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Aromatherapy and Herbal Remedies for Pregnancy, Birth, and Breastfeeding

By 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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- Sales Rank: #93765 in Books
- Published on: 2015-09-01
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .60" w x 5.90" l, .0 pounds
- Binding: Paperback
- 192 pages

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Editorial Review

Review

So many women shy away from using essential oils around pregnancy, rightly concerned about safety issues. Clark, an aromatherapist, who is also a doula (childbirth expert), will put them at ease. She chooses the mildest essential oils in low potency for 100 recipes. She often makes a safer choice to use the aromatic herbs themselves, rather than the far more highly concentrated, pure essential oils. The safe use of non-aromatic herbs is also recommended when they are more suitable, making for a nice blend of herbs and essential oils. --**The American Herb Association**

From the Author

This book is used as a textbook for practitioners all over the world.

About the Author

Demetria Clark is an internationally known herbalist, aromatherapist, and midwife. She has studied and apprenticed with renowned herbal practitioners, including Rosemary Gladstar, Jane Smolnik, and Susun Weed, and received her aromatherapy education from the Pacific Institute of Aromatherapy. Demetria pioneered online herbal education by founding Heart of Herbs School, which offers certification courses in herbalism and aromatherapy and has trained over 1,000 students. She is also the director of Birth Arts International, the premier doula training organization. Demetria is the author of *Herbal Healing for Children*.

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