◆ CHAPTER 10 ◆

A WOMAN'S NATURAL CHOICE

WHETHER A WOMAN has children or not, her body is a complex machine for making babies which guarantees her spending 6.2 years of her life, as a well-known tampon advertisement points out, having periods. That's five days, thirteen times a year for thirty-five years. To this inconvenience, if not pain, some must add their days of premenstrual tension. The whole business continues until after the menopause.

The only break in this routine is pregnancy and, despite the myth that all women look and feel marvelous during pregnancy, this is when the body is going through dramatic hormonal changes and incurring great strains. Not only may there be morning sickness at the beginning of the term and extreme heaviness at the end, but sebum production increases and greasy or flaky areas may appear on the skin. Hair may become lank and fatty areas may develop over the body, besides the lump at the front. With all this going on it can be difficult to "bloom." However, if you take good care of yourself it is possible to go through a happy and healthy pregnancy.

It is important to bear in mind that your baby won't go without—you will. The baby gets the vital nutrients before its mother does and so the mother can very easily become depleted of nutrients. As a baby's absorption rate is so high, you have to take care of the water you drink as well as the food you eat. Any lead in the tap water will be absorbed by a fetus at a rate five times that of an adult, and in certain areas, pesticides have seeped into the water supply. It is therefore vital that pregnant women drink bottled water and use filtered water

for cooking and the kettle—and don't forget to change the filters regularly. This is, of course, inconvenient and expensive, but it could prevent a lowering of your child's intelligence by lead and avoid known and unknown problems that may result from absorbing a wide variety of chemical pollutants. It is also wise at this time to avoid excessive exhaust fumes.

Your baby's care at this stage in its development is part and parcel of your own. From the moment you conceive, everything you eat or apply to yourself will be filtering through to your baby. If you develop an allergy, your baby could develop it too. If you have a reaction to a certain makeup, your baby could have a similar reaction. Even hair dye could travel into the system. Also, the baby will hear all the sounds you hear, so if you go to a rock concert you won't be going alone! It is especially important to take care of your psychological environment, because if you are tense your baby will be affected. This is the time to cut as much aggravation out of your life as possible, eat the best of everything, stock up with bottled water, and of course give up smoking. Indeed, this special care is ideally started even before you conceive.

Not all essential oils are safe to use during pregnancy, although many are. At this time the bias is towards the gentler oils—spearmint rather than peppermint, for example. These are the essential oils you can safely use during pregnancy:

PREGNANCY ESSENTIAL OILS

Tangerine	Rose Bulgar
Mandarin	Rose Maroc
Grapefruit	Jasmine
Geranium	Ylang-ylang
Chamomile Roman	Lavender

You can use the oils in a bath, shower, as a massage, or in one of the room methods. You shouldn't douche—with essential oils or with any other substance—unless advised by your doctor. Have a look at the chart on page 12 where you will find the minimum and maximum quantities of essential oils and the various methods of use. When you are pregnant you should always use the minimum quantities shown.

Problems in Pregnancy ♦♦♦♦♦♦♦♦♦♦♦♦

For many women pregnancy may entail a plethora of minor problems such as backache, swollen legs, heartburn, indigestion, and insomnia, or general aggravation in not being able to accomplish one's daily tasks with the usual efficiency. If this is so, you need spoiling! Here is a marvelous remedy which can be massaged into your back by a partner or friend on a regular basis and which will alleviate physical problems at the same time as uplifting your spirit. Use whichever rose essential oil you have handy or can afford; geranium would be a good substitute.

PREGNANCY PICK-UP BACK RUB

Rose	Chamomile
Geranium	Roman*
Lavender	

Use some or all of these essential oils in equal proportions to a total of 30 drops per 2 tablespoons vegetable oil

*In some instances Chamomile German is more appropriate.

I remember well the heaviness of pregnancy. Perhaps only women who have experienced it can know how the tiredness seems to permeate every part of the body. Everything seems weighed down—the torso, of course, and the arms, legs, head and even, it seemed to me, the eyelashes.

If being pregnant is the ultimate "high," it is also the original "heavy" experience. But the uplifting qualities of the essential oils are a great help after a tiring day when the legs are swollen and the back aches. Pregnant women should use only 2–4 drops of essential oil in a bath. Choose your favorites or try the very relaxing combination of one drop each of chamomile Roman and lavender oils.

Morning Sickness

For morning sickness, a bowl of boiling water with 4–6 drops of spearmint oil added, placed on the floor by your bed overnight, will help keep the stomach calm. The aroma molecules will waft up and gently do their work as you sleep, and after using this method for three consecutive nights the morning sickness should be gone. Alternatively, put one drop on your pillow.

Stretch Marks

I have treated many women with essential oils during pregnancy and not one of them had stretch marks. And they all had wonderful babies. For the tummy-rub treatment the base oil is as important as the essential oils themselves, and here is a formula which has proved very successful:

MASSAGE BASE OIL

Almond oil	2 tablespoons
Wheatgerm oil	1 tablespoon
Borage seed oil	10 drops
Carrot oil	5 drops

Shake the oils together and use when needed

As this base oil comes to 3 tablespoons (plus the 15 drops), looking at the minimum-maximum chart again you will see that you need to add 12 drops of essential oil (for 2 tablespoons base) and 6 drops (for 1 tablespoon), giving a total minimum number of 18 drops of essential oil to 3 tablespoons base oil.

Massage wherever stretch marks may occur—the lower and upper abdomen, thighs, and buttocks. Use the oils regularly to prevent stretch marks. Here is an excellent synergistic blend you may like to try:

PREGNANCY TUMMY-RUB SYNERGISTIC BLEND

Rose Bulgar (or Maroc)	7 drops
Lavender	6 drops
Tangerine	5 drops

Mix into a concentrate using these proportions, then add 18 drops to the base oil quantity shown above; or add 2 drops per 2 teaspoons of base oil

Constipation

Every pregnant woman knows the importance of eating correctly during her nine months and while breast feeding. But doing so is by no means as straightforward as it used to be. In this age of chemical growing processes and irrigation an apple can no longer be guaranteed to be rich in vitamins C and B, and while liver was once recommended for its high iron content, animal livers now also contain high concentrations of the toxins fed to the animal during its lifetime. "Natural" foods may look natural but contain many unnatural products, so extra special care must be taken in choosing food at this time.

The unnaturalness of our food, together with hormonal changes, reduced exercise, and the sheer pressure on our digestive system during pregnancy, all conspire to make constipation a common complaint. It is important to avoid, however, because the

toxins can seep back into the system. This is not the time to use chemical laxatives; instead stick to natural remedies which are, in any case, the basis of the chemical copies. Also, drink lots of mineral water and eat as many raw vegetables as you can. Good natural laxatives are dried fruits such as prunes and figs, and greens such as broccoli and cabbage. The bran content of your diet is essential now but avoid bran breakfast cereals because they are eaten with milk and sugar. Try instead the original muesli recipe devised by the Bircher Benner clinic in Zurich, Switzerland (see page 356). Eat this for a couple of mornings and you will find that your system has returned to normal. The oats clean the blood, take mucus from the bowel, and generally provide one of the most cleansing treatments you can take.

Another excellent way of clearing the bowel is to take a glass of water and add ¼ teaspoon of green clay, which is available in health food stores. As it passes through the intestinal tract the clay absorbs toxins and shows them the door! Yet another method involves psysillium husks, which are pure fiber and can be bought raw or in capsule form. Any of these methods will clean out all the rubbish lurking in the bowels.

Patchouli is an excellent intestinal cleansing oil and if you are prone to constipation it will be worth making yourself up a bottle of oil to use during pregnancy. Simply add 30 drops of patchouli oil to a bottle containing 2 tablespoons vegetable oil. To get everything going, rub the oil all over the abdomen in a clockwise direction. Start at the lower right-hand side, by the groin, and rub right up to beneath the breasts, across and down the other side, down to the hairline again. Cover the whole belly in slow, gentle, clockwise movements.

Hemorrhoids and Varicose Veins

The worst thing about constipation is that it makes you strain which in turn may cause hemorrhoids. Varicose veins and hemorrhoids are both dilated veins and their care and treatment are the same. Keep your legs up as often as possible, and for at least ten minutes a day lie with a pillow in the small of your back and another at the nape of your neck—not under the head. You may as well take advantage of this time of enforced inactivity to meditate on the well-being of your baby. Send loving, affirmative thoughts to the baby, for positive thinking makes positive things happen. Such thought projection is the oldest of treatments and one whose value is again being recognized.

To make an oil that will both prevent and alleviate varicose veins and hemorrhoids use the following:

Geranium	15 drops
Cypress	5 drops

Diluted in 2 tablespoons vegetable oil

Stroke the legs very gently, working upwards from ankle to thigh. The geranium will encourage the circulation of blood and cypress has an astringent effect upon the whole venous system. The oil will also help to balance the mind and alleviate doubts and anxieties. Remember that everything you inhale will reach your baby too—so breathe deeply now. (And by the same token, if a vehicle emitting particularly noxious fumes passes as you walk along the street, hold your breath until the worst of it has passed.)

The extra pressure on the legs caused by pregnancy makes varicose veins a common problem at this time. As well as keeping your legs up as often as possible try to

exercise a little—even if only on the spot. Stroke your legs gently upwards while in a bath that contains 2 drops each of geranium and cypress. You'll obviously find this easier in month five than in month nine, but do the best you can. Lavender oil makes an excellent addition to this remedy, so add 2 drops if you have any handy. Foot baths also help, especially if you place a dozen or so small, round pebbles in the bottom of the bowl of water and rub your feet gently back and forth over them. Add 2 drops each of geranium and cypress essential oil to the bowl of water.

If you already have the problem of hemorrhoids, make yourself a cream by adding 15 drops of geranium and 5 drops of cypress essential oil to the contents of a small tube of KY jelly. Simply squeeze the jelly into a small jar, add the essential oils, mix very well and rub around the anal area when required. This treatment will not only alleviate the symptoms but prevent hemorrhoids occurring in the first place.

Flatulence

Flatulence is embarrassing at the best of times and is one of the conditions exacerbated by pregnancy. Wind in the stomach feels very uncomfortable—especially with so much pressure on all the internal organs—and can cause shortness of breath and palpitations. When the stomach expands this extra pressure can cause an angina type of pain which can be strong enough in some cases to be mistaken for a heart attack. When wind is expelled rather noisily this may be indigestion or may sometimes indicate something more serious, such as gallbladder problems, or even gallstones. But usually flatulence is functional—that is to say, unrelated to any disease of the organs—and in pregnancy the most common cause is swallowing air while eating too quickly or gulping large quantities of air during the day. If you are eating foods which have previously upset your digestive system, such upset will only be exacerbated by your present condition. Carbohydrate foods fermenting in the large colon often cause flatulence and it can be helpful to avoid foods which contain a large proportion of starch and cellulose—peas, potatoes, pulses, carrots, and onions. Try not to swallow air and breathe through the nose if you can. If you feel like belching, do, because you don't want the extra pressure at this time, but be careful not to take in another gulp of air just afterwards.

There are three essential oils which are helpful in combatting flatulence and which can be taken during pregnancy—dill, fennel, and spearmint. You can use any one of these individually to make an oil for the abdomen or mix two of the three. Dilute a total of 30 drops of your chosen oil or combination of oils in 2 tablespoons vegetable oil and rub over the abdomen several times a day. Alternatively, spearmint oil can be taken internally—but only in very small quantities once a day. Dissolve 3 drops in a tablespoon of honey and keep this mixture to use when needed. Once a day, take half a teaspoon of this honey and spearmint oil mixture in a small glass of boiled, warm water, being careful to sip slowly and avoid taking in yet more air.

Indigestion

Severe indigestion (or dyspepsia) is caused by various factors, from eating the wrong food to lack of muscular tone or an emotional problem. Depression, worry, overwork, or overstrain can all cause indigestion, as well as overeating. Basically, the cause is an increase in the acid of the stomach and most commonly it feels like a vague fullness or discomfort as soon as

food is eaten. It is made much worse by worry and anxiety, and sometimes by excitement and pleasure. Sufferers experience backache, headache, insomnia, palpitations, loss of appetite, loss of strength, depression, and an obsessive attitude towards the bodily functions. There is usually not much pain as such, although the constipation, wind, and general disruption of the digestive system can add up to a pretty uncomfortable time.

If you suffer from dyspepsia you should consult your doctor, but there are still ways you can help yourself. First of all, start eating small meals every two hours or so—and eat slowly, chewing properly. Treat the constipation, and if there is flatulence as well it will usually clear up with that treatment. There are three essential oils which help in the treatment of indigestion—coriander, cardamom, and dill. Ideally, your treatment will be in a synergistic blend of all three because such a mixture has a symbiotic influence within the body. But any of the three can be used separately and dill is in any case a good oil to have in the house at this time because it will be useful for the baby.

INDIGESTION FORMULA

Coriander	Dill
Cardamom	

Make a synergistic blend using equal parts of these three essential oils

or

Use one oil only. Using a total of 3 drops, blend with 1 tablespoon honey. Put in an eggcup and store. Dissolve ½ teaspoon of the honey and oil mix in a little hot soya milk and sip after meals twice a day. *Do not exceed this dose.*

If you are experiencing pain with the indigestion, make an oil to rub over the abdomen and around the rib cage. Use a total of 30 drops essential oil to 2 tablespoons vegetable oil—again, the synergistic blend is best but any of the three oils may be used individually. Use a small amount, and only once a day. Also, avoid strong coffee, tea, spices, pepper, fizzy drinks, fatty foods, and smoking.

Nausea

Nausea usually clears up by the fourth month of pregnancy but some unfortunate women go to full term with that feeling of sickness morning, noon, and night, sometimes accompanied by vomiting. In part this is the result of a hormonal change or imbalance, for the increase in estrogen causes changes in the hypothalamus and then the gastrointestinal organs. Symptoms range from a simple loss of appetite to increased nausea and vomiting when smelling food. Not only is all this depressing at a time when one should be full of happiness but excessive vomiting is something that should be taken seriously in pregnancy.

ESSENTIAL OILS TO COMBAT NAUSEA

Coriander	Fennel (at ⅓ the dosage of the others)
Cardamom	
Lavender	

As a rule, the dosage for nausea treatment should be low. For the following method use one drop each of coriander, cardamom, and lavender or three drops of either of those. Fennel is very strong and should be used at one-third the strength of the others—in the following treatment use one drop only. Blend the essential oil well into one tablespoon of honey. Dissolve ½ teaspoon of this mixture in half a cup of warm water to which you have also added the juice of a lemon or lime. Sip when needed.

The maximum dose for this treatment is four times per day for a period of six days. You can repeat the treatment if necessary after taking a break for ten days.

Another excellent treatment for nausea involves essential oil of ginger. Simply fill a bowl with boiling water, put in one drop of ginger per pint of water used, cover your head with a towel and inhale for five minutes with your eyes closed.

Bleeding

A small amount of blood loss sometimes occurs during the first three months of pregnancy and if this happens to you, call your doctor and go to bed. Bed rest usually takes care of the problem but if bleeding becomes heavy and persists this could result in a miscarriage so go to bed immediately and get somebody else to call the doctor *without fail* right away.

Cramps

Leg cramps in pregnancy are usually worse in the last months and can be caused by the position of the baby or by a calcium deficiency. They are often worse during the night or during an afternoon nap. French and Swiss women have been using the following foot bath with success for many years:

FOOT BATH FOR LEG CRAMPS

Geranium	5 drops
Lavender	10 drops
Cypress	2 drops

Place in a bowl of hot, but not boiling, water

You might also take a calcium supplement.

Cramps in the abdomen are a completely different subject and should always be checked with your doctor. Indeed, all your problems during pregnancy should be discussed with him or her, so make a habit of writing down everything that happens during your nine months—however minor—so that the doctor has a complete picture of your development and can treat any condition that warrants it. Make sure, too, that you attend all your prenatal appointments, no matter how inconvenient or unnecessary you may feel them to be, so that you receive regular urine and blood tests and can discuss everything that has been happening to you during this time.

Edema

One of the things you should remember to mention to your doctor or midwife is swelling, usually of the fingers or ankles. Edema, as it is known, is extremely common and is usually nothing to worry about, but if it occurs in conjunction with high blood pressure and protein in the urine it can indicate pre-eclampsia, or "toxemia," which should not be allowed to progress. If you experience swelling, spend at least ten minutes per day lying down with a pillow under your feet. The important thing is to have your feet higher than your heart, so merely sitting down will not do. One of the best treatments for edema is herbal tea—fennel and nettle are good, drunk twice a day. The following body rub formula also helps, rubbed over the ankles and legs (working upward, always massage toward the heart), the fingers and arms (in an upward direction), and especially on the back. Get your partner to rub the oil into your back for you; this allows the essential oils to get straight into the body via the central nervous system. Don't use the oil on the abdomen and only use once a day for ten days:

EDEMA BODY RUB

Ginger	3 drops
Cypress	2 drops
Lavender	2 drops

Diluted in 2 tablespoons vegetable oil

Exhaustion

Exhaustion can occur at any stage of pregnancy, especially if you already have one or two little ones to take care of. Here is a wonderfully reviving formula which you can treat as a synergistic blend and use for a body oil, bath, or foot bath. There's nothing to stop you using this remedy after the birth too—when you are just as likely to need it!

EXHAUSTION REMEDY

Lavender	10 drops
Grapefruit	10 drops
Coriander	10 drops

Use these amounts to 2 tablespoons vegetable oil for a body oil

or

Make a synergistic blend using equal proportions of each essential oil

If you have made the synergistic blend of oils use 6 drops for a bath; 5 drops in 2 teaspoons of vegetable oil for an individual body rub; or 4–5 drops in a bowl of hot but not scalding water for a foot bath.

Preparing for the Birth ◆◆◆◆◆◆◆◆◆

From about the seventh month you can help prepare the uterus for labor by drinking raspberry leaf tea. These leaves contain a substance called fragrine which relieves uterine pains by dilating the pelvic muscles. Use 1 teaspoon of raspberry leaf tea in a cup of boiling water.

A week before your due date start to soften the perineum by using an oil made of 5 drops rose Maroc to each 1 teaspoon almond oil. This tiny amount will last you the seven or so applications you will need but is very difficult to measure and store simply because of its size. I suggest therefore that you use a teaspoon of almond oil and add 5 drops rose Maroc to this and store it in an eggcup covered with plastic wrap. Once a day, rub a little oil along the perineum—the line of muscle and fibrous tissue which bridges the genital area and the anus. This will encourage elasticity in the area and help prevent tearing during childbirth.

The Delivery Room

Well, here you are . . . and there's no turning back! The baby has decided that it is time to arrive, or your body has decided it is time to let go, and one way or another, when you leave this room you will be a new mother. The baby has spent several weeks preparing for his entry into this new world and hormones released from the adrenal glands have been storing in the baby's body ready for the moment when he will have to rely on his own heart and lungs to sustain his life. The mother's uterus has been having trial runs of contractions during the pregnancy—sometimes hardly noticeable—and has been rehearsing for the big performance over and over again. Increased levels of progesterone have been softening up the pelvis, uterus, and cervix, as well as the surrounding muscles and ligaments.

"Labor," as it is so aptly known, is work. It is, indeed, probably the hardest work that a woman will do in her life. What we need to do is make the experience as easy as possible—for both the mother and the baby. Obstetric practices change from year to year and also vary from place to place, but these changes are determined to a large degree by the expectations and demands of the mothers themselves. We have a contribution to make and if our suggestions facilitate an easier delivery for both the mother and baby there's no reason to assume that midwives and doctors will object.

To ease the mother's task during delivery, massage is widely recommended these days, especially as the partner is often present to do the job. Using a special mix of essential oils, we can incorporate the benefits of massage with those of the oils and at the same time contribute towards the cleanliness of the air and ensure that the baby will have a pleasant aroma to greet him or her. During labor I recommend that you use Moroccan rose or geranium—either individually or blended together on a one-to-one basis, diluted in any base oil. If you still have some of the Massage Base Oil that would be ideal. As you can see from the chart below, rose and geranium both have excellent properties for use during delivery, and although a combination works very well, it really is important (and never more so) that the aroma of the oil you choose suits your taste. The massage oil can be used on the back through labor, but use it only once or twice on the abdomen during the first stage. The essential oil will help the uterus to do its job, but you don't want to overdo it because the baby will have to do his part of the job during the second stage.

OILS FOR THE DELIVERY ROOM

Rose
- Uterine relaxant
- Helps ligaments to soften, enabling the pelvic bones to expand; and to regain elasticity after the birth.
- Natural antiseptic
- Slight analgesic effect
- Good cardiac tonic

Neroli
- Works on the nervous system and facilitates easy breathing, especially during panting. Its calming effect increases the oxygen supply to the blood and brain and helps the woman to avoid hyperventilation.
- In low doses (1–2 drops per day on a diffuser) it has a sedative and calming effect; in higher doses, it is a stimulant.
- Antiseptic; disinfectant
- Confidence
- Antidepressant

Lavender
- Circulation stimulating
- Slight analgesic effect
- Calming
- Antibiotic; antiseptic, disinfectant; slight antiviral properties; antiinflammatory
- Promotes healing of open wounds—can be used instead of antiseptics.
- Accepted by everyone
- Good for headaches, fainting, and bringing around after shock.

Nutmeg
- Analgesic
- Calms the central nervous system; alleviates anxiety.
- Increases circulation—good for blood supply.

Clary-sage

This essential oil must not be confused with sage. Don't use sage for the baby's sake—it leaves too high toxic residues in the body. Clary-sage is a milder version, although still to be used with care.

Helps respiratory, muscular, and uterine systems.

Mild analgesic

Facilitates birth; uterine tonic

Euphoric

Helps breathing by calming the lower part of spinal cord.

Geranium

Circulation-stimulating. One of the best circulatory oils—and if the circulation is good, breathing will be easier.

Good for uterus and endometrium

Contractive effect—pulls together dilated tissues, so excellent for after the birth.

Good for the whole female reproductive system

Antidepressant, known for its uplifting effects

Babies are remarkably aware of the environment outside the womb. It is now thought that as well as being aware of the emotional state of the mother and the sounds she hears, the baby is also aware of the smells its mother inhales. If she is aware of this, the mother can prepare the environment so that it will be reassuring for the newborn baby. For a few days before the birth, at least, spend some time quietly relaxed listening to soft and gentle music, rubbing your tummy and letting your baby know that everything is all right. The same music can be played on a cassette player in the delivery room, thus reducing the contrast between the womb and the outside world. While you relax at home listening to the music and communicating with your baby, burn the essential oils you will be using in the delivery room in a diffuser so that all the senses become inextricably linked in baby's mind: relaxation, welcome, music, and aroma. When your baby is born it will be into an environment he or she recognizes as being related to the mother and, moreover, to the mother being relaxed.

Essential oils in the delivery room should be used in a diluted form—not so much to fragrance the room as to cleanse the air and provide a familiar, welcoming aroma for the baby. Mix your chosen essential oil or oils with a small amount of water and use on a diffuser or on a cotton-wool ball under the pillow or on a radiator. Don't overdo it; you don't need a great deal and you don't want the midwife to get spaced out! Lavender or neroli make excellent delivery room oils—used individually, not mixed.

Before the birth discuss with the midwife the possibility of having a cassette player and a diffuser in the delivery room, and ask for the lights to be turned down really low. If you are having a home birth none of these requests would be a problem, but hospital rules vary greatly and it is important that the staff know your wishes before the event. Some of the larger teaching hospitals have widely differing requirements from their patients, who come from all countries and all backgrounds, so they recognize the need to be informed of your particular wishes. If there are no complications at the birth, it is soothing for the baby to be placed close to the mother's heart as soon as possible after the birth. So let the staff know that this is important to you, rather than having the baby whisked away immediately. This should be one of the most precious moments of your life, so prepare thoughtfully for it—and it will be

Postnatal Care ◆◆◆◆◆◆◆◆

Now it's time really to enjoy yourself and the baby. The essential oils are ideal to use after the birth, not only because of their excellent antibiotic, antiseptic, and disinfectant properties but because they are emotionally and spiritually uplifting. You can't use every essential oil at this time because you are still very delicate, but among those recommended here there is something for every mother to enjoy pampering herself with—in the knowledge that she's doing herself good at the same time! All those below can be used in a bath (4 drops) or incorporated into a body oil (a total of 30 drops per 2 tablespoons vegetable or nut base oil) or in any of the room methods. Don't use anything including essential oils, in a douche or sitz bath at this time. If you shower rather than bathe, simply put 4 drops of essential oil on your facecloth after you have finished washing yourself and wipe over your body.

POSTNATAL ESSENTIAL OILS

Rose	Fennel
Neroli	Calendula
Lavender	Frankincense
Nutmeg	Myrrh
Clary-sage	Patchouli
Geranium	Bois de rose
Grapefruit	

Infection

Infections after birth are fairly common for both mother and baby and, as usual, nature has provided help in that event. One can see this in action throughout the world and in the most primitive conditions as mothers apply a little colostrum—the food that comes from the breast for the first few days—to any infection the baby or she may have. Colostrum is packed with antibodies which give resistance to infections, which is why it proves to be such a remarkable remedy for all sorts of ailments from eye infections to cuts and wounds.

After the birth it is very important to keep the whole genital area clean and free from infection. Wash in saline solution and an excellent addition to the bowl or bidet in which you wash yourself would be one drop each of lavender and chamomile—Roman or German, either will do for this purpose. Swish the two drops of essential oil around in the water before lowering yourself in. This simple procedure ensures a chemical-free genital wash that is highly effective in both keeping infection away and facilitating healing.

If you do have an infection in the vagina or cervix following birth, use the synergistic blend formula given below. Put 3 drops in a bidet or bowl of water and bathe three times a day. Use warm water and ensure that you remain submerged for five minutes to allow the essential oils to do their job. This may not sound like long, but time can pass very slowly indeed in certain situations so have a watch handy and perhaps a magazine, and stay put!

The synergistic blend is well worth making up in some quantity because it will be very useful to treat all manner of possible minor infections in both the baby and the mother, especially during the first few months of susceptibility. Blend the essential oils in a clean, brown glass bottle that has a dropper for easy measurement:

SYNERGISTIC BLEND FOR INFECTIONS

Lavender	20 drops
Yarrow	10 drops
Chamomile Roman or Chamomile German	10 drops

Never use this synergistic blend neat and never use it, neat or diluted, in any bodily

orifice—mouth, ears, rectum, or vagina (unless specifically directed, and then follow instructions carefully). For treating cuts, grazes, or open wounds, bathe the area with sterilized gauze which has been soaked in 1 pint of water to which you have added 2 drops of the synergistic blend above. Rashes on the baby's or mother's skin can be treated by mixing 1 drop synergistic blend per tablespoon of cream. Mix it in well with whatever lotion or cream you would usually choose for that purpose. If you have not been healing or recovering from the delivery as quickly as expected it indicates that your immune system is weak from the overwork to which it has just been subjected. The immune system can be boosted by massaging the whole body with a body oil made by adding 5 drops of the synergistic blend given above per 1 teaspoon vegetable or nut oil. If you have contracted an infection of the uterus, make a body oil using the same 5-to-1 proportions and massage over your stomach and lower back.

Care of the Breasts

Breast and nipple care becomes very important after a birth, for the comfort of the mother and well-being of the child. Cracked nipples are a fairly common problem and surprisingly painful. This reason alone would warrant taking good care of them, but the possibility of subsequent infection makes it vital. The formula below works very well, massaged thoroughly over the whole nipple and areola area. Also spend some time stimulating the nipples by rolling them between well-oiled thumb and forefingers.

CRACKED NIPPLE OIL

Almond oil	**90%**
Wheatgerm oil	**10%**

add

Calendula essential oil	5 drops per 1 teaspoon base oil

You can also add calendula essential oil to vitamin E cream or petroleum jelly. These will have to be taken out of their tubes and placed in a small, clean jar. Mix the calendula essential oil in well, using 5 drops to each teaspoon of cream or jelly.

Whatever you put on the nipples to alleviate the pain of cracking, wash it off before you let your baby to the breast. I would suggest you do this as well with any preparation recommended by the hospital, even if you are told that it's all right to leave it there.

Breast abscesses can occasionally occur before birth but are more usual after a birth. The breast becomes hard and painful; often there is redness, a feeling of pulsation, and the breast feels very hot to the touch. You should always seek help from your doctor as this condition can lead to toxemia. Whatever treatment he or she decides to employ, use the following remedy in addition, because as well as relieving the redness and soreness, it decreases inflammation, is a natural antibiotic, and stimulates the autoimmune system:

SYNERGISTIC BLEND FORMULA FOR BREAST ABSCESS

Chamomile German	15 drops
Lavender	10 drops
Eucalyptus	5 drops

Make up a concentrate using these proportions

Use 10 drops of the formula, placed in a saucer of warm chamomile tea. Soak a piece of muslin in the saucer and place over the breast, as you would a compress.

Repeat this treatment twice a day for five days only. If there is still discomfort after this time, prepare a massage oil using these quantities of essential oil (a total of 30 drops) in 2 tablespoons vegetable oil and rub over both breasts twice a day until the condition eases.

Breast Feeding

All agree that the best possible start in life for an infant is being breast fed, but sometimes this isn't as easy as the mother would wish. With the best will in the world, problems can still occur—from engorged breasts to a lack of flow; a weak mother or a baby that cannot suck strongly enough to stimulate the flow of milk. Whatever the problem, it can be equally distressing for both mother and baby and help should be sought, either from the midwife and health visitor or from one of the charities dedicated to helping mothers with nursing difficulties—such as the La Leche League which can be found in most areas. Essential oils cannot solve all breast feeding problems, but the following treatment will help if the supply of milk is insufficient for the baby's needs of if the mother is generally weak. The following three options are equally effective in increasing lactation, so choose which to use on the basis of which essential oil you already have or can easily obtain:

MASSAGE OILS TO INCREASE THE FLOW OF BREAST MILK

Fennel	15 drops
or	
Geranium	15 drops
or	
Clary-sage	10 drops

Diluted in 2 tablespoons good quality nut or vegetable oil

Use one essential oil only to make your massage oil—don't mix them for this treatment—and massage the breasts in a circular movement, starting under the arms, working inward and downward and then up between the cleavage. Do this once a day, remembering to wash the oil off before feeding your baby.

Postnatal Lift

Carrying a baby and giving birth is surely the ultimate example of human beings expending their energies to good purpose. But it does take a lot out of the mother. Here then is something for the woman who has been through a lot, given a lot, and would like to feel a lot better! This is an all-around oil which will bring you, physically and emotionally, back to normal:

POSTNATAL "LIFT" SPECIAL OIL

Nutmeg	7 drops
Bois de rose	6 drops
Frankincense	2 drops
Lemon	9 drops
Rose (any)	6 drops

Use these quantities to 2 tablespoons vegetable oil for a massage oil or body rub

or

Use these proportions to make a concentrate and use in a diffuser or room method, or as a perfume

This is a different formula from those found in the following section on postnatal depression, and one which every new mother will appreciate. If someone is looking for a treat to give you and you've already got more flowers than vases, suggest they get this synergistic blend together for you.

Postnatal Depression ♦♦

Pity the women who had postnatal depression before it was a recognized medical condition. They and their families could find no justification for the feelings of depression which overcame the new mother, often accompanied by rejection of her baby. It must have seemed the height of ingratitude for her to cry and bemoan what was, as we all logically know, the reason for gratitude and profound joy—the birth of a healthy baby. Now we know that when a woman loses the placenta at birth she loses with it a store of hormones which are essential to her emotional well-being. There are, indeed, women who today eat their own placenta after the birth and who report feelings of euphoria. What we now know is that the moment the placenta is delivered the front part of the pituitary gland swings into action and produces prolactin and oxytocin which are essential for the milk to "come in." We also know that progesterone injected immediately after birth seems to alleviate the symptoms of severe postnatal depression in susceptible women. Clearly, giving birth is a serious hormonal all-change and one that affects women differently.

There are degrees of postnatal depression, ranging from the "baby blues" which affects so many women around three days after the birth that it has come to be seen as an integral part of giving birth, to the frightening puerperal psychosis—a complete loss of sanity which affects about one woman in five hundred. And some women, of course, experience no depression at all.

Giving birth is not only the most profound chemical change a human body can go through in the space of a few hours, it's also the most profound social change for the mother and will affect every move she makes for the next decade, at least. There and many causes for concern. As well as the unrelenting demands of the baby itself, there is the unremitting round of washing and cleaning, relatives and friends all offering conflicting advice, a partner who may feel left out and jealous, single friends zooming off to exciting activities, and images of the perfect and happy mother in a thousand advertisements. And as if this weren't enough, there's the background fear that something will happen to the baby in its sleep. It is far better to be prepared for difficulties. We need to realize that profound changes have taken place in terms of hormones, the physical body, the psychological and social aspects, and try to nip in the bud any problems that could occur. As far as the essential oils are concerned, this is largely a matter of redressing the balance on the hormonal and emotional levels so that motivation, determination, and feelings of self-esteem aren't allowed to get out of balance. Socially, those around you need to recognize the complete change that has taken place in your timetable and give you a little time for yourself. With the essential oils and three hours a week from their partner, most new mothers will find they can not only cope but handle the situation with renewed confidence and energy.

Never forget that your baby's well-being depends on your own well-being and so anything you do to make your life easier and happier is all to the common good. Don't feel guilty about spoiling yourself. You have just spent nine months carrying the baby around and nourishing it, have been through labor, and committed yourself to a lifetime's hard work. Of course you deserve a little pampering—in fact, never have you deserved it more. Buy yourself a new outfit, have your hair done, and get yourself some lotions and potions to cheer yourself up. And there are no better potions

from the following list: these will make you feel special, calm you down, strengthen the nervous system, and in their own unique way lift depression.

"GOODBYE BABY BLUES" ESSENTIAL OILS

Bergamot	Immortelle
Neroli	Mandarin
Narcissus	Geranium
Clary-sage	Rose
Grapefruit	Angelica

You can use any of the above on their own or in any combination—up to a total of 30 drops in 2 tablespoons vegetable oil for a massage oil; up to 2–3 drops in a room diffuser; 4–6 drops in a bath; or simply dab on like a perfume.

You can start using the "Goodbye Baby Blues" oils as soon as you like after delivery. Take a bottle of massage oil into the hospital with you and rub it over your tummy and breasts, to restore tone to your skin and to make you feel great. If you're prepared for the baby blues you can nip them in the bud.

If you feel in need of a real lift, give yourself three hours a week for total indulgence. Ask your partner to babysit for that time, and if you are feeling guilty remember that he needs time to form a close bond with the baby, too . . . don't be possessive. Choose one of the single oils above or one of the following synergistic blends, pick up a good novel and retire to the bathroom. Run the bath and put in 6 drops of your chosen oil or synergistic blend of oils, swish it around and sink into the bath, breathing deeply to inhale the aroma. The combination of water, essential oils, and something to occupy your mind works wonders, so stay there as long as you want. Don't dash straight from the bath to care for your baby or make dinner; take your three hours totally for yourself. Retreat now the body oil into your body, concentrating on the tummy, from breast to pubic line. Breathe deeply as you apply the oil and do some gentle stretching exercises. Putter about doing nothing in particular, painting your nails or whatever you want to do—even if it's just lying back on the bed thinking. Take your full three hours, ignoring all the sounds coming from the other room, and if you *still* feel guilty about leaving your baby in the hands of your partner, just remember that you have that responsibility for one hundred and sixty-five hours a week and he only has it for three! You are not asking for too much: you are trying to preserve your sanity for the benefit of the whole family, and it is surprising how just three hours of cushioned indulgence with the essential oils can strengthen and revitalize you.

BANISH THE BABY BLUES SYNERGISTIC BLENDS

BLEND 1

Geranium	5 drops
Neroli	10 drops
Grapefruit	15 drops

BLEND 2

Bergamot	10 drops
Rose	2 drops
Clary-sage	5 drops

BLEND 3

Neroli	4 drops
Immortelle	8 drops
Mandarin	3 drops

BLEND 4

Angelica	5 drops
Geranium	8 drops
Bergamot	6 drops

BLEND 5

Grapefruit	10 drops
Geranium	10 drops

Mix your synergistic blend of oils beforehand in a clean, brown glass bottle using the proportions shown. Then use 5 drops per 1 teaspoon vegetable oil when making the massage oil, following the directions on page 12. You can also form a synergistic blend for yourself by using the oils in the "Banish the Baby Blues" list and following the 5-to-1 formula.

Miscarriage ♦♦♦♦♦♦♦♦♦♦♦

Having a miscarriage is a highly emotional experience for a woman, as well as being a shocking and painful physical experience and a more subtle hormonal one. Even those women for whom the pregnancy was an "accident" can find themselves feeling deeply disappointed and empty. There may also be guilt and anger.

It doesn't ease the pain to learn that half of all pregnancies end in miscarriage, usually so early the woman doesn't notice. Nor to be told that one can always try again. A soul has been lost and there is grieving. For those who have repeatedly miscarried there are several areas of research which can offer hope. At the Harris Birthright Centre at St. Mary's Hospital, London, a treatment has been developed for a common problem, that of the woman's immune system rejecting the father's cells and baby and placenta tissue as "foreign." In successful pregnancies an immune response is made which prevents this happening; the new treatment stimulates antibodies by immunizing women with cells from the father's blood. Other research at the Middlesex Hospital, London, concentrates on adjusting the time at which the pituitary gland sends out its message so that hormones will mature the female egg, enabling conception to take place.

Women with rhesus negative blood, and those who do not know their blood group, should consult their doctor as soon as possible after a miscarriage that takes place after about eight weeks of pregnancy. This is because a woman with this blood type will have made antibodies against rhesus positive blood at the time of miscarriage if the baby was in the positive group, which one can't know. As a precaution, and to prevent these antibodies working against the next baby if that is in the positive group too, an injection called anti-D is routinely given within 72 hours to women who miscarry, or have a termination, and those who give birth to a baby in the positive blood groups. Without the injection, the next baby, if it has rhesus positive blood, will develop jaundice and may require a blood transfusion after birth.

The essential oils recommended for use after a miscarriage not only help to bring the body back into its pre-pregnancy state, they also heal on the emotional and spiritual levels. Choose a single oil or make yourself a blend using those given below, adding 5 drops of essential oil to each 1 teaspoon of base vegetable oil for a body oil and 6–8 drops in a bath:

ESSENTIAL OILS TO USE AFTER A MISCARRIAGE

Geranium	Rose
Chamomile Roman	Narcissus
	Grapefruit
Bois de rose	Palma rosa
Frankincense	

Or try this blend:

SYNERGISTIC BLEND TO USE AFTER A MISCARRIAGE

Frankincense	9 drops
Geranium	5 drops
Grapefruit	7 drops
Chamomile Roman	9 drops

Make a concentrate using these proportions.

Use 6 drops in a bath *or* 5 drops per 1 teaspoon base vegetable oil for a massage oil.

It is important to come to terms with the emotions you experience after a miscarriage so that anxiety doesn't affect your next pregnancy, because anxiety is in itself a cause of miscarriage. Exploring your feelings can be difficult to do because miscarriage is still a taboo subject and friends may tend to belittle the experience, all in good faith, with statements like "There was probably something wrong with the baby," "It happens all the time; you're lucky it didn't happen later," or "Well, it was an accident anyway, wasn't it?"—all of which attempt to close the door on the subject rather than opening it for discussion. If you find that you need someone to talk to who understands what an emotional upheaval you are going through, contact RESOLVE, Inc., a national self-help organization. See appendix for address.

Infertility ♦♦♦♦♦♦♦♦♦♦♦

According to an advertisement for one of the new ovulation-testing kits, "each year at least 250,000 women try to get pregnant and fail." Certainly being able to identify the period of peak fertility for a woman is a great help when trying for a baby, but unfortunately there are a plethora of reasons for infertility and for many couples success is dependent upon more than a trip to the pharmacist. Indeed, in both Britain and the United States one in six couples seeks help from the medical profession.

Reasons for infertility divide about equally between men and women at 40 percent each, with the remaining 20 percent of problems being attributable to subfertility, rather than infertility. When you add up the possible causes of the problems it seems a miracle that anyone makes a baby at all. First, you have to choose the right day to make love and there are only about 26 of those a year: as far as baby making goes, the other 339 days are a waste of time. Ten percent of infertile men ejaculate no sperm at all. Those with a low sperm count are producing less than the 60 millon per ejaculation needed so that just one has a chance of making it. A healthy sperm count is in the range of 60–125 million, which might seem an overabundance but which proves the degree of difficulty nature anticipates for the one sperm that will be successful. For some men, the problem is that the sperm they produce are deformed or diseased. For others, it's that the sperm don't have the mobility to wiggle to their destination. Another hazard is that the sperm may be coated in their own antibodies. Even provided that there are enough healthy and energetic sperm, they have to be able to speed along the system of tubes without getting stopped by a blockage. Once delivered into the vagina, the sperm face their major obstacle—the cervix. This is coated in mucus which some sperm cannot penetrate. Some women produce a mucus which repels or even kills off sperm. Now the sperm race to meet the egg. But has the woman's pituitary gland stimulated production of the hormone that will mature an egg that month—and at the right time? Polycystic ovarian disease may have interfered with the timely release of eggs. A frequent cause of infertility is a blockage in the fallopian tube which prevents the sperm and egg from meeting. There may be something wrong with the glycoprotein which lines the walls of the fallopian tubes and coats a fertilized egg as it travels down the tube to the uterus, or with the endo-

metrium, the lining of the womb which must be prepared to accept it. These are just some of the known reasons for infertility.

Infertility is on the increase. This has been attributed to the fact that couples are postponing starting a family and in the interim contract an infection, sustain an injury, or take a drug which may cause the problem. The testes are the most sensitive organ in the male body to toxins and the increase in environmental and workplace pollution, including pesticides and heavy metals, is thought to be partly responsible for the fact that sperm counts appear to be going down. Radiation and alcohol also affect the production of sperm. Male fertility can be affected by an attack of mumps or by hormonal imbalances. Women are also at risk from hormonal factors, as from a wide range of conditions including endometriosis, salpingitis, pelvic inflammatory disease, gonorrhea, chlamydia, polycystic ovarian disease, and tuberculosis.

Because there are so many possible causes of infertility and because two people are involved, finding the problem can involve a couple in endless tests and medical examinations. This procedure puts enormous pressure on those who may already be demoralized and suffering a deep sadness from unfulfilled parental urges. Clearly, the essential oils can do nothing where the cause is structural but they can help with specific diseases: formulas for endometriosis, salpingitis, pelvic inflammatory disease, chlamydia, and polycystic ovarian disease can be found on pages 236–243. They can help too by adjusting the hormones and reducing stress.

There are at least eight hormones involved in conception and the essential oils I recommend have phytohormonal properties, that is plant hormones which imitate our own. Dr. Jean Valnet, a leader in the field of phytotherapy—a form of medicine widespread in Europe which utilizes essential oils—states that the oils work by giving the glands a new impetus. The significance of stress in conception is best illustrated by a well-known phenomenon: a couple try for years to conceive, decide to adopt a child, whereupon the woman becomes pregnant.

Here then are the essential oils for women:

ESSENTIAL OILS TO HELP FEMALE INFERTILITY

Cypress	Geranium
Clary-sage	Fennel
Thyme	Chamomile Roman
Nutmeg	
Coriander	

UTERINE AND OVARIAN TONICS

Rose Maroc	Melissa
Rose Bulgar	Geranium

And for men:

ESSENTIAL OILS TO HELP MALE INFERTILITY

Thyme	Basil
Cumin	Cedarwood
Sage	Vetiver
Clary-sage	Angelica

Treatment for men and women is the same except that women should start theirs on the last day of their period and men should continue treatment for at least three months. Choose a single oil or make a synergistic blend from your respective lists. Use 6–8 drops of your chosen essential oil in the bath; and make a massage oil using 5 drops of essential oil to 1 teaspoon of base vegetable oil. Rub the oil over the whole abdomen, the hips, across the lower back, and into the crease of the buttocks—but not as far as the anus. It is important not to forget the lower back area because

this is where the nerves are that reach to the gonads or to the uterus and ovaries.

The permutations that are possible by utilizing the oils on the lists are endless but here are two good combinations for women:

MASSAGE FORMULAS FOR FEMALE INFERTILITY

FORMULA 1

Rose (any)	5 drops
Geranium	20 drops
Nutmeg	5 drops

Diluted in 2 tablespoons vegetable oil

FORMULA 2

Coriander	5 drops
Fennel	15 drops
Geranium	10 drops

Diluted in 2 tablespoons vegetable oil

With these formulas use 6 drops of geranium in your baths or, if you feel that stress is a strong factor in your situation, combine 3 drops of geranium with 3 drops of clary-sage essential oil.

There are various other factors involved in infertility that might be worth considering now. Zinc deficiency has been linked with both male and female infertility and it is possible nowadays to have your levels checked. In America the recommended daily intake for adults is 15mg and it is said that most British diets only provide 10mg; vegetarians may be taking in less than this. Good sources of zinc are fish, meat, green leafy vegetables, pulses, nuts, and wheatgerm; or put yourself on a course of zinc citrate. Organic vegetables contain more zinc than those grown with the help of fertilizers.

The fact that smoking hinders zinc absorption may account for the findings of a five-year survey of 4,000 women carried out by the Oxford Family Planning Association: women who smoked over 16 cigarettes a day failed to conceive twice as often as those who didn't smoke. The failure rate of lifetime nonsmokers was matched by ex-smokers and those who smoked fewer than five cigarettes a day. A high fiber diet and the birth control pill are also thought to hinder zinc absorption.

Further information about infertility and its treatments, as well as support groups, can be found through The National Association for the Childless (see page 227 for address). Various complementary medicine systems provide treatment for infertility, including homeopathy, acupuncture, and chiropractic; inquire from their respective professional associations.

Above all, keep hoping. Conception involves a fair amount of mystery and miracles are constantly taking place. I recently heard about a woman who conceived her second child normally after having to undergo in vitro fertilization treatment to conceive the first time because her cervical mucus made antibodies against her husband's sperm. Why her mucus should suddenly change is a mystery her doctors would love to solve, since identifying the reason could help many thousands of women. As it is, new solutions to the problem of infertility are being found almost yearly and many of the causes can be treated.

Menstrual Problems ◆◆◆

Menstruation affects women very differently. For some it is hardly noticeable. At the other end of the spectrum are the women who have three very distressing weeks per month. (Yes, that did read "weeks"!) During menstruation women may experience uterine cramps, water

retention, bloating, constipation, backache, fatigue, headaches, migraine, nausea, vomiting, and even sinus problems and a runny nose. Premenstrual syndrome may bring additional emotional problems.

The fact that menstruation occurs remorselessly each month gives a good incentive to find a solution to any related problem. The essential oils have proved very successful in treating these problems, and they offer many women hope that "the curse" need not continue to live up to its name and impair the quality of their lives.

Premenstrual Syndrome

Premenstrual syndrome is a hormonal problem; it is thought that there are inadequate amounts of progesterone in the body in the days prior to menstruation. Because all the body's hormones work in an integrated, balancing way, other hormones which affect the salt and sugar levels are also involved in the way the syndrome expresses itself in any particular woman. Fluid retention is thought to be a crucial factor in the syndrome and as it affects all body cells, especially the brain cells, the symptoms can extend from weight gain to headaches and irritability. Indeed, the list of symptoms for PMS is extensive: swelling of the breasts, aches and pains, fatigue, loss of libido, changes in sleep and eating patterns, stress, tension, anxiety, irrational thinking, anger, frustration, depression, loss of concentration and memory. For some women PMS means that they find themselves weeping uncontrollably; others break out in spots. Any one of these symptoms is enough to make anyone pretty miserable, but add another one or two and you have a few days of sheer hell to contend with.

Unlike many other medical conditions, friends and family cannot see the cause of the trouble. Thankfully, the condition has at last been recognized as real and those women who find themselves behaving so irrationally that they end up in court for shoplifting or out of a job for throwing the typewriter at the boss may be freed and forgiven. But this doesn't alleviate the actual problem—which will return month after month unless treatment is given. Tranquilizers are often prescribed but these are merely calming and one can easily become dependent upon them, precisely because one needs them month after month. A course of vitamin B6 or evening primrose oil is more likely to prove beneficial.

However, aromatherapy and the use of essential oils have proved highly effective in treating this condition or, more accurately, conditions. As each woman experiences the syndrome in her own unique way it is impossible for me to provide one simple solution to everyone's problems. To a certain extent, you will have to find your own treatment from the information provided here. First comes a general list of oils that help; this information is then broken down into the oils most appropriate for PMS under the heads "violent/aggressive"; "weeping/depression"; "irritable/disagreeable"; and "apathetic/tired/listless." If you fall clearly into one of these categories, choose from the appropriate list of oils. If your symptoms cross two categories, mix and match your essential oils until you find a formula that exactly suits you. There is also great variation in the length of time any particular woman suffers from PMS. It can last anywhere from three days before the period to two weeks before and disappear between two hours after bleeding starts to three days after. In any event, start the treatment the day after the last day of your period and continue throughout two complete cycles (including the period) plus fourteen days. Then break for fourteen days so that you can see how your body is reacting and how you feel prior to the next period. If you find that the symptoms have gone, just have the occasional bath or massage using the successful essential oil or formula. The point is to use the oils in moderation; to find a formula that suits you so that you are essentially clear of the symptoms and only need use the oils as a crutch, when you feel the need. If the symptoms haven't gone after your two-and-a-half month treatment, try again with an adjusted formula. The essential oils are so delightful to use, this will not be in the slightest bit tiresome. In fact, you may find experimenting and having an excuse to use the essential oils a pleasure.

PREMENSTRUAL SYNDROME
ESSENTIAL OILS

Fennel	Grapefruit
Rose Bulgar	Jasmine
Rose Maroc	Narcissus
Geranium	Jonquil
Clary-sage	Chamomile
Bergamot	Roman
Nutmeg	

It is estimated that 40 percent of women suffer from PMS, and using combinations of the oils above it would be possible to make each one of them a unique blend. When making a blend, you can add the oils in equal proportions, or in innumerable ratios. You could also use the oils singly. In the specific categories below I have given the proportions that should be used in the given formula. For example, in the "weeping/depression" section the ingredients are in ratios of 9-12-9; add this number to 2 tablespoons base vegetable oil or make a synergistic blend in a separate bottle (which you will need for the bath anyway) and follow the proportions. In other words, the synergistic blend bottle would contain 90-120-90 drops of the ingredients if you put ten times the amounts given.

Use the synergistic blend in your bath and as a body oil. Rub over your abdomen, your hips, and your lower back to the coccyx—the lower end of the backbone, between the cleavage of the buttocks but not as far as the anus. Add 7–9 drops of your chosen essential oil or synergistic blend of oils to your bath, daily.

VIOLENT/AGGRESSIVE PMS

ESSENTIAL OILS

Narcissus	Geranium
Jonquil	Parsley
Nutmeg	Palma rosa
Bergamot	

FORMULA

Palma rosa	10 drops
Bergamot	10 drops
Geranium	10 drops

WEEPING/DEPRESSION PMS

ESSENTIAL OILS

Rose Bulgar	Bergamot
Rose Maroc	Geranium
Clary-sage	Nutmeg

FORMULA

Rose (any)	9 drops
Clary-sage	12 drops
Bergamot	9 drops

IRRITABLE/DISAGREEABLE PMS

ESSENTIAL OILS

Jonquil	Clary-sage
Nutmeg	Chamomile
Bergamot	Roman
Geranium	

FORMULA

Nutmeg	10 drops
Geranium	5 drops
Bergamot	15 drops

APATHETIC/TIRED/LISTLESS PMS

ESSENTIAL OILS

Parsley	Grapefruit
Clary-sage	Fennel
Bergamot	Chamomile Roman
Geranium	

FORMULA

Clary-sage	10 drops
Grapefruit	18 drops
Jonquil	2 drops

A friend of mine knew her period was imminent when she found herself rushing around the house cleaning everything in sight. No floor, wall, or surface would escape her frantic action. Every piece of clothing in the house found itself pristine clean and ironed, hanging in the wardrobe. It wasn't this that constituted her PMS but the profound listlessness that followed. Knowing that she was going to spend the next days totally motionless in a miserable heap in bed flung her into action just beforehand so that at least the house wasn't in as bad a state as she. To an outsider visiting for those few days, this must have seemed the house of a madwoman or of a woman of extremes, at least. It is to this propensity for imbalance and extremes that the essential oils address themselves when treating PMS. The exaggerated behavior so characteristic of PMS is brought into line so that the naturally quick-tempered woman won't become a violently aggressive one; the naturally weepy woman won't come to resemble Alice in her own pool of tears. Those who suffer violently from the syndrome might consider treating themselves to a couple of months with an aromatherapist—it would be well worth it to ensure that the essential oils bring you back to normal during the crucial premenstrual days.

Dysmenorrhea

A painful period can be anything from a dull ache to a violent cramp that causes you to double over. It is said that up to two-thirds of women suffer some sort of discomfort at some time or other. When emotional factors are involved and we feel particularly fragile, menstrual cramps are liable to be more severe than normal. Pains from other causes, a urinary infection for example, may be amplified during menstruation.

Painful periods fall into two groups: congestive dysmenorrhea, which starts a few days before the period and can cover the whole abdominal area; and spasmodic dysmenorrhea, which comes in a spasm of pain in the pelvis and/or lower back. In either case, avoiding constipation is a must at these times and anyone who has a history of period pains should consider undergoing colonic irrigation* if constipation is present as well.

* A water treatment that cleanses the intestinal tract.

ESSENTIAL OILS THAT HELP DYSMENORRHEA

Chamomile Roman	Sage
Cypress	Red thyme
Geranium	Nutmeg
Lavender	Peppermint

Which oils are most effective will depend on what is causing the pain or cramps—and that can be many quite different factors. You will have to experiment with oils and formulas until you find what works for you. You might like first to try one of the following:

FOR STRESSFUL CONGESTIVE PAIN

Chamomile Roman	10 drops
Clary-sage	5 drops
Red thyme	15 drops

FOR SPASMODIC PAIN

Lavender	5 drops
Peppermint	10 drops
Nutmeg	10 drops
Cypress	5 drops

The above amounts should be added to 2 tablespoons base vegetable oil for a massage oil. Rub over the whole abdomen and lower back area, plus the shoulders. Do this daily, including throughout your period. In addition, choose one of the following essential oils or make a mixture to use in two baths during the menstruation. Leave a day's gap between the two baths—although you can, of course, bathe that day but without the oils.

Geranium	Palma rosa
Neroli	Clary-sage

Use 4 drops per bath

Menorrhagia

Heavy menstrual bleeding, or clotting in normal flow, or irregular bleeding at any time, all come under the heading of menorrhagia. These are not things that should be taken as part of "a woman's lot"; if you suffer from any of them you should be seen by your doctor so that the situation can be assessed. That's because uterine bleeding can also be a sign of uterine cancer or a fibrous growth and your condition must be diagnosed without delay. Often a "scrape" (or curettage) is done to remove the endometrium (lining of the uterus).

Once a proper diagnosis has been given for menorrhagia, use geranium and lemon essential oils in your daily bath. Get a small bottle and add equal amounts of these two essential oils not only so that they are conveniently ready but because in the bottle they will have the chance to get thoroughly synergized. You can also make a body oil using the formula below; this can be used daily at any time during the cycle:

MENORRHAGIA MASSAGE OIL FORMULA

Chamomile Roman	10 drops
Geranium	10 drops
Lemon	10 drops

Diluted in 2 tablespoons vegetable oil

Amenorrhea

Amenorrhea is the loss of periods. So-called "Bloody" Mary, Queen of Scots had amenorrhea for eighteen months and was sure she was pregnant, so the history books tell us. Which is not surprising, as stress is one of the causes of amenorrhea and Mary certainly had her worries. The menstrual cycle can also be stopped by disease of the ovaries, anorexia, physical or emotional shock, stress and emotional upsets, travel, or moving home or jobs. When the period stops during pregnancy and lactation it is known as "secondary amenorrhea" and is not a medical condition.

If amenorrhea is caused by an emotional problem, the menstrual cycle will usually return to normal once the problem has been sorted out. But the essential oils can hurry things along, as they work in both emotional and stressful situations as well as encouraging the cycle to start again through the reproductive system. All the

following oils have a stress-combating component although the chamomiles are particularly good at this. You might like to refer to the "Stress" section on page 184 if you think these are very relevant to your amenorrhea, and put an additional 5 drops of an oil from that section into your 2 tablespoons massage oil. This is made by adding 30 drops of any single or combination of oils from the list:

ESSENTIAL OILS THAT HELP AMENORRHEA

Chamomile	Geranium
German	Cypress
Chamomile	Fennel
Roman	Clary-sage
Yarrow	

Or use the formula:

Yarrow	4 drops
Chamomile	
Roman	15 drops
Geranium	11 drops

Diluted in 2 tablespoons vegetable oil

Massage this over your abdomen and lower back every day for at least two weeks. You can, in addition, do the bath treatment using oils from the list above or the formula. I particularly recommend clary-sage, geranium, and fennel. This is a two-part treatment involving a bath of hot water and a bowl of cold water. Add 6–8 drops of one of the essential oils into both bath and bowl; lower yourself alternately three times into the bath of hot water, where you stay for ten minutes, then the bowl of cold water where you stay for five minutes. The total treatment takes forty-five minutes.

Menopause ◆◆◆◆◆◆◆◆◆◆◆

Menopause is often approached with dread. Over the years I have heard all manner of worries expressed by my patients: will I get hairy and grow a moustache; will my face collapse and lines appear all over it like a railway junction; will I lose my libido—or, worse, will my man lose interest in me?

What many people do not realize is that menopause can start quite early—in a woman's thirties—and so many of the attractive women in their thirties and forties that one might see and envy for their glamour and femininity are actually going through or have gone through menopause. On the other hand, some women continue to menstruate well into their fifties.

What I try to point out to those who are worrying themselves unnecessarily is that menopause actually brings many advantages. First, you don't have the bleeding and pain of menstruation every month. Contraception ceases to be a problem. If you have suffered from PMS or migraines induced by monthly hormonal changes, this will all go. One's love life doesn't change except that now that the fear of pregnancy has gone, and the "time of the month" inconveniences, it is possible to enjoy sex more and—perhaps—more often.

Certainly, we shall all get old. But menopause need not be the beginning of some inevitable decline. In the first place, menopause is a gradual process which takes place over several years. Secondly, it is often men, not women, who sink into old age and while the woman still wants to enjoy sex, he finds getting an erection more and more difficult (although that is not a physiological inevitability, but a reflection of his attitude). It is crucial that a woman doesn't allow the attitudes of her culture to affect her self-confidence at this time, and in some southern European countries where women traditionally start wearing

black to signify their lack of fertility at the onset of menopause this is obviously easier said than done. But cultural attitudes throughout Western society are pretty negative towards those in the older age brackets too and it is easy for a woman—and her man—to pick up the subtle messages put out by the media and advertising industry. However, if your man is giving you a hard time because you are going through "the change of life" remind him about Liz Taylor and all the other fabulous older beauties—and remind yourself that you can always change your man if he doesn't change himself!

Yes, we've all heard about hot flashes and have come to expect them, unfortunately. But the majority of women experience no symptoms at all. *Reader's Digest* carried out a survey and found that only 25 percent of women had any symptoms. Of these, 70 percent experienced hot flashes; 40 percent depression; 30 percent sweating; 25 percent fatigue; and 15 percent had skin and hair changes. Experience in my practice over the years confirms these figures. Other problems may be bloating and water retention, constipation, vaginal dryness, circulatory problems, varicose veins, and osteoporosis.

The new hormone replacement therapy (HRT) is thought to be the wonder cure for all these problems, and although the idea of taking something extracted from mares' urine doesn't much appeal to me, it does seem to halt the progression of bone mass characteristic of osteoporosis and for some women it has certainly been a great help. At present, however, there is some controversy over the question of whether HRT increases your chances of developing other physiological problems.

But there are other safe ways to help yourself. Good nutrition, using cold-pressed cooking oils, taking vitamins and evening primrose oil, are all beneficial. Also very helpful are the essential oils:

ESSENTIAL OILS FOR MENOPAUSE

Clary-sage	Sage
Geranium	Rose Maroc
Jasmine	Bergamot
Bois de rose	Coriander
Nutmeg	Red thyme

You can use any of the above singly, or make yourself a blend from the list. Alternatively, use one of the formulas below for specific symptoms.

Sweats and flashes are caused by the irregular function of the blood vessels when they constrict and dilate. This increases the blood flow, raises the temperature, and slightly increases the heart rate. Probably the main discomfort is embarrassment when you suddenly turn red or break into a sweat while in the company of other people. Avoiding stimulants like tea, coffee, and alcohol is a good idea, and evening primrose oil is reported to work well with some women, especially those who have hot flashes.

Use the following formulas while the symptoms occur and additionally if you so wish:

HOT FLASHES FORMULA

Clary-sage	10 drops
Geranium	11 drops
Lemon	7 drops
Sage	2 drops

Dilute in 2 tablespoons vegetable oil
or
Make a synergistic blend and use on a 5-to-1 basis (5 drops-1 teaspoon) as a massage oil

Massage all over the body and use 5 drops of the synergistic blend in a bath whenever you wish.

DAY AND NIGHT SWEATS FORMULA

Grapefruit	10 drops
Lime	10 drops
Sage	5 drops
Thyme	5 drops

Dilute in 2 tablespoons vegetable oil
or
Make a synergistic blend and use on a 5-to-1 basis as a massage oil

Massage all over the body and use 5 drops of the synergistic blend in a daily bath.

WATER RETENTION AND BLOATING FORMULA

Fennel	5 drops
Juniper	5 drops
Lemon	15 drops
Peppermint	5 drops

Dilute in 2 tablespoons vegetable oil
or
Make a synergistic blend and use on a 5-to-1 basis as a massage oil

Use every day. Massage in the abdominal area and lower back. Use 5 drops of the synergistic blend in the bath daily.

CIRCULATORY PROBLEMS FORMULA

Geranium	10 drops
Peppermint	5 drops
Rose Maroc	10 drops
Patchouli	5 drops

Dilute in 2 tablespoons vegetable oil
or
Make a synergistic blend and use on a 5-to-1 basis as a massage oil

Massage daily. Always massage in the direction of the heart. If it's the legs that are affected, massage from feet to thigh; if the hands, massage from fingers, up the arm; and if the whole body is affected, massage front and back of the torso. And use 5 drops in the bath daily.

You only need to use a small amount of the massage oil because even as little as a teaspoon should be enough for the whole body if you apply it lightly. The oil should disappear into the skin, rather than leave an oily residue on the surface. The base vegetable oil is merely the medium through which one can deliver the essential oils to the body surface so they can penetrate the skin; this isn't meant to be a skin moisturizing treatment.

Many of the symptoms of menopause mentioned earlier have treatments which can be found elsewhere in this book.

Pelvic Pain ◆◆◆◆◆◆◆◆◆◆◆

The medical profession has come in for a great deal of criticism from women for their diagnosis and treatment of pelvic pain. Probably some of this has been fair and some unfair. Pelvic pain has many causes and it is not as easy as it may seem to make a correct diagnosis. In this section we shall be looking at just some of the conditions that cause pain and, as you can see, there are many. Read the whole section before deciding which, if any, applies to you. And then discuss all the possibilities with her doctor.

The greatest criticism women have is that doctors don't take their pain seriously. Often, after a very cursory examination, the woman will be put on a course of antibiotics, and when these do nothing to alleviate the problem another antibiotic is prescribed, and then another until the woman realizes she's been on antibiotics for years and still has the pain. At this point the doctor may prescribe tranquilizers—that is if tranquilizers weren't prescribed in the first instance, as they often are.

Sometimes it is not the doctor's fault that the problem cannot be identified. It was only in 1986 that doctors at St. Mary's Hospital Medical School, London, identified enlarged veins in the pelvis as a cause of pelvic pain. It was not until the researchers had examined the pelvic veins with X-rays after they had injected the wall of the womb with opaque dye and watched it draining away that the problem could be identified, because in a normal examination the woman lies down and in that position the veins empty.

Conversely, doctors can sometimes be blamed for taking a woman's pain too seriously. According to Dr. Patrick Hogston of the Princess Anne Hospital in Southampton, England, many women who have received extensive gynecological investigations and perhaps surgery are actually suffering from irritable bowel syndrome—which certainly need not be treated so that one loses one's ability to conceive. Indeed, many women have the experience of doctors' overenthusiasm for surgery. One woman I know who had had years of unexplained pelvic pain collapsed one day and awoke to find herself in a hospital bed with a doctor there holding a clipboard and form he wanted signing. They were going to open her up and he wanted permission to remove anything he felt was the cause of the problem. She immediately got up and dressed and went to the safety of her home. She decided to test for food allergy and found eggs to be the cause of the problem. She cut out eggs and any product with eggs and the pain went. Now, some years later, her body seems to have adjusted chemically and she can once again enjoy a boiled egg—with her two-year-old son.

Endometriosis

Endometriosis is estimated to affect well over one million women in Britain—a staggering figure. And stagger is the word: the pain can be unbearable. This is a very mysterious and previously unrecognized condition for which the cause has not yet been found. It involves a type of endometrial cells, which normally line the uterus, traveling to other parts of the pelvis and, indeed, elsewhere in the body. How the cells grow outside of the uterus is a great mystery for which at present there are three main theories: they pass through the fallopian tubes into the pelvic cavity; the cells travel in the blood and lymph channels; or that these are remnants of embryonic tissue that weren't placed properly, as it were, and which become active when puberty activates the hormones.

The condition is sometimes diagnosed when the woman complains of severe pain with menstruation or sex but can only be confirmed when a laparoscopy is performed. This involves the insertion of a fiber-optic tube through the skin to examine the abdominal cavity. Often, the diagnosis is made when the woman undergoes examinations to find the cause of her infertility. The rogue endometrial cells can gather into very large clumps and attach themselves to any comfortable niche—around the ovaries, fallopian tubes, intestines, and lungs. I have seen cases where the tissue has found its way to the arms and even the cheeks.

Early diagnosis is important to avoid repeated surgery or partial or full hysterectomy as the cells cause increasing havoc to the reproductive organs. An estimated 40 percent of sufferers may become infertile. Signs to watch out for are pain during sex, menstruation, or ovulation; heavy and irregular bleeding; and pain when clearing the bowels or urinating. Sometimes there are no symptoms and the problem is only identified during infertility examinations.

Present medical treatment is usually Danazol, a testosterone-like drug. Its side effects can be disastrous. These are recognized by the manufacturers although the patient is seldom informed of the trouble she might be letting herself in for, probably because the doctor knows there is little choice in the available treatment. Side effects of Danazol include hot flashes, sweating, vaginitis, itching, weight gain, decrease of breast size, hairiness, loss of libido, ceasing of menstruation, lowered voice, acne, nervousness, and instability. Which might be worthwhile if the drug works for you.

Obviously, endometriosis is a very serious problem which encompasses every aspect of womanhood from fertility to beauty. But there is hope. Aromatherapy is one of the most effective ways to rid yourself of—or at least put into remission—endometriosis. Exercise, swimming, good food, and vitamin supplements all help, as does "de-stressing"—taking a good look at your lifestyle, identifying the stressful areas and trying to cut them out. This is a condition that must be handled with care and that means using a properly qualified therapist, who has accurate information and uses absolutely pure essential oils.

But this is a book about do-it-yourself and there are some things you can do without professional help. Try to get a friend to give you massages—they are tremendous for de-stressing. In addition, use the following two-part treatment.

The bath treatment involves taking alternate hot baths and cold sitz baths. Run hot but not uncomfortably hot water into the bath and prepare a bowl of cold water for the sitz. A baby bath or dishwashing bowl will do as you need to lower your rear end into it, and "sitz." (Ideally, you need to sit in waist-deep water and in clinics there is equipment to facilitate this. But with ingenuity you might be able to find a piece of suitable equipment—try a garden center for large plant pots!) Now put 9 drops of the synergistic blend formula into the hot bath only.

ENDOMETRIOSIS BATH
SYNERGISTIC BLEND

Geranium	10 drops
Rose Maroc	5 drops
Cypress	2 drops
Nutmeg	10 drops
Clary-sage	8 drops

Blend these 35 drops or more in these proportions

Stay in the bath for at least fifteen minutes and then move to the cold sitz bath. Stay there for five minutes and then get back into the hot bath. You may need to add a little hot water to the bath so that it is still comfortably warm second time around. The number of times you go in and out of both baths—a complete cycle—depends upon the severity of your case, but aim for between two and four cycles. The object of the exercise is to get the blood vessels to contract and dilate, and it should be carried out daily.

If you find it impossible to "sitz" you can use an ice pack instead. Or, come to that a packet of frozen peas! Place whatever you are using on your sacrum area—the big bony point on your lower spine, just above the coccyx. Hold it there for five minutes and then get back into the hot bath, as above. Make sure you place the ice pack or pea packet in a towel so that you don't get ice burns.

The second part of the treatment involves massaging twice a day with the following formula. Massage over the whole of your abdomen and over the hips.

ENDOMETRIOSIS MASSAGE OIL
SYNERGISTIC BLEND

Clary-sage	5 drops
Rose Maroc	5 drops
Geranium	10 drops
Nutmeg	10 drops

Dilute in 2 tablespoons vegetable oil
or
Make a synergistic blend using these proportions and 5 drops per 1 teaspoon base vegetable oil

If the pain is particularly bad during menstruation make up a separate bottle of massage oil using double the quantities —60 drops of essential oil to 2 tablespoons vegetable oil—and use this during the week before each period is due. This double-strength oil should be used three times a day on the same areas as above. So even if you are at work take the bottle in with you and do it at lunchtime. No excuses—this is your uterus you are trying to save! For the abdominal/hip massage you will need only a little oil—about the size of a quarter as it sits in the cupped palm of your hand.

Salpingitis

Salpingitis is an inflammatory condition of the fallopian tubes caused by the streptococci and staphylococci bacteria. It sometimes follows acute appendicitis or an abortion, and can cause a great deal of pain in the lower abdomen. Other symptoms are fever, vomiting, and vaginal discharge. If left, it can become a chronic condition producing heavy periods, pain on intercourse, and inflamed ovaries. The danger is that scarring will obstruct the fallopian tubes and lead to an ectopic pregnancy or infertility. Surgery is sometimes necessary.

Unfortunately it is difficult to diagnose and symptoms can go on for a few months. If salpingitis is diagnosed it must be treated immediately. You will probably be prescribed antibiotics, but use the two-part essential oil treatment given below as well. The essential oils make the body more receptive and gear it towards healing, and are themselves antibiotic.

You should rest in bed for as long as possible. Eat fresh food, especially fruits and vegetables, and drink plenty of mineral water. In addition, take vitamin C to tolerance levels—that is, as high as possible without it causing diarrhea. Massage one of the following formulas over the whole of your abdomen three times a day:

SALPINGITIS MASSAGE OIL FORMULAS

FORMULA 1

Lavender	10 drops
Thyme	5 drops
Tea tree	10 drops
Chamomile Roman	5 drops

Diluted in 2 tablespoons vegetable oil

FORMULA 2

Cinnamon	9 drops
Red thyme	9 drops
Lavender	5 drops
Chamomile German	7 drops

Diluted in 2 tablespoons vegetable oil

You should also use a cotton tampon soaked in essential oils. This should be inserted into the vagina during the day; make sure to remove it before going to bed at night. There is a choice of two treatments: make your choice dependent upon which ingredients are most speedily arranged.

Simply soak the cotton tampon in one of the following mixtures:

SALPINGITIS TREATMENT:
COTTON MIXTURE A

Lavender	3 drops
Niaouli	3 drops
Chamomile Roman	3 drops
add to	
Honey	3 teaspoons
Clay*	1 teaspoon

Blend together well

*The clay could be any clay; green is best.

From this blend take half a teaspoon and mix it into 5 ounces warm water in a bowl. Soak the tampon and insert into the vagina three times a day.

SALPINGITIS TREATMENT:
COTTON MIXTURE B

Chamomile German	3 drops
Lavender	2 drops
dissolved in	
Glycerine	1 teaspoon

Add to 1 cup warm water

Soak the tampon and insert into the vagina twice a day.

Chlamydia

Pelvic pain is just one of the symptoms of chlamydia. Other symptoms include flu-like effects, fever, conjunctivitis, painful bowel movements; and profuse vaginal discharge in women and discharge and/or bleeding from the penis in men. If the infection spreads to the uterus, urination may become frequent and painful and periods may become heavier and more conjunctivitis and pneumonia in unborn babies. Untreated, chlamydia attacks the fallopian tubes, causing infertility. One of the main problems with the condition is that it can be symptomless until it becomes severe. Another is that the symptoms come and go and are dismissed as just routine, inexplicable "women's problems."

Chlamydia is one of the most common sexually transmitted diseases in the world. It is often associated, rightly or wrongly, with gonorrhea. It is estimated that there are 170,000 new cases of chlamydia each year in Britain and the effect on those who have it—and those who don't know they have it—is very saddening indeed. One survey found chlamydial infection present in 100 of 200 women who were seeking in vitro fertilization because they had fallopian tube damage. Of 39 who had previously had an ectopic pregnancy, 27 were found to have had chlamydia. All sexually active people with more than one partner should occasionally have a checkup at a special clinic, and women who have had an ectopic pregnancy should take particular care to visit a clinic where the chlamydia test is available.

Before 1970 it was thought that chlamydia trachomatis, the organism responsible, was a virus because it thrives in live cells. Now it is known to be a bacterium. It seems to prefer attacking young women, and particularly those on the birth control pill or with an IUD, although this may simply be because young women have more partners and neither method provides the safety of barrier methods of contraception such as the condom.

Chlamydia trachomatis is a hardy little organism and it needs attacking on all possible fronts. As well as the antibiotics the doctor will prescribe, use the following treatment because the essential oils put the body into good condition as well as them-

ESSENTIAL OILS TO FIGHT CHLAMYDIA

Tea tree	Niaouli
Eucalyptus radiata	Red thyme

Here is a very effective synergistic blend which can be used by women for the cotton tampon method of treatment and by men and women in the alternate bath treatment:

CHLAMYDIA SYNERGISTIC BLEND

Tea tree	15 drops
Niaouli	5 drops
Lavender	5 drops

Blend using these proportions

Put 4 drops of the above into half a pint of warm water and soak the tampon. Insert twice a day, morning and evening. Remove before going to bed and use a new tampon each time.

The two-part treatment should be followed by both men and women. The first part consists of alternate baths. Use the bath and a bowl or pan—a dishpan or a baby bath will be fine—and put warm water into the big bath and cold into the dishpan . . . less torturous than the other way around! Add 5 drops of the synergistic blend to both baths and lower yourself into them alternately four times over a twenty minute period. Do this three times per week.

In addition, massage daily over your lower abdomen using the following formula:

CHLAMYDIA MASSAGE OIL FORMULA

Red thyme	10 drops
Tea tree	15 drops
Niaouli	5 drops

Diluted in 2 tablespoons vegetable oil

AV1 (Dermatect)* can be substituted for both the alternate bath and massage oil treatments. Use 30 drops of Dermatect to 2 tablespoons vegetable oil.

Pelvic Inflammatory Disease

Pelvic inflammatory disease (PID) is an umbrella term which covers several inflammatory conditions. Pelvic pain and abdominal tenderness are classic symptoms. Too often, PID is a term used to describe specific conditions, chlamydia and salpingitis among them, and far too often it is given as a diagnosis when no other more specific diagnosis is made. Use of antibiotics is the usual catchall treatment that all too often misses.

As more research is carried out on women with recurrent PID it is becoming clear that their partners are re-infecting them over and over again with a condition that is more often than not symptomless in the male partner. One survey at St. Thomas' Hospital, London, found non-gonococcal urethritis present in 46 partners of 58 women being treated. Over 75 percent of these men had no symptoms. Clearly, a woman looking for an accurate diagnosis of her pelvic pain should consider asking her partner to go to a special genito-urinary clinic for testing.

Any inflammatory condition can be helped by the chamomile family of essential oils, and their effectiveness is increased by the synergy with lavender. The following treatment will not conflict with any antibiotics being prescribed:

PELVIC INFLAMMATORY DISEASE
SYNERGISTIC BLEND

Peppermint	10 drops
Chamomile German	10 drops
Lavender	5 drops
Bergamot	5 drops

Make up a bottle of synergistic blend using the above proportions and add 6 drops to each bath. In addition, make a bottle of massage oil using 5 drops syner-

ble oil and rub over the whole of the abdominal and pelvic area (but not near the genital region), including the lower back, twice a day.

Pelvic Pain Syndrome

The veins which serve the female reproductive organs are unique in human physiology because they have no valves and can dilate during pregnancy to three times their normal state. It is presumed this is so that they can better serve the growing placenta and the baby. In some women, however, these veins dilate in the nonpregnant state and cause pain. Typically, the pain is dull with occasional sharp pangs. Sometimes the pain can be so bad that the woman is admitted to the hospital, where appendicitis or an ectopic pregnancy are suspected and the woman undergoes unnecessary surgery. Although most women experience the pain on one side most of the time it usually also occurs on the other side on some occasions. It is exacerbated by walking or lifting heavy objects and is worse during or after sex when blood is directed to the reproductive area. Other symptoms of pelvic pain syndrome (PPS) are backache, vaginal discharge, and headaches.

Women with PPS are often labeled neurotic by their doctors because the condition is difficult to diagnose. When the woman's pain is taken seriously and exploratory surgery is carried out, the blood drains out of the veins in the lying down position and so nothing wrong can be seen. If, however, a follicular cyst is discovered during the examination this may be thought to be the cause of the problem and may be removed, leading to tubo-ovarian scar tissue which can impair fertility. Another danger for women presenting pelvic pain for diagnosis is that they pelvic inflammatory disease when this is not actually the problem and the antibiotics will do nothing to alleviate the condition. When the next bout of PPS comes along it is taken as a recurrence of the inflammation and more antibiotics are given, and so the cycle continues—possibly for years.

For PPS the following essential oils are recommended:

PELVIC PAIN SYNDROME
ESSENTIAL OILS

Nutmeg	Black pepper
Clove	Ginger
Bergamot	Geranium
Coriander	Thyme
Rose	

Treatment involves twice daily massage and three times weekly sitz baths. Ten days before your period is due begin to massage twice, in the morning and evening, and continue for at least eight weeks. You can make your own formula using the list above, to a total of 30 drops per 2 tablespoons base vegetable oil, or use the formula below. Massage front and back from waist to knees:

PELVIC PAIN MASSAGE OIL FORMULA

Nutmeg	5 drops
Geranium	15 drops
Black pepper	5 drops
Ginger	5 drops

Diluted in 2 tablespoons vegetable oil

The second part of the treatment involves alternate warm and cold sitz baths. This is not meant to be either pleasurable or sadistic, merely to cause alternate dilation and contraction of the veins to disperse the engorgement or constriction of blood in the pelvic veins. Follow the bath treatment three times a week, and do a

PELVIC PAIN SYNERGISTIC BLEND
FOR WARM BATH

Ginger	5 drops
Rose	2 drops
Bergamot	8 drops

Make a concentrate using these proportions.

Use 3 drops of this in a warm bath run to hip level; sit for ten minutes.

COLD SITZ BATH

Coriander	1 drop

Stay in for five minutes

If you cannot obtain the essential oils to make up this treatment, use 5–6 drops of a single oil or combination of oils from the main list above in your regular baths. And if you have all the oils for the sitz treatments, use the PPS essential oils in your usual baths as well.

Gynecological Problems ◆◆◆◆◆◆◆◆◆◆◆◆◆

Thrush (Candida)

This is one of the most common, annoying, and irritating infections that women have to deal with. Thrush is on the increase due to the use of antibiotics, the birth control pill, to stress and tension, and various other ingredients of modern life. The constant irritation can cause depression and, one way and another, thrush can be a plague on sexuality. Indeed for some couples it puts a stop to all sexual activity. The fungus Candida Albicans is responsible for all the trouble and can be transmitted from partner to partner. Some researchers think that men are the carriers, although they don't always carry the symptoms. If you have a partner it is as important for him to get treatment, whether he has symptoms

The real problem with thrush is that it can lead to more dangerous conditions such as nonspecific urethritis (NSU) which may make urination very painful and can, in turn, lead to Reiter's disease, which is a form of crippling arthritis, and inflammation of the cervix. Thrush is no minor aggravation; it needs to be taken seriously and treated.

Thrush thrives on sugar so the first thing to do is change to a wholefood, sugar-free diet. Bicarbonate of soda also helps to clear the condition, as do garlic, yogurt, and of course, nature's essential oils.

Thrush can completely exhaust people —and their relationships. Judith was nineteen when she came to see me for thrush. She had had only one lover, her current boyfriend Peter, and yet she had already come to the conclusion that sex was more trouble than it was worth! Thrush had so worn her down that she was depressed, irritable, and tired; sex was impossible because her vagina had become raw and her work was suffering because her ability to concentrate was being impaired. As a result of her troubles Judith couldn't sleep and had begun to eat all the wrong foods —purely for comfort.

It was very sad to see such an attractive young woman on the downward slope just because of a horrible little fungus. She and Peter had already been to the doctor together and tried the usual treatment: pessaries, creams, and antibiotics, which had only made the condition worse. She was desperate.

First, I changed her diet to a wholefood one—the only sugar allowed was the natural sugar of fruits and fruit juices. She was advised to cut out all coffee and tea and to take three tablets of Acidophilus daily. These are freeze-dried bacteria which enter the system and wage war on Candida Albicans (the only form of biological warfare

have thrush or not, these Acidophilus tablets are well worth knowing about because they encourage the growth of "friendly" bacteria which means that the body can do a better job of elimination. Keeping the intestines clean, eliminating bad breath and flatulence, improving the complexion, and reversing the damage caused by antibiotic treatment are just some of their benefits.

The mucous membrane of Judith's vaginal tract was completely raw and she could hardly bear to urinate, so my first concern was to make an essential oil cream for her to apply to the delicate area to relieve the soreness and awful itch. You can do this yourself by adding 2 drops of any of the essential oils that appear on the list that follows to 1 teaspoon of either vitamin E ointment or KY jelly. Judith's discharge was very thick and heavy and I treated this with yogurt and essential oil, first in a douche and then in a thicker solution inserted into the vagina every day for two weeks.

When I saw Judith again after two weeks she looked a different person. The scowl she had worn on her last visit had gone and she was no longer nervous. The symptoms, she told me, had gone. Peter had played his part too. Here is the treatment I had advised for him.

THRUSH TREATMENT FOR MEN

Change of diet, as above
Three tablets of Acidophilus daily

Tea tree	5 drops
Patchouli	5 drops

Combine and add 1 drop to a bowl of warm water and wash under the foreskin twice a day

and

Dilute in 2 tablespoons vegetable oil and apply under the foreskin once a day. See page 266 for further treatment.

Now that you know you are not going to be reinfected by your possibly symptomless partner, take a look at the essential oils which will help to clear up your case of thrush:

ESSENTIAL OILS FOR CLEARING THRUSH

Chamomile German	**Geranium**
Yarrow	**Rosemary**
Marjoram	**Tea tree**
Cajeput	**Myrrh**
Eucalyptus	**Thyme**
Lavender	**Patchouli**

There are several ways to treat thrush, so find the one most effective for you. First, the yogurt way. The yogurt used here must be whole-milk, natural, white, unpasteurized, and with the live acidophilus culture—obviously, no additives or preservatives. If you can't find a "live" yogurt that fits the bill, forget this method for now.

Using yogurt with essential oils provides a dual action—the lactic acid and "friendly" bacteria of the yogurt plus the antibiotic and antifungal properties of the essential oil. You can prepare a carton of yogurt for this purpose and keep it in the fridge. This method is very effective if you have a lot of soreness and itching:

Chamomile German	5 drops
Lavender	5 drops
Tea tree	5 drops

Add to a 4 ounce carton of yogurt (as above) and stir well

Now we get to the fun part—trying to get the yogurt mixture into the vagina! Use either an applicator for inserting pessaries or a tampon applicator. If the latter, remove the tampon and scoop as much yogurt into the applicator as you can (in the end which

normally holds the tampon). You will need to close off the end of the applicator that normally pushes the tampon into the vagina; either use a piece of adhesive tape or plug it tightly with cotton wool. Insert the applicator now as you would with a tampon. This will enable you to get as much yogurt mixture into the vagina as is necessary. Use once a day until the condition has cleared up.

Another way of using yogurt is to dilute it in warm spring water until a thick fluid has been obtained. Then add the following essential oils:

Geranium	3 drops
Marjoram	2 drops
Patchouli	1 drop

Add to 4 ounces yogurt and spring water and stir well

Place this mixture into a douche and wash out the vaginal tract twice a day. If you don't have a douche, here is another method but it is not as effective and therefore takes longer to clear the thrush away. Put the yogurt and essential oils into a bowl of warm water and lower yourself into it, submerging the whole genital area. Open the vagina with your fingers and push as much water as you can with the palm of your other hand into the vagina. If you find this too difficult, just open the vagina as wide as possible and allow the solution to enter. Alternatively again, soak a tampon in the yogurt mixture and insert into the vagina once a day in the morning, making sure to remove the tampon at night.

Thrush can also be treated by using the vinegar and water methods. The vinegar should, of course, be an entirely natural product with no additives or preservatives—apple vinegar is excellent. It is important that the vinegar should be sugarless as the thrush fungus thrives on sugar. Vinegar can help to restore the acid balance of the vagina.

THE VINEGAR TREATMENT FOR THRUSH

To 2 tablespoons of vinegar add

Lavender	2 drops
Rosemary	2 drops
Tea tree	2 drops

Mix together well, then add to 2½ cups warm water

When you have the completed solution, soak a tampon in it and insert into the vagina. Do this daily, in the morning, remembering to take it out at night. Alternatively, use the entire solution in a douche, daily for three days. If you would prefer to use a bath method, add the solution made up as above to a bath that has been run until it is at hip level and add 1 tablespoon of rock salt, as salt also helps to heal the mucous membrane. (The salt addition, however, can only be used in the bath method, not the douche or tampon method.)

When the mucous membrane of the vagina is inflamed and very sore it is sometimes better to use yet another method—bicarbonate of soda. This works in the opposite way to the yogurt or vinegar method as it increases the alkaline content of the vagina instead of the acid content, making the vagina too alkaline for the fungus Candida to grow.

THE BICARBONATE OF SODA TREATMENT FOR THRUSH

Dilute ½ tablespoon bicarbonate of soda in 2½ cups warm water

and

Dilute

Lavender	2 drops
Yarrow	2 drops

In 1 tablespoon vegetable oil

Mix together as well as possible

Although water and oil don't mix, do as best you can and don't worry about it as this is an effective way to use the soda with the essential oils of nature. You can soak a tampon in the solution and put it in the vagina, daily, remembering to take it out at night. Alternatively, use the entire solution in a douche, daily for three days. And if you prefer the bath method, pour the entire solution into a bath that has been run up to the level of your hips. One way or another, you're going to banish the nasty little thrush fungus from your life!

Vaginal Infections and Inflammation

When treating the vaginal tract you must remember that undiluted essential oils can burn the delicate mucous membrane tissues and so they must be used in a diluted form. There are various methods to treat these conditions—just find the method included here that you are most happy with using.

If you have an infection where there is a large amount of discharge it is important that you should see a medical practitioner before attempting self-treatment as this could be a sign that there is something more seriously wrong. Also, your sexual partners should be seen by a practitioner and all sexual activity should stop until the infection has cleared up. If you absolutely can't say "no" to sex, use a condom as this reduces the risk of passing the infection back and forth between you.

Trichomonas

Here is a synergistic blend formula for trichomonas. As you know by now, you make up the synergistic blend and then add the recommended number of drops taken from this concentrate, depending upon the method you intend to use. It is important that whatever method you choose you should keep up the attack—use the essential oil remedy regularly and do not be tempted to double the dose, thinking you will be doubling your chance of recovery—instead use for twice as long. Follow the method preparations as described in the section on thrush.

TRICHOMONAS SYNERGISTIC BLEND

Tea tree	5 drops
Cypress	4 drops
Lavender	8 drops
Red thyme	3 drops

CHOOSE YOUR METHOD FROM THESE:

8 drops in a Sitz Bath, daily
4 drops in yogurt
4 drops in yogurt and 2½ cups water
4 drops in bicarbonate of soda and 2½ cups water
4 drops in vinegar and 2½ cups water
2 drops in 2½ cups water on a tampon
5 drops per teaspoon vegetable Massage Oil—use twice a day, morning and night (keep the unused ½ teaspoon in an eggcup for the evening massage).

Now let us look at the essential oils that can help to clear up some of the other debilitating infections and inflammations that women are prone to:

ESSENTIAL OILS TO HELP CLEAR VAGINAL INFECTIONS

Cinnamon	**Red thyme**
Juniper	**Origanum**
Hyssop	**Tea tree**
Lavender	**Eucalyptus**
Rosemary	**Cypress**
Sage	**Niaouli**
Clary-sage	

ESSENTIAL OILS TO HELP CLEAR INFLAMED VAGINAL TISSUES

Chamomile German	**Tea tree**
Lavender	**Eucalyptus**
Yarrow	**Angelica**

Many conditions can be helped by the use of essential oils—you may like to experiment yourself, taking care to follow the golden rules for the use of douches, or choosing one of the other methods outlined here.

SUMMARY OF METHODS OF USE

DOUCHES
If specified, you can douche once a day for three days each week. Always add the oils to spring water that has been warmed.

SITZ BATH
Drop formula into bath of water run to hip level. Sit there for at least 15 minutes.

TAMPON METHOD
Soak tampon in mixture of essential oil and other ingredients, as directed. Place in vagina in morning and take out at night.

CREAMS
Add formula to 4 ounces vitamin E ointment or KY jelly.

MASSAGE OILS
Add formula in proportion to a total of 30 drops per 2 tablespoons any vegetable oil including soya, almond, sunflower, borage seed, evening primrose, jojoba.

GLYCERINE
Available from any pharmacy, glycerine makes essential oils less harmful to vaginal mucous membrane and lessens irritation. Add essential oils to glycerine before adding this mix to water.

Some Other Conditions

Here now are some formulas you may like to try for those common and persistent problems. The methods are options—you can use up to two methods at any one time.

LEUKORRHEA is a noninfectious, catarrhal-type discharge from the vagina, usually caused by an overproduction of dead cell, usually in a thick, white substance:

FORMULA

Clary-sage	2 drops
Juniper	2 drops
Red thyme	1 drop

Dilute in 2 teaspoons glycerine

METHOD OPTIONS
Sitz bath, daily
Massage, daily
then
In 2½ cups water
Douche, daily for 3 days a week only

NONSPECIFIC VAGINITIS gives a heavy discharge, usually white or yellow and sometimes streaked with blood. The vagina is very sore and itchy and there may be a burning sensation on urination:

FORMULA

Lavender	2 drops
Cypress	1 drop
Hyssop	1 drop

Dilute in 2 teaspoons glycerine

METHOD OPTIONS
Sitz bath, daily
Massage, daily
then
In 2½ cups water
Tampon, daily
Douche, daily for 3 days a week only

VAGINALIS GARDNERELLA (Hemophilus bacteria) is an infection of the vaginal

secretion. It is normally present in the healthy vagina but gets troublesome when the vagina becomes too alkaline, making the vagina very itchy and giving a white or gray discharge:

FORMULA

Lavender	1 drop
Tea tree	1 drop

Dilute in 1 teaspoon vinegar plus ½ teaspoon lemon juice

then

In 2½ cups water

METHOD OPTIONS

Tampon, daily

Douche, daily for 3 days a week only

ATROPHIC VAGINITIS isn't really an infection but an inflammation of the genital walls caused by a decrease in the female hormone estrogen. This can leave the vagina exposed to infection.

OIL METHOD

Chamomile German	5 drops
Lavender	5 drops
Clary-sage	5 drops

Dilute in 2 tablespoons hazelnut, safflower or almond oil and use at least 2 teaspoons a day, tampon or massage

CREAM METHOD

Yarrow	5 drops
Lavender	5 drops
Clary-sage	5 drops

Add to 4 ounce jar of cream and insert into vagina using either fingers or applicator

Clearly, there are a great variety of possible infections and if you have a discharge you must certainly get it diagnosed accurately. If you intend to try self-treatment with the essential oils it is important that you use the absolutely pure product so please see the section "Blending and Mixing" which gives advice on how to identify the pure product and find suppliers. Also, if you intend to use the douche method, read that section too before starting your treatment with essential oils. I can assure you, however, that providing you follow all the directions carefully, you may find a solution here that has hitherto eluded you.

Polycystic Ovarian Disease

Ovarian cysts are abnormal growths, usually filled with fluid, that are liable to bleed or to become twisted in places, causing pain. It is estimated that 100,000 women in Britain have POD. As well as the pain, other effects are weight gain, hairiness, and various hormonal upsets. And for 28 percent of those who fail to ovulate, it is the reason for their infertility. For POD I recommend the following formula gently rubbed over the abdomen once a day:

POLYCYSTIC OVARIAN DISEASE SYNERGISTIC BLEND

Clary-sage	10 drops
Fennel	10 drops
Geranium	7 drops
Rose	3 drops

Add these amounts to 2 tablespoons vegetable oil

or

Make a synergistic blend using these proportions and use 6 drops to a bath, and make an oil using 5 drops synergistic blend to 1 teaspoon vegetable oil

Uterine Prolapse

Difficult or repeated childbirth can stretch the ligaments that hold the uterus in place, causing the uterus to displace and drop. In severe cases the uterus may protrude out of the vagina; in mild cases, no more than an unpleasant dragging sensation is experienced. There are not usually any side effects except that pressure on the bladder sometimes causes slight incontinence. Surgery is often performed; or a ring-pessary is fitted around the cervix to hold the uterus in place.

There are no magical oils to repair the elasticity the ligaments have lost but there are a few oils that can help relieve the feeling of pressure. Exercise is of the highest importance. Stand with your legs about two and a half feet apart (or six inches more than is comfortable) and pull the muscles up from the vagina as if trying to stop yourself while urinating. Do this as many times as you can manage during the day, while washing dishes or cooking, for example; it need not take time out of your day.

Also use the following oil, rubbed over the lower abdomen and back twice a day:

UTERINE PROLAPSE LIGAMENTS AND MUSCLE TONER

Nutmeg	10 drops
Rosemary	10 drops
Lemon	10 drops

Diluted in 2 tablespoons vegetable oil

Baths with nutmeg and lemon essential oil also help—2 drops of each every time you bathe.

Uterine Cancer

Uterine cancer is a malignant growth situated in the womb. This type of cancer is most usually found in postmenopausal women. High risk groups include the childless and women who have a later menopause. If you have any bleeding from the vagina or an offensive discharge after the menopause, go to the doctor right away. Don't leave it, as time is always of crucial import in cancer treatment, which consists of chemotherapy, irradiation, and surgery.

Home treatment with essential oils involves alleviating the stress and anxiety that is an inevitable consequence of this condition and treating the skin before and after irradiation to prevent radiation burns. To begin with here is a choice of oils from which you can make a tummy rub; these have been found very useful by many aromatherapists treating patients with uterine cancer:

UTERINE CANCER OILS

Geranium	Always make sure you include 50 percent to any mixture

Use a total of 4–6 drops in baths

or

Cedarwood	Rose
Niaouli	Myrrh
Lemon	

Use 5 drops essential oil to 1 teaspoon vegetable oil when making the tummy rub oil

In my practice I have seen many burns that could have been avoided if essential oils had been used beforehand. This formula is for the treatment of all irradiation burns:

IRRADIATION FORMULA

Lavender	10 drops
Chamomile German	5 drops
Chamomile Roman	5 drops
Tagetes	5 drops
Yarrow	5 drops

Diluted in 2 tablespoons vinca-infused oil

or

2 tablespoons marigold-infused oil

The base oil that you use for this treatment is very important. Vegetable oils will do, but much better options are vinca and marigold. The periwinkle, from which vinca is made, is known to contain certain alkaloids which in some cases can suppress the cancerous cells when taken in the form of drugs. If you have the plant in your garden make an infused oil, following the instruction on page 326. If you don't have the raw material, dried vinca, which should be available at any good herbalist, can be used instead. Use this as your base oil. A second option is marigold-infused oil. This shouldn't be tagetes—the African marigold—but just the humble old garden marigold.

Apply the oil once a day to skin that is absolutely clean and dry. Cover the whole torso, including the lower back and abdomen, and pay particular attention to the trauma area. In the case of the uterus, rub well into the tummy; in the case of breast cancer, into the breasts; and so on.

Try to start using the oils at least two or three weeks before the irradiation treatment is to begin. Sometimes one isn't given an exact date, so start as soon as you are told you are having treatment so that you are prepared even if you are called to the hospital without warning. Don't use it on the days of treatments but use it in between and for at least a month after your last irradiation treatment.

If you are having chemotherapy, use the irradiation formula as well—but again, not during the actual days of treatment.

For any loss of hair due to cancer treatment, help can be given by daily massage of the scalp with jojoba oil. When the hair grows again it will be lush and thick.

Treatment with essential oils will not conflict with the treatment given by your doctors. You should not neglect to visit your doctor for referral to specialists in the field relevant to your condition. Complementary treatments should be that—complementary. However, there are many things you can do to help yourself. The Bristol Cancer Center (address in appendix) has information on ways to fight cancer with dietary changes and relaxation methods. I cannot stress enough that to prevent the spread of cancer we must make the body as nonhospitable as possible to rogue cells. This means eating properly and alleviating stress wherever possible. Increase your dose of vitamin C, avoid using commercial chemical body and food preparations, and assume as natural a lifestyle as you can manage.

Cervical Cancer

The thought of cancer is terrifying for all women, and as cervical cancer is virtually 100 percent curable in its pre-malignant state, getting a Pap smear regularly should be obligatory for all.

It is thought that a virus is at least partially responsible for cervical cancer and that it is sexually transmitted. This doesn't mean that a woman has been promiscuous, simply that she has slept with one man or more. The increasing incidence of cervical cancer—especially among the younger age group—is attributed to the reduced use of barrier methods of birth control since the advent of the pill.

Cells in the precancerous state could stay that way for up to ten years and it is the cells that are detected by the Pap smear. Nowadays the use of the laser has made treatment fairly straightforward and noninvasive. Symptoms range from irregular bleeding or "spotting" between periods to bladder problems and pain on intercourse. Some women just report "feeling uncomfortable" inside. There should be no need to say this again—but anything unusual

should always merit a visit to your GP. A survey by the Jessop Hospital for Women in Sheffield, England, confirmed that laser treatment doesn't impair in any way a woman's ability to bear children. Another study by researchers at the Middlesex Hospital in London found that almost half the women there because of genital wart infection developed precancerous signs within a year. They recommend women treated for genital warts have a regular colposcope examination. An Australian survey confirms the Middlesex Hospital findings and points out that women who were under twenty-five when the virus was first diagnosed are at particular risk. Clearly, if you fall into this category you must take yourself off to be examined on a more than regular basis.

We cannot say that essential oils prevent or cure cancer because no studies have been carried out. However, natural products certainly play a part. One of the oils used is carrot and the Imperial Cancer Research Fund found that beta-carotene—the vegetable form of vitamin A which carrots provide—is important to prevent the growth of precancerous cells. In a survey of 300 women, it was found that beta-carotene levels were a quarter lower in women with the precancerous cell changes. The researchers recommend an increased intake of beta-carotene as a protective and it can be found as a pill in health food stores, most plentifully among the vegetable group in carrots, followed by green leafy vegetables, apricots, prunes, and peaches. Apart from its vitamin qualities, essential oil of carrot is a powerful cleansing agent which stimulates the liver and gall bladder. I recommend it added to grated, raw, or cooked carrots. Make a carrot soup and add 4 drops to each bowl—and eat several a week. If you prefer, add 2 drops of carrot oil to a teaspoon of honey, and take once a day for two weeks after laser treatment.

Cervical cancer has been associated with stress and, of course, having the disease can add more distress. To alleviate any stress and fear in women with cervical cancer I recommend the following essential oils:

CERVICAL CANCER ESSENTIAL OILS

Geranium	**Rose**
Carrot	**Niaouli**
Benzoin	**Lavender**
Lemon	**Clove**
Frankincense	**Cypress**
Myrrh	

Make yourself a blend using the list above and add 6–8 drops to your bath. For a body rub add 5 drops of essential oil to 1 teaspoon base vegetable oil. There are some delightful oils on the list, and with a little experimentation you will be able to mix yourself a treatment that smells so appealing you will forget that this is a medicinal treatment and experience it simply as a body and mind pampering delight. You may use the oils singly if you prefer.

Alternatively, follow my formulas:

FOR BATHS

Geranium	10 drops
Lavender	5 drops
Frankincense	5 drops
Benzoin	7 drops
Lemon	10 drops

Make a synergistic blend and add 6–7 drops to each bath

FOR BODY OIL

Benzoin	10 drops
Cypress	10 drops
Geranium	10 drops
Carrot	5 drops

Blend all together and add to 2 tablespoons vegetable oil

Massage the oil well into your lower abdomen, hips, and lower back, at least twice a day.

Try to adopt as positive an attitude as you can in the circumstances and do what you can to help yourself. According to a five-city American study a few years ago, women who have smoked regularly at some time in their lives are twice as likely to develop cervical cancer as those who have not. The more recent the smoking, the greater the risk. Clearly, it would seem sensible to put as far a distance as possible between tomorrow and the end of smoking. So give up today if you can. Diet is an important aspect of cancer care, and I suggest you write to the Bristol Cancer Center for further information on this, or refer to the many books on the subject. Relaxation is important, so take up yoga or some other relaxation method.

Other Common Problems ◆◆◆◆◆◆◆◆◆◆◆◆◆

Cystitis

Cystitis is the inflammation of the bladder and, sometimes, its outlet to the urethra. It is extremely painful and troublesome and is suffered by many women—some estimates say 50 percent of the adult female population. They feel a frequent need to pass urine, often necessitating getting up many times during the night, only to find that there is little urine to pass but even passing that small amount is very painful. Cystitis is usually caused by bacterial infection and sometimes by minor bruising of the urethral tube and bladder during sexual intercourse (often called "honeymoon" cystitis for obvious reasons). Treatment of the bacterial form should be prompt to ensure that infection doesn't spread to the kidneys.

The bacteria that cause cystitis can become resistant to antibiotics, elevating an acute case into a chronic one. It is very important to drink a lot of fluid—at least two pints of water a day, but avoid tea and coffee. Treatment with nature's essential oils is particularly effective.

OILS TO TREAT CYSTITIS

Rosemary	**Clove**
Thyme	**Cajeput**
Sage	**Cinnamon**
Savory	**Lavender**
Pine	**Fennel**
Niaouli	**Cumin**
Marjoram	**Coriander**
Oregano	**Cypress**
Hyssop	**Eucalyptus**
Basil*	

*See following reservations regarding the use of basil.

You can make up your own formula for a massage oil from the list above, although do not use basil on its own. All the others can be used singly but basil should not exceed one-third of the component parts of a formula, or less. You can use one of my massage oil formulas below, designed for addition to 2 tablespoons vegetable oil, or one of your own. Massage daily, rubbing the oil over your lower abdomen, hips, and lower back. Do this until relief is obtained —in some women that is just two days and in others, two weeks. I have no doubt that you will know when relief comes and when to stop your treatment.

MASSAGE OIL FORMULAS FOR CYSTITIS

FORMULA 1

Basil	10 drops
Lavender	10 drops
Pine	10 drops

Diluted in 2 tablespoons vegetable oil

FORMULA 2

Sage	5 drops
Oregano	5 drops
Niaouli	20 drops

Diluted in 2 tablespoons vegetable oil

An essential oil sitz bath is also very effective in treating cystitis. But, again, do not use basil in sitz baths. Run a bath to the level of your hips . . . and sitz! You can also use a bidet or a bowl. Any of the methods mentioned can be used on their own or in conjunction with a daily massage—it really depends on the time available to you and the degree of your complaint. Here are my sitz bath formulas:

SITZ BATH FORMULAS FOR CYSTITIS

FORMULA 1

Eucalyptus	5 drops
Cinnamon	2 drops
Niaouli	5 drops

FORMULA 2

Rosemary	5 drops
Hyssop	5 drops
Savory	5 drops

FORMULA 3

Cumin	5 drops
Pine	5 drops
Cajeput	5 drops

FORMULA 4

Lavender	5 drops
Marjoram	5 drops
Coriander	5 drops

Varicose Veins

This is one of the conditions where prevention is all important. No one wants to have to wear trousers whatever the fashion to conceal unsightly protruding veins. Nor do we want the aches and fatigue that go with them and can be more difficult to hide. Camouflage makeup is mucky and inconvenient, and anyway cannot hide the protrusions. Support stockings and tights are fortunately nowadays more glamorous than they used to be, and they do have a part to play in prevention.

People who stand all day are at greater risk of developing varicose veins because the blood cannot circulate. Aim to take a walk at lunchtime if your job is a threat to your good looking legs; and everyone confined to a chair all day at the cash register or office should get up from the desk and stroll around from time to time. If the boss asks what you are doing, tell him you are preventing your legs becoming the subject of a workers' compensation case!

If you already have varicose veins, support stockings and tights may help a little to relieve the tiredness caused by the veins, although they do nothing to alleviate the condition itself. That's because 20 denier support can't put enough pressure on a dilated vein to send the blood back around the body and up to the heart. An awareness of the potential problem should encourage us all to take care of our feet and legs. As well as using the essential oils in foot baths, sitz baths, and massage oils, try to put your feet up for a while in the evening after work. Eat good, healthy food and avoid constipation. Take plenty of exercise, and find time to relax—and there's no better time to do that than after a foot and leg massage with the following:

VARICOSE VEIN PREVENTATIVE MASSAGE OIL

Peppermint	5 drops
Cypress	10 drops
Lemon	5 drops
Geranium	10 drops

Diluted in 2 tablespoons vegetable oil (a nut oil is effective here)

Always massage in the direction of the heart, from the foot and up the leg. If your feet and legs feel tired after heavy work, carrying the shopping, or just spending a day out, massage the oil well into the legs, when you get home and again before bedtime.

Foot baths are very good at preventing varicose veins. For the following treatment you need two bowls to put your feet into—one filled with hot water and the other with cold water to which you have added a few ice cubes. Add 2 drops of lavender to the cold water and 2 drops of geranium to the hot. Now put both feet in the cold water and leave them there for five minutes; then put them in the hot water for five minutes. The cold constricts the blood vessels and the hot dilates, sending the blood back around the body. This treatment is also good for tired and swollen legs.

If you stand all day make the effort at least three times a week to have a half-hour foot bath, followed by a leg massage. Use 2 drops of geranium in a bowl of warm water for the foot bath and the massage oil formula above. Then put your feet up and relax. It could be done while watching TV, catching up on paperwork, or peeling the vegetables for dinner. But a more effective treatment is just to sit back and relax completely—what a hard life!

Heart Disease

Men and women over sixty-five are more likely to die of heart disease than any other cause. Lower down the age scale, women figure less than men—two men to one woman in the over fifties age group and five men to one woman in the under fifties. Because men figure so prominently in the statistics, most research has been carried out on them—to the extent that there prevails a myth that women don't suffer heart trouble. Also, there is a shortage of information because their symptoms are different from those of men. According to Dr. Millicent Higgins of the Framingham Heart Disease Epidemiology Study, women's symptoms may be missed or misdiagnosed. This can be catastrophic because although men are more susceptible to heart attacks, women are twice as likely to die as a result of them.

Women should beware of pressure or pain in the chest. This may be intermittent over a period of time. Diabetics, who have trouble with their circulation anyway, are particularly at risk. Smokers aren't doing themselves any good, and if you smother your potatoes in butter, I'll say goodbye now. So, cut out all fatty foods and eat fewer dairy products. Use olive oil, which studies show to be beneficial to the heart. Eat more fresh fruit and vegetables—they will save your heart and keep you slim. Ensure periods of complete relaxation and aim for de-stressing—by taking a daily soak in the bath or a monthly trip to the masseur, whatever suits you so long as you get off the merry-go-round *some* time. According to Professor Morris, chairman of the Fitness and Health Advisory Group to the Sports and Health Education Board, England, a brisk walk for half an hour daily could reduce by half the risk of heart disease. Perhaps you should walk to work. Plus, do ten minutes' general exercise in the privacy of your home—there's no need to go into mega-routines and you will be more likely to persevere if you don't get too ambitious.

All circulation-stimulating essential oils are good for the heart. Alternatively, try my special heart formula. Rub over the entire front of your torso in a clockwise direction:

PREVENTATIVE HEART CARE FORMULA

Geranium	14 drops
Hyssop	4 drops
Rosemary	8 drops

For the massage oil
If to be used weekly these amounts to 2 tablespoons vegetable oil
or
If to be used daily these amounts to 3½ ounces vegetable oil

Make a synergistic blend using the above proportions and add 30 drops to your chosen bottle of base oil. Also, add 4 drops of the synergistic blend to your bath: and as you lie back, inhaling the delicious aroma, you'll agree that prevention is better than cure.

Osteoporosis

The dowager got her hump from osteoporosis. Her bones got thin and porous and she got a spinal fracture. Forty thousand women in Britain this year will break a hip. You and I may notice nothing until we break a leg. We may think of bone as solid mass and unchanging, but it is a living substance, constantly "remodeling," slowly replacing itself. A child renews its skeleton every one to two years; an adult takes just over a decade. But after about forty we're on a losing curve, and what we are losing is calcium and bone strength. Women are five to six times more likely than men to suffer osteoporosis, and the vast majority of these are in the postmenopausal group. Their susceptibility is attributed to estrogen loss at this time. It used to be thought that once lost, bone mass could not be replaced, but recent studies have shown that mild exercise can increase lumbar spine bone mineral content while lack of exercise allows levels to drop. This is an important discovery because the usual alternative for postmenopausal women is just to watch their bone mass fade away inexorably at the rate of about 2 percent a year. Compared to the menstruating women's 0.2 percent, the acceleration is frightening.

Estrogen replacement therapy is sometimes given at or soon after menopause but cannot replace lost bone mass and carries its own risks. So prevention is by far the best approach to osteoporosis. It is conjectured but not yet proven that an active life gives the higher bone density we need to see us through the later years. A similar "in the bank" factor takes place with calcium—enough before we are thirty-five to forty increases our chances of being able to hold up our backs later. But calcium intake is not such a straightforward procedure. Some women are trying to avoid the dairy products—milk and cheese—that provide most calcium. Others are allergic to them. And calcium can be drawn out of the bones by coffee. Foods we may consider A1 in dietary terms—certain raw vegetables and fruits among them—can hinder calcium absorption. Finding the perfect regime to give the optimum calcium absorption level in any particular person would require a computer: taking into consideration whether or not we smoke, drink alcohol or coffee, and what we eat. Even tap water would have to be in the calculation, as it can provide up to 200mg per day—if you live in a hard water area. Most bottled brands of water give the calcium content on the label. Calcium supplements may be an option but if you lack a particular enzyme, you could get kidney stones.

But while becoming an expert on the complexities of calcium, phosphates, oxalic acid, vitamin D, and all the rest, why not jump into a nice relaxing bath with one, two, or three of the following:

ESSENTIAL OILS

Ginger	**Chamomile German**
Rosemary	**Lemon**
Hyssop	**Thyme**
Fennel	**Benzoin**
Cumin	

Sage	Cajeput
Chamomile	Geranium
Roman	Nutmeg
Yarrow	Mace
Carrot	Clove
Oregano	Niaouli
Black pepper	Bay
Peppermint	

Any of the oils can be used singly in the bath, or make a combination to suit your taste—a total of 4 drops to a bath. In addition, make a body oil and put a generous amount on the most susceptible joints—hips, knees, elbows, wrists, and ankles—before you get into the bath and then massage these areas well once you are actually in the bath. The massage oil can be made by combining any of the oils on the main list or by following my formulas:

MASSAGE OIL FORMULAS

FORMULA 1	
Ginger	10 drops
Nutmeg	7 drops
Carrot	5 drops
Chamomile Roman	8 drops
FORMULA 2	
Benzoin	7 drops
Thyme	4 drops
Black pepper	8 drops
Fennel	11 drops
FORMULA 3	
Lemon	10 drops
Hyssop	5 drops
Rosemary	10 drops
Niaouli	5 drops
FORMULA 4	
Cumin	5 drops
Peppermint	15 drops
Bay	10 drops

If you are fit and healthy, without a creak or groan emanating from your bones, use the above formulas—or 30 drops chosen from the main list—in 3½ ounces vegetable oil for long-term use. But if you feel susceptible to osteoporosis use the above formulas, or 30 drops chosen from the main list in 2 tablespoons vegetable oil, daily. Postmenopausal women are clearly in the risk group, along with diabetics, thin white women, women who have had anorexia nervosa or arthritis, or anyone whose mother had osteoporosis. You should also consider the more concentrated treatment if your knees make a grinding noise when you bend, if you are losing height, or your posture seems to be collapsing in on itself, and if you are experiencing creaking joints. Some women just feel there is something "wrong" with their bones. Living in a soft water area can also make you more susceptible as soft water contains less calcium.

As well as being applied to the joints in the bath, the oils may be used as a body massage, and a full massage on a regular basis would be an excellent preventative measure. A good mineral and vitamin supplement should also help.

Raynaud's Disease

Imagine what it would be like to feel the cold so much that you have to wear ice-workers' gloves to take a packet of fish sticks out of the freezer. I have known women who suffer so badly with this condition that even if they put five pairs of socks on before they go out, their feet will soon be purple and their legs a veritable paint palette with patches of red, orange, royal blue, mauve, and white showing through the color of their skin. Arriving at a party looking glamorous is a bit difficult when you peel off three pairs of gloves and put away your portable pocket heater only to reveal blue hands.

Raynaud's Disease isn't catching and is not really a disease, more a physiological phenomenon relating to the arteries and the sympathetic nerves supplying them. Normally, blood heat is conserved in the cold by the muscular walls of the arteries constricting a certain amount. Conversely, when it is warm outside, the arteries relax and allow blood to the surface of the skin where it can cool down. In Raynaud's sufferers, the arteries go into spasm when it is cold, starving the skin of blood. This then turns the skin numb and white and then, as the tissues lose oxygen, blue. As the spasm ends, oxygenated blood flows again, turning the skin red and sometimes causing throbbing pain.

An attack can last for minutes, days, or weeks, and the sufferer may not know whether a particular attack will last ten minutes or two weeks. The oddest thing can set off an attack—using a power drill, or smoking a cigarette, or holding a bag too tightly. Nine out of ten sufferers are women. Raynaud's Disease isn't usually dangerous but in extreme cases it can lead to frostbite and gangrene. You should have the symptoms diagnosed to make sure the cause is not due to an obstruction in the body pressing on the arteries or a connective tissue disorder, for example. Also, certain drugs can cause the Raynaud's symptoms.

Luckily for Raynaud's sufferers, the essential oils provide an extremely effective remedy to their problem, as many of my patients' case histories show. I shall always remember the young mother who after treatment was able, for the first time she could remember, to go out during the month of January in just her stockings and shoes. Winter was no longer approached with dread.

See how simply and vigorously the essential oils help you. Choose from these oils to make your own formula, or follow that given below:

RAYNAUD'S DISEASE ESSENTIAL OILS

Nutmeg	Rose Maroc
Mace	Palma rosa
Clove	Lavender
Black pepper	Fennel
Geranium	Rosemary

The treatment is a two-part regime of baths and massage, using two formulas on alternate weeks. Here is the formula for the first week:

RAYNAUD'S DISEASE
SYNERGISTIC BLEND FORMULA 1

Nutmeg	15 drops
Lavender	5 drops
Geranium	10 drops

Make a synergistic blend using these proportions

or

Use these amounts to 2 tablespoons vegetable oil for a massage oil

Bathe twice a day—in the morning and before going to bed—using 6–8 drops of the synergistic blend. The water should be hot but not uncomfortable and while you are sitting there, massage your fingers and toes. Add 5 drops of synergistic blend to each teaspoon of vegetable oil to make the massage oil and apply it all over your body except your face. Get your partner or a friend to massage your back for you. Pay special attention to your toes and fingers but do the whole lot—arms, legs, bottom, tummy, chest, and shoulders. Do this daily. If an attack is on, use the massage oil as often as you like and double up on the fingers and toes.

If your toes and fingers are always extremely painful and your skin is perhaps fragile, add 50 drops of tagetes essential oil to 2 tablespoons of made-up massage oil

as given in the formula above. This may seem rather a lot to add, but you are reading it right. Use this formula massage oil during the first two weeks.

Now to the second formula, which is used alternately with Formula 1 until the condition eases off and relief is obtained. Use exactly as directed above—in the bath and as a massage oil, for a week.

RAYNAUD'S DISEASE
SYNERGISTIC BLEND FORMULA 2

Black pepper	10 drops
Geranium	10 drops
Nutmeg	10 drops

Make a synergistic blend using these proportions

Eat lots of onions and fresh garlic and also take garlic capsules. Cut out coffee and tea and drink herbal teas instead. Try rosehip with a drop of cinnamon, orange, or nutmeg essential oil. Although essential oils cannot cure the condition, they can help in easing the symptoms. And if you can drag yourself away from your delicious tea, I'll see you at the ice rink!

Breast Care ◆◆◆◆◆◆◆◆◆◆

We decorate our breasts with pretty lace bras, show them off in revealing clothes, feed our babies from them, and allow our menfolk to fondle them. And yet, even though it could save our lives, how many of us examine our breasts for lumps? Not enough of us, that's for sure. We probably spend more than the five minutes a month needed for examination worrying that our breasts aren't big enough, or small enough, or. . . .

On the subject of breast cancer I would say just one thing. Consider giving up commercial deodorants because these contain aluminum salts which stop perspiration and yet aluminum is a poison which could be absorbed into the skin. Stopping this natural method of excreting toxic substances—which is what perspiration does—is as silly as putting a stop on the other natural methods of excretion. It is bound to lead to trouble. (Those who know about the dangers of aluminum have for many years stopped cooking in aluminum pots.) The pores under your arms need to breathe and so try to avoid deodorants as much as possible, and use a natural product available from health food stores when you really feel the need—when going to a social gathering or whatever.

If you already have breast cancer and radical surgery is proposed, use the soothing massage oil before surgery and the toner massage oil after—both formulas follow. Those having irradiation treatment should refer to the irradiation formula on page 249.

If surgery is proposed for another reason—the removal of a nonmalignant cyst or for a silicone implant, for example—use the toning massage oil before surgery to prepare the breasts and the soothing massage oil afterwards.

If you do find a lump in your breast, do not jump to conclusions. Over two hundred thousand women in Britain each year go to their doctors worried out of their minds and nine in ten will be worrying unnecessarily. The majority of women who go to their doctors about a pain in the breast have a cyclical-related problem to do with the hormone prolactin. Obviously, you must see a doctor if you have a lump or pain. However, essential oils do help all manner of breast problems. They also prevent stretch marks—a common problem due to the fluctuation of breast fatty tissue with dieting.

So, you've done your monthly check and you're fine. Right, now we can firm and tone. Exercise is a must—grip your hands or wrists and exercise the pectoral muscles by pushing the arms together so they come up against the invisible force created by your arm pushing in the opposite direction. Then massage over the whole of the breast area in circular movements, once a day:

BREAST TONING MASSAGE OIL

Geranium	5 drops
Lemongrass	10 drops
Parsley seed	5 drops
Carrot	5 drops
Clary-sage	5 drops

Combine and add to 2 tablespoons vegetable oil

If your breasts are sore, use this soothing formula twice a day:

SORE BREAST SOOTHING MASSAGE OIL

Chamomile Roman	10 drops
Geranium	5 drops
Lavender	10 drops
Carrot	5 drops

Combine and add to 2 tablespoons vegetable oil

Breast Abscess

This is a collection of pus created by bacterial infection, which occurs if an inflammation has been allowed to progress. Women who are lactating should refer to the treatment given on page 223. The treatment here involves three parts. First, apply 2 drops of neat lavender essential oil over the abscess area. Then make a compress by taking a bowl of warm water, adding 5 drops each of tea tree and lavender essential oil, soaking a small piece of material in this, and applying to the area. Also, use the following massage oil formula, applied over both breasts. These three things should be done daily.

BREAST ABSCESS FORMULA

Tea tree	10 drops
Lavender	10 drops
Chamomile Roman	10 drops

Diluted in 2 tablespoons vegetable oil

Cystic Breast Disease

A change of diet seems to help this condition tremendously, as do the essential oils. Try cutting out tea, coffee, and pop drinks and opting for fruit drinks, bottled water, and herb teas. A rapid improvement and even remission of the condition has been found with evening primrose oil in two double-bind, placebo-controlled trials at the Hospital of Wales, Cardiff, and the University of Dundee in Scotland. Have an aromatherapy treatment once every six weeks or get your partner or a friend to massage your back as often as they can with the following formula. You, meanwhile, massage the breasts daily:

CYSTIC BREAST DISEASE FORMULA

Lavender	10 drops
Cypress	5 drops
Chamomile Roman	15 drops

Diluted in 2 tablespoons vegetable oil