SUPPORTING WOMEN’S HEALTH WITH ESSENTIAL OILS

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INTRODUCTION AND WELCOME

• A brief bio - who I am and why I am here

• Western practice:
  – Chronically and terminally ill
  – Primary care
  – Aromatherapy
  – Craniosacral therapy
  – Integrative nutrition

• Eastern practice:
  – Reiki
  – Ayurveda
  – Shamanic energy healing

• All of it means nothing! I am still learning
MY YOUNG LIVING STORY

• Previous education about essential oils (British model)
• I originally to “dabble” - they smelled nice and had pretty names
• Then I met some very cool people and started using the products on a regular basis
• Young Living is a life changer - once you start using the products, you will see!
• Now I am a “Born-Again Oiler”
WHY THE INFORMATION I AM SHARING IS IMPORTANT

- Western vs. Eastern philosophy
- The language is different: disease vs. imbalance
- Learn to recognize the signs of imbalance earlier
- There is hope!
  - Functional medicine treats the person as a whole, looking at patterns of disease to discover causality—not only addressing symptoms which leads to polypharmacy
- Address body, mind, and spirit
COMMON ISSUES IN WOMEN’S HEALTH

- Poor sleep
- Lack of energy
- Poor digestion
- Weight gain
- Hair loss
- Hot flashes
- Mood swings
- Fuzzy thinking
- Low libido
- Changes in skin & nails
• You can’t discuss symptoms in isolation
• They are one component of a larger issue
• The goal is overall balance in the system
• Watch your labels around disease - we don’t cure-we bring the body back into balance (Keep in mind what is FDA approved)
• “Nothing heals the body but the innate healing system and the Creator” (Kathy Farmer)
WHY ESSENTIAL OILS?

• The power of essential oils
  – Adaptogenic vs. isolated ingredients in medications
• Each plant has its own personality, just like a person
• They are subtle, gentle, but powerful messengers
• Each person’s experience of an oil is different
  – Notice I didn’t say reaction
• The body does not build resistance to essential oils
• Essential oils raise the vibration of the energy field
• The goal of essential oils is to bring the body back into balance!
WHAT IS AYURVEDA AND WHERE DOES IT FIT IN?

• 5000 year old system - originated in India
• Holistic in nature
• (2) Key Philosophies:
  – The mind and body are connected
  – The mind has power to transform the body
• Identifies a unique body/mind type or dosha
• Addresses the underlying cause of imbalance
• Seeks correction at the level of the body, mind, and spirit using nutrition, herbs, essential oils, yoga, colors, etc.
• Not a one-size-fits-all approach
OUTLINE OF THE WORKSHOP

1. QUICK OVERVIEW OF HORMONES
2. AYURVEDIC PERSPECTIVE ON IMBALANCE
3. ESSENTIAL OILS AND INFUSED PRODUCTS
4. NUTRITION AND OTHER STRATEGIES
OVERVIEW OF HORMONES

• What are hormones?

  – Hormones are chemical messengers in the body secreted by your endocrine glands

  – They tell other parts of your body what to do - influence behavior, emotion, brain chemicals, immune system, metabolism, fertility, menstruation

  – Pituitary, pineal, thymus, thyroid, adrenals, pancreas, testes, ovaries
LET’S MEET THE PLAYERS

Your Hormones
CORTISOL - “THE STRESS HORMONE”

- Produced by the adrenal glands
- Governs blood sugar, blood pressure, and immune function
- Probably the most common affliction
- Signs of imbalance:
  - Tired and wired
  - 3-4 hour wake-up
  - AM fatigue
  - Storage of belly fat
THYROID GLAND

- Responsible for metabolism and energy
- Ensures smooth operation of hormone pathways
- Signs of imbalance:
  - Mental fog, fatigue, weight gain, constipation, low mood, dry, coarse hair, feeling cold, poor flexibility increased risk for Alzheimer’s Disease
ESTROGEN

- Produced by the ovaries
- Regulates menstruation
- Keeps women “juicy” all over
- **Excess**: breast tenderness, fibroids, cysts, endometriosis, breast cancer, brain fog, autoimmune disease, bone loss, insulin resistance
- **Low**: low mood and libido, vaginal dryness, inflexible joints, less focused mentation
PROGESTERONE

- Produced by the ovaries
- The “Feel Good” hormone
- Must be in balance with estrogen
- Keeps you calm, improves sleep, relaxes, prevents breast cancer and migraines, improves libido
- **Low:** Infertility, night sweats, sleeplessness, irregular menstrual cycles, perimenopause
TESTOSTERONE

- Produced by the ovaries in women
- The hormone of vitality and self-confidence
- Mainly a male hormone - women need it too
- **Excess**: infertility, rogue hairs on the chin, acne, low libido
DOES THIS DESCRIBE YOU?

• Low energy
• Mental fog
• Food cravings
• Labile moods
• Difficulty losing weight
• Low libido
• Hair thinning/loss
• Dull complexion
• Easily tearful
What Disrupts Hormone Balance?

- **Environment**
  - Endocrine disruptors

- **Diet**
  - GMOs
  - Eating foods that are not optimal for your body type

- **Stress**

- **Attitude**
  - “Your biography becomes your biology” - Carolyn Myss
What Disrupts Hormone Balance?

- Endocrine disruptors in food/food products:
  - **Mercury** - seafood/dental fillings - pancreas and female hormones most sensitive
  - **Dioxins** - meats and processed foods - pancreas and embryo development - may be stored in fat cells for several years
  - **BPA (Bisphenol A)**: food cans and plastic bottles - breast tissue especially sensitive
What Disrupts Hormone Balance?

• **Endocrine disruptors in beauty products:**
  
  – **Propylene glycol**: antifreeze and brake fluid - damages kidney and liver
  
  – **Parabens**: make-up - mimics estrogen
  
  – **Triclosan**: antibacterial agents - contributes to superbugs - stored in fat cells
AYURVEDIC APPROACH
THE ELEMENTS

• Fire
• Water
• Earth
• Air
• Ether

• We all have each of these components within us
AYURVEDIC APPROACH
THE DOSHAS

• Vata=Ether + Air
• Pitta=Fire + Water
• Kapha=Water + Earth
• A combination of these
• Tridoshic
• One is not better than the other - it is just who you are
HOW DO I KNOW WHAT MY DOSHA IS?

• Client
  – Complete the dosha quiz

• Practitioner
  – Question, observe, palpate
  – Visual analysis of face, nails, eyes, tongue
  – Notice characteristics
  – Discussion

• Inference
MEET THE DOSHAS - VATA
VATA

• Energy of movement

• Dry, cold, light, rough, mobile, subtle

• Wind - autumn/early winter
## VATA IN BALANCE

<table>
<thead>
<tr>
<th>BODY</th>
<th>All movements, blood flow, nerve impulses</th>
</tr>
</thead>
<tbody>
<tr>
<td>MIND</td>
<td>Creative, spiritual, tranquil</td>
</tr>
</tbody>
</table>
VATA OUT OF BALANCE

<table>
<thead>
<tr>
<th>BODY</th>
<th>Hyperactivity, arthritis, constipation, osteoarthritis, PMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>MIND</td>
<td>Fear, anxiety, stress, worry, poor memory</td>
</tr>
</tbody>
</table>
MEET THE DOSHAS - PITTA
PITTA

- Energy of transformation
- Hot, sharp, oily, light, mobile, smooth
- Sun/heat - late spring/summer
<table>
<thead>
<tr>
<th>BODY</th>
<th>Metabolism, digestion, eyes, blood, skin, brain and heart</th>
</tr>
</thead>
<tbody>
<tr>
<td>MIND</td>
<td>Intelligent, good memory and discrimination</td>
</tr>
</tbody>
</table>
PITTA OUT OF BALANCE

**BODY**
Acid reflux, acne, hypertension, migraines, liver disease

**MIND**
Anger, hate, hot tempered, impatient
MEET THE DOSHAS - KAPHA
KAPHA

- Energy of lubrication and structure
- Cold, heavy, wet, static, dull, dense
- Late winter, early spring
# KAPHA IN BALANCE

<table>
<thead>
<tr>
<th></th>
<th>BODY</th>
<th>MIND</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Builds, strengthens, nourishes, lubricates</td>
<td>Loving, compassionate, nurturing,</td>
</tr>
<tr>
<td></td>
<td>protects, fat, fluids, reproduction</td>
<td>patient</td>
</tr>
<tr>
<td><strong>BODY</strong></td>
<td>Congestion, obesity, allergies, lethargy, diabetes, sinus problems</td>
<td></td>
</tr>
<tr>
<td>----------</td>
<td>----------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>MIND</strong></td>
<td>Greed, envy, attachment, holds grudges</td>
<td></td>
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</tbody>
</table>
How Does This All Work?

- HORMONES
- ESSENTIAL OILS
- AYURVEDA
Now What? How can YL help?

- Remember the mind-body-spirit approach
- What is “average” is not necessarily normal
- Body:
  - Oils
  - Oil infused supplements
  - Safe beauty products and household cleaners
- Mind:
  - Oils and supplements to reduce stress, improve mood, feel confident and beautiful again
- Spirit:
  - Oils to help you connect with your higher self - wisdom - purpose
Body - Physical Health (V/P/K=)

- **Establish a strong foundation:**
  - *Ningxia Red*: Made from the Wolfberry in Ningxia, China-nourished by the Yellow River in the Himalayas - used by Chinese Olympic athletes
  - Nutrient dense food - high in antioxidants
  - Made from superfruits and berries - no “junk juice” to spike blood sugar
  - Enhanced with therapeutic grade essential oils: lemon, orange, tangerine, yuzu
Ningxia Red

- Supports cardiovascular health (K+ and Mag)
- Supports immune system (d-limonene in oils)
- Improves blood sugar regulation
- Improves digestive tract health
- Supports eye health - zeaxanthin
- Strengthens muscle and bone
Ningxia Red

- Plum juice
- Sweet cherry - enhances detoxification
- Black chokecherry
- Pomegranate juice - supports menopausal symptoms
- Blueberry - enhances thyroid function
- Chromium - potentiates action of insulin
Sulfurzyme (V/P/K=)

- Sulfur - one of the most important substances in the body
- Adequate sulfur enhances many other body functions
- Contains 50% Ningxia wolfberry
- Powder or capsule
- Improves structural support and eyesight
- Protects cells and connective tissue
- Supports immune function, liver, circulation
- Removes free radicals
Mineralessence (P/K=)

• Many forms of imbalance can be traced back to a lack of minerals:
  – Proprietary blend of minerals
  – Royal Jelly - great for skin and energy
  – Essential Oils
  – Tastes nice/refrigerate
Omegagize (P/K=)

- Fish Oils - Omega 3s - essential oils prevent deterioration
- Important for the inflammatory response
- Facilitates weight loss
- CoQ10 for heart and liver support, vitamin D-3, clove, german chamomile, spearmint
Enzymes (V=)

- Digestzyme
- Essentialzyme
- Helps your body make its own enzymes
- We need enzymes to make proteins, then peptides and polypeptides, then hormones
- Take between meals
- Candida
Progessence Plus (V/P/K=)

- California Law and progesterones
- Dr. Dan Purser - endocrinologist for women
- Micronized, natural bioidentical form of progesterone
- An end-product progesterone
- EOs to enhance absorption: Frankincense, Copaiba, Sandalwood, base of vitamin E
- If you get more than you need, your body will discard it or convert it to something it needs - no cycling
- Will adjust most issues for women
- Apply to carotids, lower abdomen, arms - in PM
- Going slow sometimes worse
Benefits of Progessence Plus

• Progesterone relaxes and cools arteries:
  – Lowers BP and cholesterol
  – Decreases risk of stroke, heart attack
  – Decreases breast cancer risk
  – Improves bone density
  – Rebalances hormones due to estrogen dominance
  – Cleans the receptor sites so you can utilize good estrogen
  – Decreases breast density
Progessence Plus

• Prevents 98% of:
  – Hot flashes
  – Night sweats/day sweats
  – PMS symptoms
  – Migraines
  – Insomnia
  – Improves libido
  – Elevates mood, relieves depression
For Young Women Too

- Relieves PMS symptoms
- Improves post-partum depression
- Reduces endometriosis
- Reduces heavy bleeding
- Decreases acne
- Helps regrow hair
- Aids in weight loss
Lady Sclareol (P=)

- Essential oil designed like a perfume
- Apply to throat, behind ears, on wrists/ankles
- Contains rosewood, geranium, orange, clary sage, ylang ylang, sandalwood, sage, lavender, jasmine, vetiver, Idaho tansy
- Will not raise hormones on its own - will work in tandem with other methods
SclarEssence (V/P=)

- Essential oils to strengthen, nourish, and support hormones
- Contains clary sage, peppermint, sage, lavender, and fennel
- Note on peppermint: enhances the effect of the other oils and strengthens the liver
Other Oils

- Fennel - produces estradiol - balances blood sugar
- Myrtle - underactive thyroid
- Myrhh - overactive thyroid
- Geranium - great for skin care
- Lavender - supports sleep, mood, and so much more
- Sensation massage oil - great for couples to connect
- Ortho Ease for vaginal dryness - coconut oil
Support For Sleep

- Long-term effects of sleep deprivation
- Sleepessence (contains Melatonin)
- Immupro (melatonin and medicinal mushrooms)
- Oils: Rutavala, Stress Away, Lavender, Peace and Calming, Valor,
Cortistop (V/P=)

- DHEA for support during stressful times
- Black cohosh
- Pregnenolone
- Fennel, Frankincense, Peppermint
- 2 capsules daily, make take an additional 2 capsules at bedtime
- Daily for 8 weeks
- Discontinue for 2-4 weeks
Endogize (P/K=)

- Take 1 capsule twice daily for 4 weeks
- Discontinue for 2 weeks
- Supports testosterone - made for women
- Ashwagandha
- DHEA (youth hormone - prevents insulin resistance, increases energy)
- L-arginine
- Enzymes
- Damiana - hormone balancing herb
- Gives you your mojo back!
Endoflex (V/P/K=)

- Essential oil to help support metabolic processes
- Myrtle, geranium, spearmint, German chamomile - sesame oil base
- Apply over adrenal glands and thyroid in the morning
PD 80/20 (V=)

- P (Pregnenolone) - the mother or precursor to other hormones - this was used for inflammation prior to prednisone
- D (DHEA)
- When you need to be “on”
- Helps remyelinate nerves
- Keeps you sane/improves memory
- Anti-inflammatory benefits
- Great for extreme stress
- Take 1xday
UltraYoung

- Anti-aging: Contains Human Growth Hormone - stimulates the body to make it +DHEA
- L-Arginine - amino acid
- Improves weight loss, feel good, muscle strength and memory
- 3 sprays in the cheek
- Take when blood sugar lowest
UltraYoung

• Helps with:
  – Fibromyalgia
  – Memory
  – Thickens hair
  – Hardens bones
  – Gives the hypothalamus a boost
Bone Health (V=)

- SuperCal or MegaCal - Ca, Mag, Manganese, vitamin C- supports nerve function, vascular health

- BLM (powder or capsule form)-bone, ligaments, muscle, glucosamine, MSM, essential oils
Femigen (V/P/K=)

- Formulated to balance and support the female reproductive system from youth through menopause

- Whole foods and herbs: wild yams, damiana, dong quai, essential oils, amino acids
Thyromin (V/P=)

- Support for the thyroid gland
- Glandular extracts, herbs, amino acids, minerals, essential oils
- Many women with underactive thyroids are misdiagnosed
- Most thyroid medications lose effectiveness over time
Clary Sage (P=)

- Estradiol - primary estrogen in a woman’s body - most important to keep the body youthful
- A phytoestrogen - warm, mellow herbal scent
- Apply to inner/outer ankles - sexual organs
- Can put on the bottom of feet - in a capsule, make a suppository with coconut oil
- Antispasmodic, eases menstrual problems, tones skin, reduces hair loss, helps reduce high cholesterol, antidepressant uplifting, and calming
Other Great Things to Do

- Lemon water in the morning - detox the liver
- Stress Away in water before bed - decreases cortisol
- Dry brush the skin - clean the lymphatics
- Tongue brushing
- Timing of supplements more important than amount
- Fluffing
Get Rid of the Junk

- Thieves cleaning line
- Deodorant - coconut oil based
- Toothpaste - no fluoride
- Healthy skin care products
DONNA’S BEAUTY REGIMEN

- ART skin care line
- Satin Facial Scrub Mint
- ART crème mask or beauty mask
- ART renewal serum
- Boswellia crème/Sandalwood crème
- Sheerlume
Food Guidelines

• Eat in the seasons
• Buy organic when you can
• Avoid the microwave - get rid of plastic
• Avoid chemicals - sugar, alcohol, artificial sweeteners, MSG, high fructose corn syrup
• Try removing gluten and dairy from your diet
• Soy/Wheat/Corn - most GMO
Food Guidelines

- Protein for overall health
- Choose from quality animal or plant sources
- Health fats: olive oil, avocado, coconut, grapeseed, nuts (Fat is not the enemy)
- Phytoestrogens in yams and other vegetables
- Green, leafy vegetables to clean the liver
- Fiber to clear out old estrogen from the body (keep bowels moving)
Food Guidelines (cont’d)

• Watch your mindset when you eat - avoid news, arguments, etc
• Cooking in a positive mindset = positive energy in the food
Support the Mind

- Meditation and yoga
- Quiet time without appliances
- Oils to calm the amygdala of the brain
  - Jasmine, Lavender
  - Peace and Calming, Stress Away
  - Harmony, Ylang ylang
  - Joy, Believe, Valor, White Angelica
Support the Spirit

• Are you passionate about life?

• Are you living your life on purpose?

• If you weren’t afraid, what would you do today to move toward the life of your dreams?

• White Angelica, Highest Potential, Magnify Your Purpose, Envision, Humility, Gratitude, Harmony
WHAT’S THE TAKE HOME?

Ayurveda + Young Living Products = Happy Hormones!
Do you have any questions?