



Essential Oils for Pregnancy, Birth & Babies

Stephanie Fritz

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Essential Oils for Pregnancy, Birth & Babies is a reference guide written to educate, inspire and empower pregnant women or anyone assisting them, including midwives and doulas.

Essential Oils for Pregnancy, Birth & Babies Details

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Author : Stephanie Fritz

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From Reader Review Essential Oils for Pregnancy, Birth & Babies for online ebook

Rachel says

This slim volume is a quick and easy read, and a wonderful resource for those who are newly acquainted with essential oils. It also covers most of the subjects (e.g., nutrition, labor, newborn care) likely to be of relevance to pregnant women and new moms, as well as their caregivers.

HOWEVER (and these are significant caveats):

- 1) The author must have been paid by doTERRA to produce this book, because the brand name comes up *at least* once per chapter/section. This isn't to say that the information presented is any less accurate, but I have to seriously question the motive in Fritz telling her readers to use certain oils *every single day of pregnancy*.
- 2) Along the lines of the point above, I have to wonder whether it really is advisable to use such quantities of oils without dilution. Women are hearty, no doubt, but pregnancy can change our basic makeup and it would seem to me advisable to experiment first with dilute amounts of the oils. To say that an oil is "perfectly safe" is misleading and, if wrong, possibly dangerous.
- 3) The term "Certified Pure Therapeutic Grade" (TM) is a trademark of doTERRA. Don't be misled into believing that other brands of oils are not also "pure" or "certified" or of "therapeutic grade."
- 4) The writing is terrible, and poorly edited to boot. Brace yourself for misspellings, sentence fragments, and generally weak sentence structure.

With those caveats in mind, readers may still find this book to be an excellent resource. But I find it sufficiently misleading that I'm not inclined to recommend it, either to the general reader or to people I know. There must be better resources out there for information on essential oils during pregnancy and birth -- ones that are less biased toward a particular brand, and a little more even-handed in their recommendations on usage quantity.

Ms. Luker says

I wished

Adelle says

This book was helpful during my last pregnancy. Some of it worked perfectly, while others didn't make much of a difference. Mostly because each of us & our pregnancies are so different. A good resource.

Celia says

While there is some decent info, the author was very obviously paid by an MLM and or works for one.

Geri says

EXCELLENT RESOURCE!!!

Rachel Summers says

I admit, I skimmed this but I will be referring back to it when needed. Informative and easy to read.

Paula Willems says

This book is a must have for using Essential Oils during Pregnancy Birth & Baby Care. I referred to it daily during my last pregnancy and made it part of my daily routine.

Ashley Curnutt says

can't wait to use this information for the first time! In my third trimester now, and preparing all my roller bottles to be ready for labor and supporting my new baby once born!!

Janine says

Still very conflicted as to if I will use my oils.

Still off a lot of them as the smells are still to strong

Stefanie says

I won't likely follow all of her recommendations, but am interested to try some of her labor blends :)

Ila says

Book 8/52 in the 2018 reading challenge. easy read with Some interesting info to prompt further literature research

Jessi Madrid says

This book is a great read for anyone who uses essential oils, even if you are not pregnant. This book discusses oil with hormones, PCOS, stretch marks, swollen legs etc. Like I said great book for anyone.

S.H. says

Excellent resource covering fertility, pregnancy, birth and babies! I'm looking forward to using many of the doTERRA essential oils that Stephanie Fritz has listed in her book for my very first pregnancy - when the time arrives.

Cindy says

I had two big issues with this book. First off, the book will drive you INSANE if you are a grammar freak. ;) The text is poorly edited which made me have to re-read some sentences multiple times in order to understand what the author was conveying. Second, the book is all about DoTerra oils. She does not endorse following her advice if you use any brand other than that company. It's not a problem for me except the fact that there's no way I can afford to purchase many of those oils. They are so expensive! Despite these inconveniences, the book did contain a lot of useful information that I will put into practice during my last stage of pregnancy, labor, and the days following birth. Thankfully, I already have a few of the more affordable DoTerra oils and look forward to using them regularly.
