adrenal function. Take as directed. Vitamin B5 which is pantothenic acid is essential, no need to take extra, this is already in the LifeLong Vitality.





PCOS (polycystic ovarian syndrome)

Polycystic ovary syndrome (PCOS) is a common endocrine system disorder. Poly means many, so this is when there are many fluid filled cysts on the ovaries. These cysts are not harmful, but they can be painful and cause irregular cycles which can make it difficult to get pregnant.

If you have PCOS, you may experience infertility, infrequent or prolonged menstrual periods, acne, excess hair growth and challenges around losing weight.

One of most successful treatments for PCOS is a healthy lifestyle and a candida cleanse. Refer to the dōTERRA lifestyle pyramid on page 5. A diet low in refined carbohydrates is important, because it helps regulate blood sugar levels. Losing weight is challenging with PCOS, but exercising everyday and including Slim & Sassy in your diet may also help regulate insulin and keep excess weight off. Weight management is very important for women with PCOS, losing just 5% of your body weight may help with regular periods and ovulation.

The following information are from notes I took from Dr. Hill's presentation on hormones.

Protocol for PCOS

- 5 drops Frankincense
- 5 drops Myrrh
- 1 a day in a gel cap by mouth
- 1 a day at night insert vaginally
- · Geranium on the abdomen daily

Do this along with the recommended fertility protocol. Exercise daily and eliminate grains or at the very least, go gluten free. This is a slow process, so you may need to continue for several months to see results, but be patient, it works.

Frankincense may help fibroid cysts. Use it to reduce existing issues or to prevent their formation.

- 2-3 drops Frankincense under tongue morning and night.
- · Balance on feet morning and night.
- Geranium topically over the liver, adrenal glands, and/or the kidneys daily.



Detox Bath

have found this detox bath to be both helpful and relaxing to help release stress that may occur during this time of cleansing and waiting. Baking soda helps to balance an over acidic system and Epsom salt is helpful because the magnesium is absorbed through the skin and it is very calming. This is a great routine to do just before bed.

Bath:

10-15 drops Lavender 8-10 drops Geranium 1 cup. Baking soda 2 cup. Epsom salt





Fertility Blend

I like to keep things simple, so I recommend ClaryCalm everyday; however, some can't wrap their brain around something that simple, so for those that feel they need more, here is another simple blend that you can rub on your abdomen daily for additional support:

Blend for abdomen:

10 drops Clary Sage (overall uterine tonic)

10 drops Sweet Fennel (may help reduce hormone fluctuation and helps regulate menstrual cycle

10 drops Geranium (uterine and ovarian tonic, hormone balancing)

5 drops Lavender (relaxes uterus)

5 drops Rose (optional)

Put in a 10ml roller bottle, fill to top with FCO (fractionated coconut oil).





Protocol

have recommended this protocol to many who have struggled with infertility with many positive stories coming back to me. I do a little happy dance with each story because they committed to this hard work and they were rewarded with a sweet baby bump. Keep in mind, this clean-up we are doing may take months to create the balance you are looking for. It's definitely not a "get rich (I mean pregnant) quick" plan, be patient and know that you are serving your body well.

You will notice this protocol starts on "day 1", this is the first day of a calendar month not the first day of your cycle. You may actually start any day of the month, I do this just so it's easy to keep track of.

Slim and Sassy, Grapefruit, Bergamot and Cassia can help to kick down yeast and cut back the sugar cravings.

For men: the same cleanse is recommended as for women, as well as Basil, ClarySage and Sandalwood applied to bottoms of feet, abdomen and wrists.

"The key is consistency in small amounts, allowing your body to adjust as it needs to." - Dr. Hill

Protocol

GX Assist on days 1-10, 1-3 softgels a day to cleanse the candida.

PB Assist on days 11-15, 1 capsule 3 times a day to feed your body the good bacteria and to support your immune system.

Zendocrine Complex 2 capsules a day to help nourish and detox body filters-liver, kidney, spleen.

Zendocrine gel caps 2 a day to help open up the liver ducts so they don't become clogged with the cleansing you are about to do.

Lemon essential oil in all your water to assist the liver in its work.

LifeLong Vitality take as directed to nourish your body with the perfect amount of vitamins, minerals antioxidants, and Omega 3's it needs.

Phytoestrogen 1 capsule daily to help eliminate bad estrogens in your body.

Bone Nutrient Complex 4 capsules a day for bone and hormone support.



Protocol - continued

Grapefruit essential oil 10-15 drops under the tongue or in a veggie capsule 1 a day to help balance progesterone. You can split this up into a dose in the morning and another in the evening.

ClaryCalm apply to low abdomen, wrists, back of neck to help balance hormones and mood swings.

Avoid sugar, grains, dairy, fruit juice and caffeine Follow this protocol until pregnant, then discontinue GX Assist and continue everything else.

Remember – This protocol starts on "day 1", this is the first day of a calendar month not the first day of your cycle. You may actually start any day of the month, I do this just so it's easy to keep track of.



Oils To Help Promote Fertility

Clary Sage Cypress

Fennel Frankincense

Geranium Melissa

Thyme Roman Chamomile

ClaryCalm Ylang Ylang

Oils To Help Increase Progesterone

Balance Frankincense

Geranium Ginger Lavender Marjoram Oregano Thyme

Ylang Ylang

This is just a list or categories for essential oils recommended for fertility and progesterone. You don't need to use them all. I just included them for reference. Any of these may be applied to the bottoms of the feet.

Sharing my story of using Stephanie's protocol is my favorite thing to do! After a life threatening miscarriage where I lost a tube from an ectopic pregnancy I was told we probably wouldn't be able to conceive. I used Stephanie's protocol and we conceived the first month we tried. Now we have our little miracle oil baby! Bless you Stephanie and all the amazing knowledge you share with us

-Stacey

About a year ago, I went through my first miscarriage. I somehow knew, that with my age, my body was not as healthy as it could have been and thought it was my hormone levels that were off in some way. I was introduced to dōTERRA oils and the supplements about a year later. I started on the LifeLong Vitality and about 2 months later I had a positive pregnancy test, and now I'm waiting to have my beautiful little girl as we speak. I haven't had a baby in 8 years and I'm absolutely positive that the LLV supplements I took helped my body hold onto this pregnancy.

-Catherine



didn't know about Stephanie or her book until the spring of 2013. I have PCOS and I've never had normal periods. I was told at 19 I probably wouldn't be able to ever conceive without help. I was trying to get pregnant, but my thyroid was under working and the meds they tried me on I had bad reactions to. I've been using the oils for 4 years now and so when my thyroid needed help, I started a protocol that I basically came up with on my own after doing research on which oils affect the endocrine system.

After a month of following that protocol, my TSH levels were normal and I had a normal period. Then I had normal periods for 5 months in a row!! That has never happened in all my 26 years.

My fiancé and I found out we were pregnant!!! Such a huge surprise and absolute blessing!!! I followed Stephanie's book Essential Oils for Pregnancy, Birth and Babies which was awesome. My 4.5 month old is strong and healthy and nearly off the growth charts!!

- Patricia



 \mathbf{M}_{V} husband and I don't have any children yet, and have been struggling with infertility for 4 years now! I have PCOS, and don't get a period. or ovulate, making getting pregnant nearly impossible. My husband checks out healthy and good! We've been through all the fertility treatments, short of IVF, with no success. It's been almost 2 years since I had a period (my last one was brought on only by a prescription medication). Three weeks ago I started your fertility protocol, and almost immediately started heavy spotting and shedding!! I am hopeful again, and very optimistic. Thank you!!

-Brandie

 M_V last baby I call my oil embryo because I used this protocol before, during and after my pregnancy. A total life saver.

-Hilarie



We are so excited because we used the oils and were able to get pregnant the first month we tried! A little background-we have 2 children 11 and 8. I was also a gestational surrogate for a family of a 3 year old and 1 year old twins. There were large gaps in between our natural pregnancies and I never knew why. I got into the oils because of my chronic sinus infections. We started on the LLV and found out about candida, and the GX and PB assist cleanse. Our whole family did the cleanse for 6 months straight and still do it now about every 2-3 months. My husband and I noticed a huge difference in our bodies. I lost over 30 pounds, he lost 20 and continues to lose and we are now both in a normal weight range for the first time in our adult lives! He was doing some research and thought his testosterone was low and started to use Sandalwood on his testis and Geranium on his big toe. He felt a big difference in his energy and even saw more facial hair growth which he was excited about. I was pumping at the time for NICU babies and we decided I would stop so that we could try for another. Continued...



read Stephanie's book Essential Oils for Pregnancy, Birth, and Babies and saw the fertility protocol. We had already been doing most of it except the Phytoestrogen and the ClaryCalm. I started implementing both of those into my daily routine. The day I stopped pumping I started my 1st period! It was crazy that my body caught on so fast! My body was finally in tune and normal! We did not know how long it would take but we were flabbergasted that we got pregnant the first month we tried! We are so thankful for the oils and the little baby growing inside me! This has been the best pregnancy I have EVER had and I have used the oils as I normally do when not pregnant. I even have done the GX Assist cleanse while pregnant and not had any problems. Thank you Stephanie for giving me the confidence in the oils to use them while pregnant. When I was pregnant with the surrogate twins I was a little scared to use the oils but I will never have another pregnancy without using them throughout the entire term!

Thank you!

- Amy



We had been trying for almost 2 years before I became pregnant with my third baby. As soon as I started Stephanie's infertility protocol my cycles became normal and I became pregnant. I believe that the protocol in that book helped me conceive. Leading up to getting pregnant I was using the oils on a daily basis. When I got pregnant I continued using them because I felt I needed them and I felt better.

-Anonymous

Using LLV and the pregnancy & fertility protocols I have been able to get my hormones back into balance post miscarriage and 2 chemical pregnancies. Through all of those experiences I have decided on not having children. My journey into honoring the female body and my cycle regardless of bearing children I still follow the guidelines in Essential Oils for Pregnancy, Birth and Babies because I find it to be the best way for me to be the most supportive to all aspects of my female cycle and body. I look forward to having these protocols help my hormones transition through menopause.

Namjeev



did the GX Assist cleanse and followed up with PB Assist for 3 months in a row. I used ClaryCalm over my abdomen daily, and I took the full dose of LifeLong Vitality and 1 Phytoestrogen daily. I put Rosemary and Clove in a roller bottle and rubbed that over my kidneys/adrenals daily for adrenal fatigue support. I cleaned up my diet. Virtually no sugar and ate as much whole food as possible. Mostly my advice to women in this situation is to be forgiving of your body and do some work to release any negative emotions that are present.

I use lots of mood management oils and citrus oils, I noticed they made me feel a lot better emotionally.

- Stacey

Protocol

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- Zendocrine Complex 2 capsules a day to help nourish and detox body filters-liver, kidney, spleen.
- Zendocrine gel caps 2 a day to help open up the liver ducts so they don't become clogged with the cleansing you are about to do.
- Lemon essential oil in all your water to assist liver in its work.
- LifeLong Vitality take as directed to nourish your body with the perfect amount of vitamins, minerals antioxidants, and Omega 3's it needs.
- Phytoestrogen 1 capsule daily to help eliminate bad estrogens in your body.
- Bone Nutrient Complex 4 capsules a day for bone and hormone support.
- Grapefruit essential oil 10-15 drops under tongue or in veggie capsule. 1 cap a day to help balance progesterone.
- ClaryCalm apply to low abdomen, wrists, back of neck to help balance hormones and mood swings.
- Avoid sugar, grains, dairy, fruit-juice & caffeine.
- Follow this protocol until pregnant, then discontinue GX Assist and continue everything else. Change up PB Assist to taking 1-2 everyday of pregnancy.



Disclaimer

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