

## ESSENTIAL OIL TO AVOID PREGNANCY & NURSING

Pregnant women should be using a PURE, genuine essential oil. I can only speak for Young Living, as they are the oils I use personally and trust. They are 100% pure and unadulterated.

Here are the Essential Oils to AVOID during Pregnancy and Nursing:

- Wintergreen (PanAway & Deep Relief Roll-on)
- Wild Tansy
- Clary Sage
- Sage
- Fennel (can be used during nursing to help increase lactation)
- Hyssop
- Nutmeg
- Cassia
- Or blends that contains these oils