



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

KEY POINTS

- 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

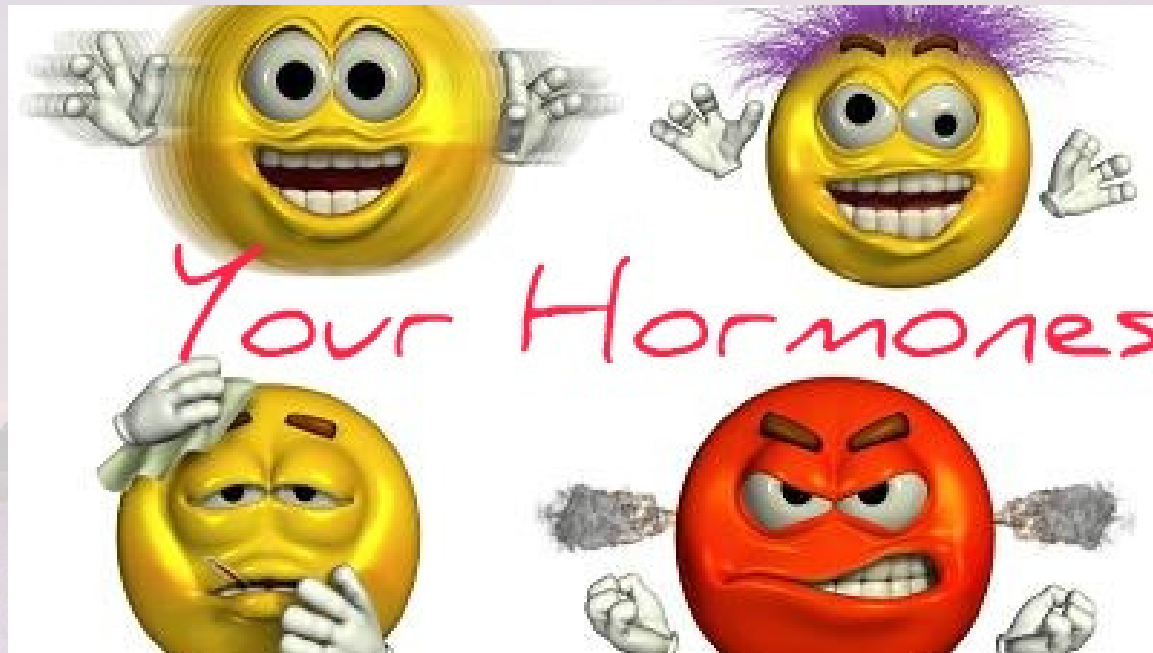
ESSENTIAL OILS AND INFUSED PRODUCTS

4

NUTRITION AND OTHER STRATEGIES

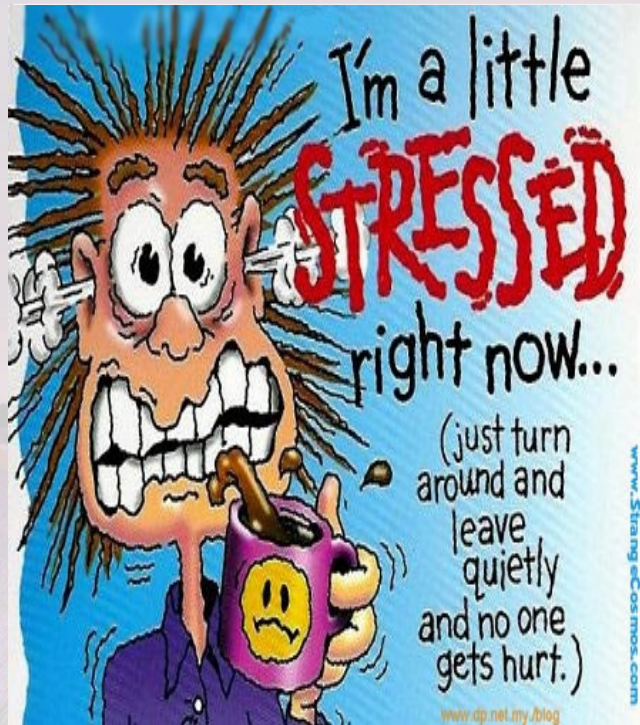
OVERVIEW OF HORMONES

- 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



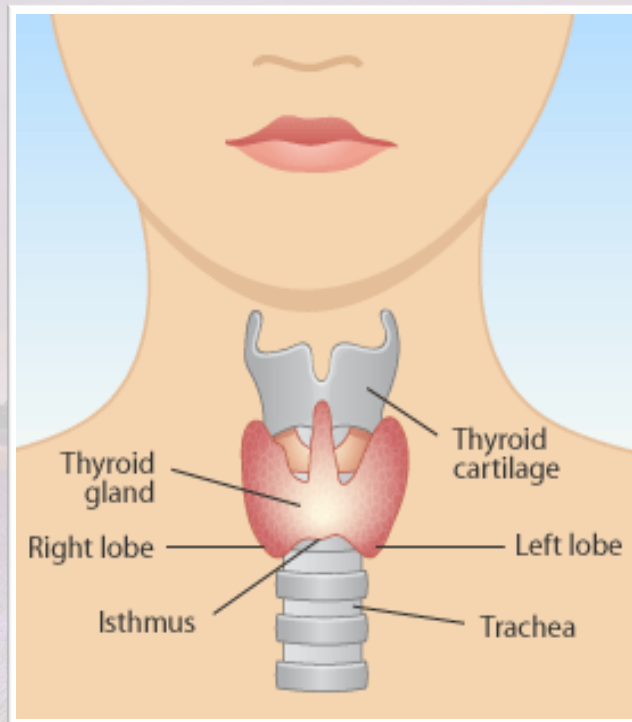
LET'S MEET THE PLAYERS

CORTISOL - “THE STRESS HORMONE”



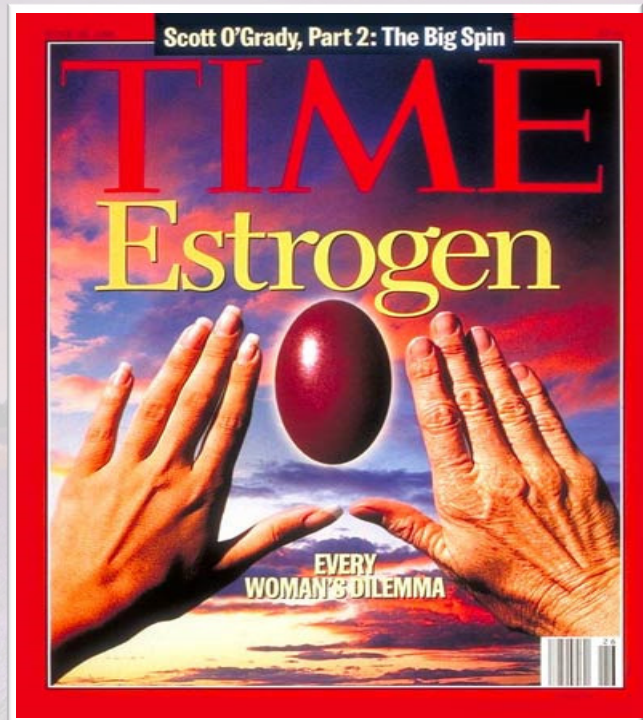
- Produced by the adrenal glands
- Governs blood sugar, blood pressure, and immune function
- Probably the most common affliction
- Signs of imbalance:
 - Tired and wired
 - 3-4 hour wake-up
 - AM fatigue
 - Storage of belly fat

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

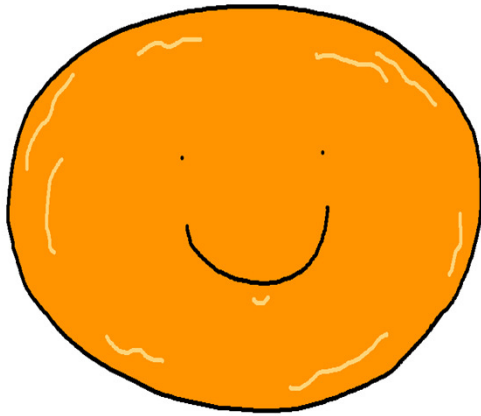
ESTROGEN



- 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

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

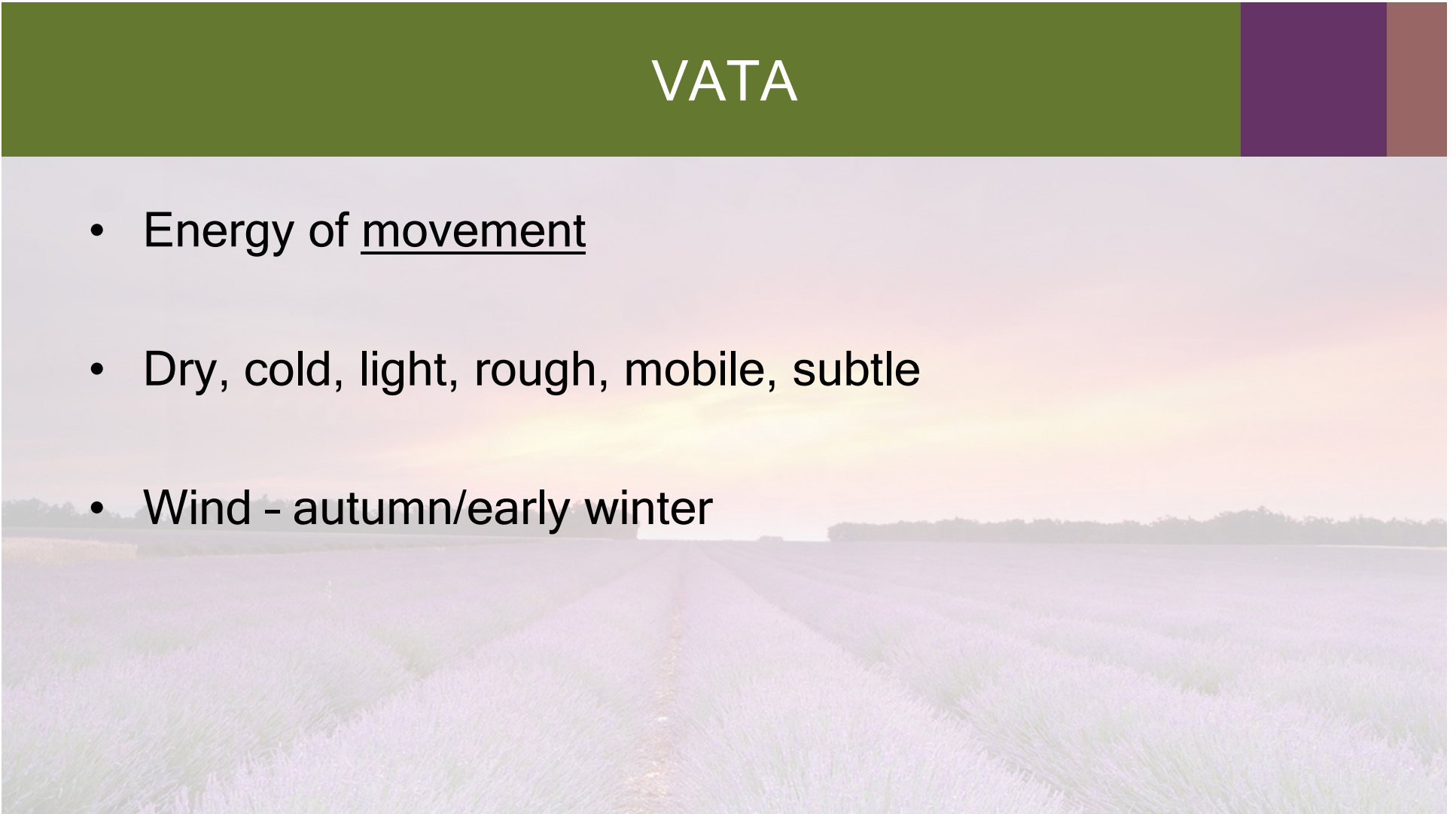


VATA

photo: shutterstock

VATA

- Energy of movement
- Dry, cold, light, rough, mobile, subtle
- Wind - autumn/early winter



VATA IN BALANCE

BODY

All movements, blood flow, nerve impulses

MIND

Creative, spiritual, tranquil

VATA OUT OF BALANCE

BODY

Hyperactivity, arthritis, constipation, osteoarthritis, PMS

MIND

Fear, anxiety, stress, worry, poor memory

MEET THE DOSHAS - PITTA

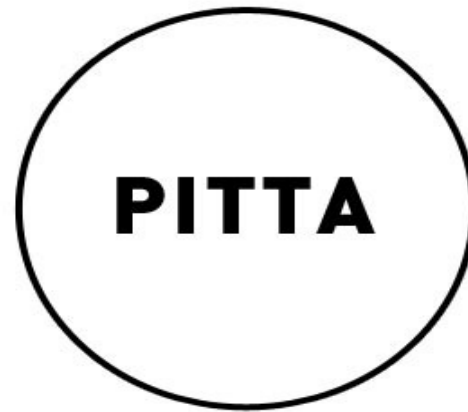
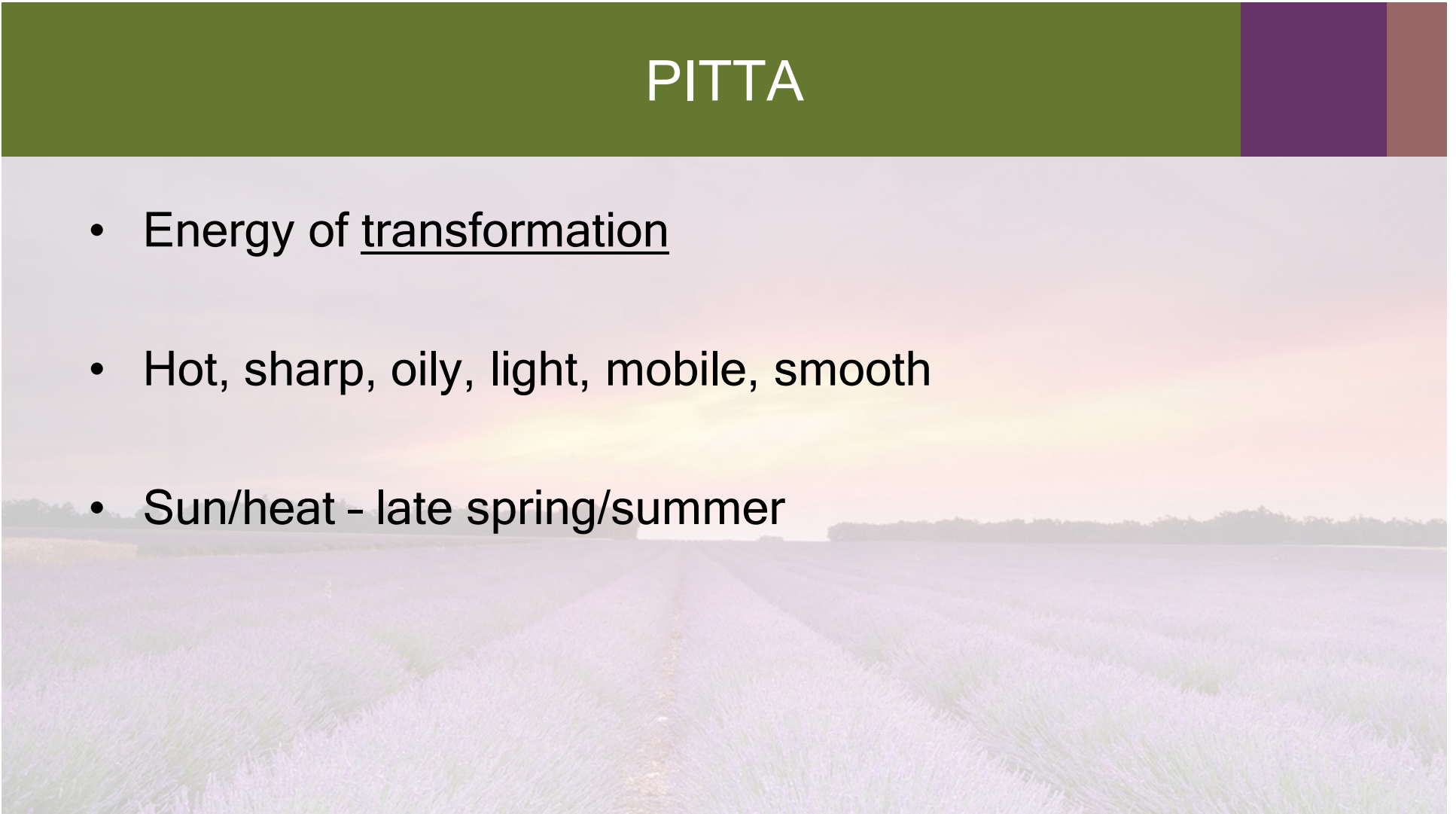


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PITTA

- Energy of transformation
- Hot, sharp, oily, light, mobile, smooth
- Sun/heat - late spring/summer



PITTA IN BALANCE

BODY

Metabolism, digestion, eyes, blood, skin, brain and heart

MIND

Intelligent, good memory and discrimination

PITTA OUT OF BALANCE

BODY

Acid reflux, acne, hypertension,
migraines, liver disease

MIND

Anger, hate, hot tempered, impatient

MEET THE DOSHAS - KAPHA

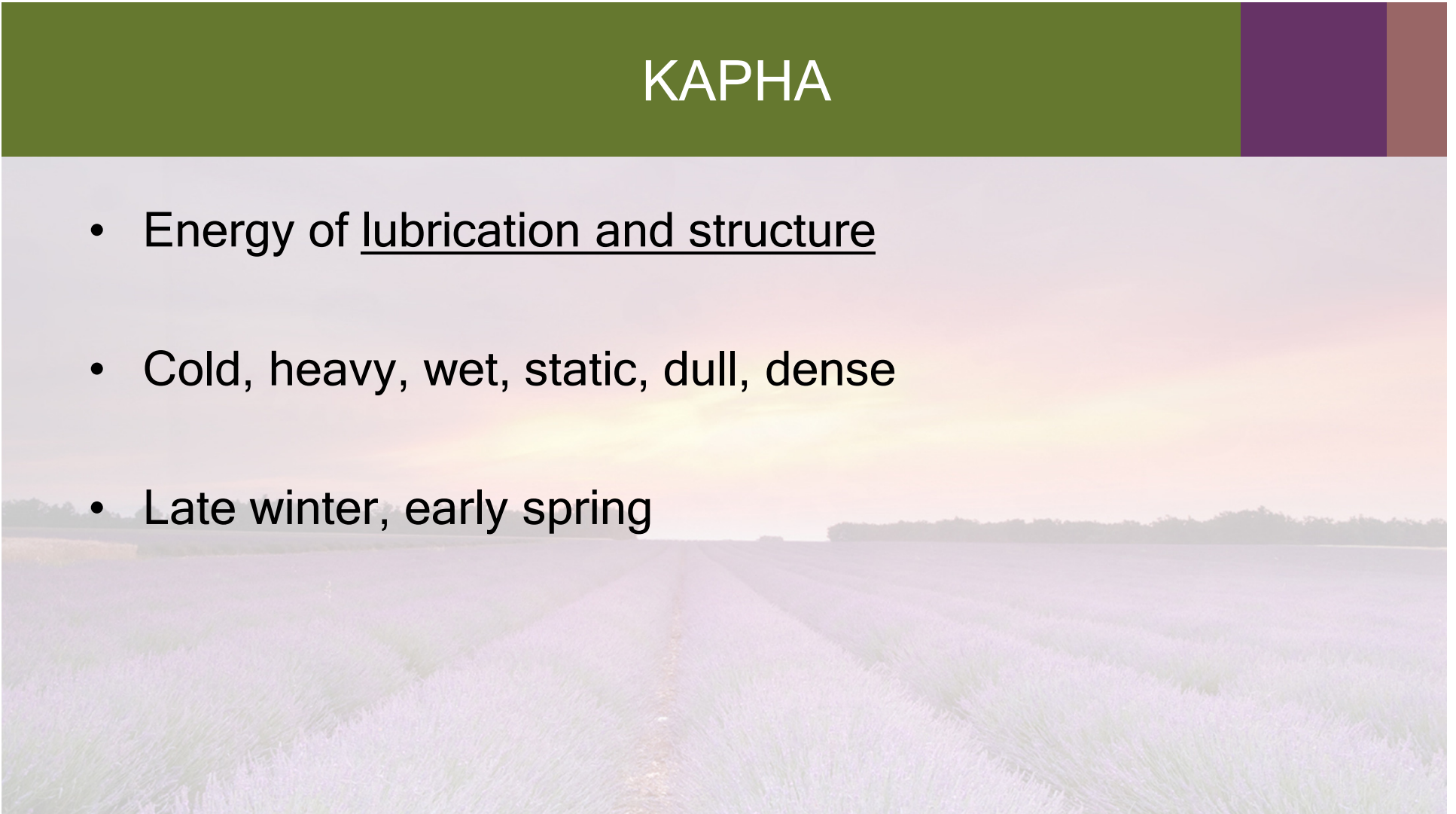
KAPHA



photo: shutterstock

KAPHA

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



KAPHA IN BALANCE

BODY

Builds, strengthens, nourishes, lubricates
protects, fat, fluids, reproduction

MIND

Loving, compassionate, nurturing, patient

KAPHA OUT OF BALANCE

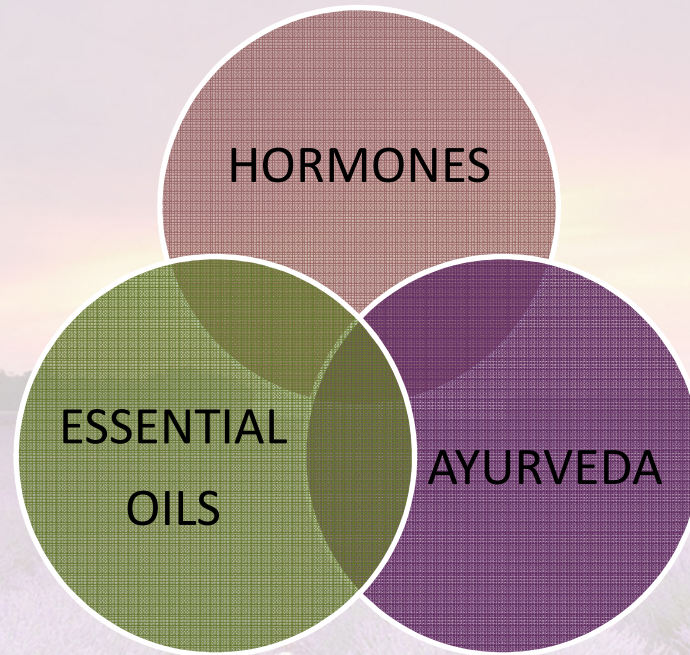
BODY

Congestion, obesity, allergies, lethargy,
diabetes, sinus problems

MIND

Greed, envy, attachment, holds grudges

How Does This All Work?



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

Progescence 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
- Myrrh - 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=)

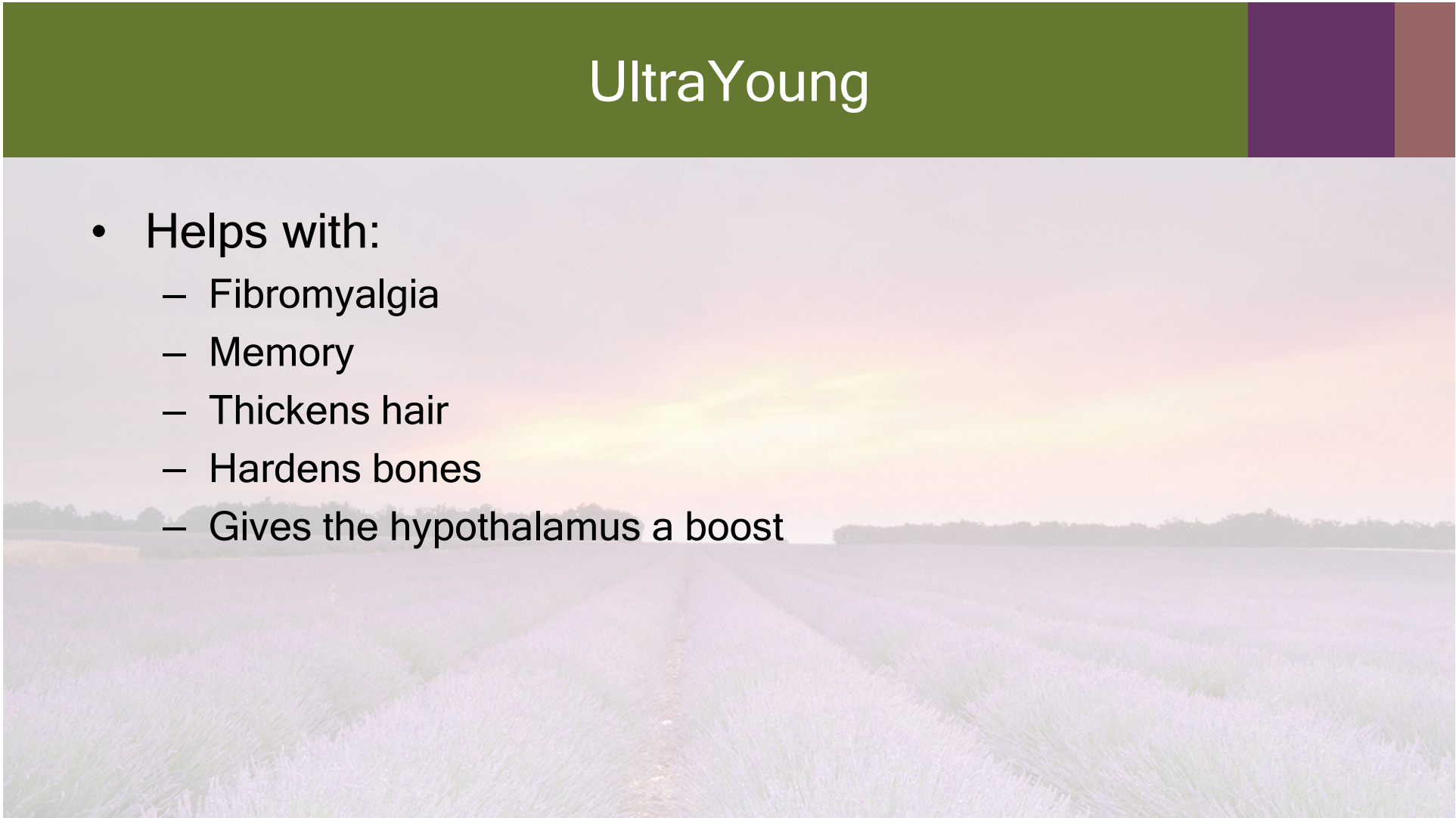
- P (Pregnenolone) - the mother or precursor to other hormones
- this was used for inflammation prior to prednisone
- D (DHEA)
- When you need to be “on”
- Helps remyelinate nerves
- Keeps you sane/improves memory
- Anti-inflammatory benefits
- Great for extreme stress
- Take 1xday

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?**

