



Aromatherapy and Herbal Remedies for Pregnancy, Birth, and Breastfeeding

Demetria Clark

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This comprehensive sourcebook explains how essential oils and herbal remedies can provide natural, alternative solutions to the myriad health care needs that arise during pregnancy, birth, and postpartum. Let the experienced hand of aromatherapist and midwife Demetria Clark guide you through exploring the safe, gentle, and effective treatments for conditions specific to this transformative time of life.

Essential oils, the keystones of aromatherapy, can be inhaled or used in topical preparations. Herbal remedies can also be used topically in a variety of formulations and can be taken internally via lozenges, syrups, teas, and tinctures. Demetria provides instructions for a wide range of aromatherapy and herbal remedies that can be easily prepared and used at home. In addition, she carefully outlines which essential oils and herbs are safe to use (and which aren't) for each stage of this amazing process, from pregnancy, labor, and birth to breastfeeding and recuperating from delivery.

Demetria offers expert advice on how to select, use, and store essential oils, along with valuable information on how to purchase, grow, harvest, and even wildcraft plants. An endlessly valuable resource, this book is sure to be cherished and passed down through the generations.

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