



# THRIVING THROUGH YOUR 1ST TRIMESTER EBOOK



C

ongratulations you're PREGNANT...

Pregnancy is one of the most exciting times in many people's lives, it can also be a time filled with anxiety of the unknown.

With each one of my pregnancies I have found tremendous joy, I'm always amazed at what our bodies are capable of as women.

I believe that knowledge is power, and having natural, safe, and powerful tools at your fingertips can truly change everything.

I've created this ebook in hopes that you can find comfort in using and applying holistic wellness into your pregnancy with ease, and confidence. ENJOY!

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# *Thriving Through The 1st Trimester*

A FEW STEPS TO MAINTAIN  
AND SUPPORT A HEALTHY  
PREGNANCY &  
MOMMA TO BE DURING  
THE EARLY STAGES...

## *Step 1*

Take a Full Dose of LLV (Life Long Vitality Supplements as your prenatal).

## *Step 2*

Add a methyl folate into your supplement routine. (They have a really great one at whole foods, sprouts, or amazon).

## *Step 3*

Eat small amounts of whatever you can keep down. For some that may be crackers or ginger tea or healthy options like fruits; whilst for others it may be unhealthy variants of packaged foods. This is not the time to fuss. If you can keep it down, go for it! Sometimes even drinking adequate fluids will be a task. As long as you are not severely dehydrated, the body will cope.

## *Step 4*

Sleep, aah sleep. You may want to take a nap in the middle of the day or retire to bed at 8 p.m. Do it. Your body's working overtime. If it demands the rest give it what it wants. There will be plenty of sleepless nights I guarantee you. Similarly, there will be days when going to work or getting out of bed is simply not possible. Let yourself be a slacker. There's plenty of time to make up.



# Easing the Discomfort of Morning Sickness



## Ginger Products

Ginger may relieve feelings of nausea, and stomach discomfort. You can take 3-4 drops in a veggie capsule as needed, or dilute and apply topically to your stomach.

Also, you can use the ginger throat drops to ease feelings of discomfort before occasional nausea strikes.



## Peppermint Products

Peppermint is an amazing product for easing stomach discomfort, as well as occasional nausea. Use peppermint essential oil topically, aromatically, or internally.

You can also take the new peppermint essential oil softgels.



## Cardamom & Spearmint Essential Oils

This is a trick I learned from Stephanie Fritz, place a couple drops of cardamom in your hand and massage into your ear lobes, there is reflexes directly connected to your nervous system that can ease the onset of nausea, or soothe discomfort from nausea.

Spearmint is another amazing oil at easing stomach upset, and occasional nausea. Simply open the bottle and inhale.

## DigestZen® Products

DigestZen® both internally and topically work wonders at easing occasional stomach discomfort, along with supporting occasional constipation. You can use DigestZen® topically, aromatically, or internally.



# Supplements

1.



2.



3.



The LLV Pack consist of three components:

Alpha CRS+ Cellular Vitality Complex contains potent levels of powerful polyphenols that protect cells from free radicals that can damage cellular DNA, mitochondria, and other critical cell structures.

xEO Mega provides a proprietary blend of marine and land-sourced essential fatty acids. Omega-3 fatty acids help support healthy joints, the cardiovascular system, brain health, and immune function.

Microplex MVp has been carefully formulated in order to provide the amounts of vitamins, minerals, polyphenols, and omega fatty acids that we need.

PB Assist+ Promotes a positive balance and proliferation of beneficial bacteria. Maintains healthy intestinal micro balance. Supports healthy functioning of the digestive and immune systems. Supports the health of the GI tract, particularly the intestines and colon. Helps support optimal metabolism and absorption of food.

Terrazyme supports the body's constant production of enzymes critical for healthy biochemical functions throughout the body, including healthy digestion of food nutrients and cellular metabolism of nutrients to energy. TerraZyme includes a variety of whole-food enzymes that help with the digestion of proteins, fats, complex carbohydrates, sugars, and fibers.

# Supplements

4.



Folate is the natural form of folic acid. Folate supplements are suggested for use in women of childbearing age in order to prevent neural tube defects.

5.



Serenity® softgels are made up of Lavender oil and natural plant extracts. Use Serenity to get the rest that you need and wake up feeling refreshed instead of groggy. They support to calm the nervous system, reducing stress, and making a difference in the quality of your sleep, day and are all benefits of taking Serenity internally.

6.



Copaiba essential oil supports the health of the cardiovascular, immune, digestive, nervous, and respiratory systems. Although Copaiba does not contain psychoactive cannabinoids, the main component caryophyllene may be neuroprotective and have cardiovascular and immune benefits. It's also a powerful antioxidant that promotes immune health.

## BREAST TENDERNESS

Some believe that your breast become extremely tender during the first trimester due to hormone fluctuation. Lavender, or Frankincense essential oils are typically my go-to to ease breast tenderness. Massage directly into your breast for soothing relief.

## DIGESTIVE DISCOMFORT

With all the changes happening in your body constipation, or diarrhea may happen during the first trimester and throughout your pregnancy. Using oils such as DigestZen® topically, or drinking lemon, fennel, peppermint can soothe these symptoms.

## FATIGUE

Blame it on the hormones again, but the first trimester you typically feel like a bear in hibernation. Due yourself a favor, take as many naps as possible and go to bed. Give yourself grace you're growing a human. Essential Oils that help to uplift your mood, and energy are: citrus bliss, elevation, wild orange, peppermint.

## HEAD TENSION/DIZZY SPELLS

I love using PastTense®, Deep Blue®, Copaiba, or Frankincense for head tension. Apply on your temples, (be careful not to get it close to your eyes), massage into your shoulders and back of your neck.



\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# *Nutrition*



Folic acid: Found in beans, citrus fruits, green leafy vegetables and your prenatal vitamin.

Calcium: Found in dairy (milk, yogurt and cheese) and dark leafy greens. Iron: Found in meat, poultry, seafood, beans and greens.

Choline: Found in red meat and eggs.

Vitamin B12: Found in meat, poultry, seafood, as well as fortified breads and cereals. Omega-3 fatty acids: Found in fatty fish, chia seeds, flax seeds and fortified foods.

Food is your fuel, and that fuel is extremely important as you grow a human being inside of you. The baby eats what you eat, and the baby needs vitamins and minerals to support growth of its tiny brain and bones.

Specifically, "Nutrients needed during the first trimester to support a healthy pregnancy include calcium (about 1,200 mg/day), folate (600-800 mcg/day), and iron (27 mg/day)," said Karges. "These increased nutrient needs can typically be met by eating a diet that offers a wide variety of healthy foods and supplementing with a prenatal vitamin. ""Because your baby's nervous system is starting to develop, it is also important to get adequate amounts of choline, B12 and omega-3 fatty acids," said Ingrid Anderson, R.D.N., founder of Results Dietetics. "Sources of these nutrients include eggs, salmon and walnuts. "Although your body is hard at work, you do not need any extra calories until the second trimester. However, it is normal to gain 3 to 5 pounds in the first trimester due to increased blood and fluid volume.

And if all else fails, eat what you can baby will get nutrients whether it's a full meal or a few crackers.

# Skin Care

Hormone changes can wreck havoc on your skin. doTERRA has some incredible products that are safe and effective.

1. The Veráge™ skin care line is an exclusive system of natural skin care products that nourish and hydrate skin and reduce the visible signs of aging. The advanced plant technology used in Veráge™ promotes the appearance of an optimal lipid balance the same balance found in healthy, youthful looking skin. Each product is composed of true gifts from the Earth: nourishing plant extracts, pure and potent essential oils, and select natural ingredients. The doTERRA Veráge™ Skin Care Collection delivers results you can see and feel, naturally.
2. Tea Tree is an excellent oil to use as a spot treatment, just a dab directly on area of need and watch the oil go to work.
3. Immortelle is amazing at reducing fine lines and wrinkles, also amazing at soothing those tired bags under the eyes.

