

# MATERNITY

MADE SIMPLE(R)



AN ESSENTIAL OIL GUIDE FOR  
PREGNANCY, BIRTH & POSTPARTUM

ISADORA CAPORALI

## Beautiful mama (or mom to be),

What an honour to share my experiences in this ebook with you. Years ago, after some challenging experiences with the traditional medical system while my mother was passing away, I decided to make some radical changes on how I cared for my health and what kind of support I was to get in the future. While feeling grateful for the possibilities of support from a hospital, I knew there was much the traditional medical care could not do for me, or even worse, that some medical interventions could make the situation more complex with several side effects. This is when I wrote in my vision book "I heal myself and my family with natural medicines".

Fast forward five years, I now do use essential oils to solve all health challenges that I - or anyone in my family face.

As a mom of two boys, it's easy to assure you that essential oils and natural medicine have never been so ESSENTIAL in my life as during pregnancy, birth and postpartum.

Let's be honest, the level of discomfort is REAL! It feels like we run from endless nausea months, to brain fog, into back aches, swollen legs, contractions, and the healing of the pelvic floor. My list is short, but if you've been there, you get my point - and you also know it doesn't stop there.

After having two pregnancies and two natural births (without any medical interventions) EVERYTHING that I am sharing with you here comes from personal experience. I've been there, I tried, some things worked, others not so much, and I collected these experiences along with four years working with doTERRA together with more than 100 health professionals, this is what we learned.

What I put in this ebook is a quick guide to pregnancy, birth and postpartum. If you are a mom (to be) you might want to have access to our full content and this is available to all of our customers.

For now, enjoy some tips that might really change your wellbeing and your experience of this miraculous period.

All my love,



# Oils to Avoid

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Because this is such a special time, there are some oils that it's better to avoid. Here is a list of the ones I tried to avoid as often as possible. Note that some oils can cause more harm than others. It's always best to have an experienced Wellness Advocate guiding you in this process.

- Basil
- Cedarwood
- Cinnamon / Cassia
- Clary sage (safe during labor)
- Clove
- Cypress (safe after 5 months)
- Fennel
- Eucalyptus
- Geranium (safe after 3 months)
- Jasmine (safe during labor)
- Juniper
- Lemongrass
- Myrrh
- Peppermint (It's fine in the first 6 months, not suitable for after as it reduces milk production)
- Rosemary
- Sweet marjoram
- Thyme
- Oregano

## **dōTERRA Blends**

- On Guard (clove and cinnamon)
- Deep Blue ok first 6 months (peppermint and camphor)
- Breath/ Air (rosemary and peppermint)
- Adaptiv (rosemary)



# My Top 3 Oils for Pregnancy

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## LEMON

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- Supports cleaning the liver from excess hormones;
- Helps to reduce nausea and morning sickness
- Supports gaining mental clarity
- Helps to get more focus (truly helpful during pregnancy).



## BALANCE

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- Excellent emotional support for the challenging days;
- Grounding and relaxing;
- Helps soothing unsettling thoughts and emotions;



## FRANKINCENSE

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- Excellent to reduce stretch marks;
- Helps to reduce feelings of overwhelm or depression;
- During the months before giving birth, it reminds you about your divine nature

*When you want professional help and ensure that you are safely using these oils, you can book an appointment with me [here!](#)*

# My Top3 Supplements for Pregnancy

This is a complete Vitamin intake for all moms and those who are looking to get pregnant. You can be malnourished despite getting enough calories in. This supplement is made with REAL food, you can literally read things like "broccoli, brussel sprouts, kale, etc" on the back. It also has folic acid in its easier form of absorption.

**doTERRA Microplex VMz Food Nutrient Complex** is a food nutrient formula of bioavailable vitamins and minerals that are deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B vitamins presented in a patented glycoprotein matrix. Microplex VMz also contains chelated minerals including calcium, magnesium, and zinc for optimal bone and metabolic health.

Extra essential oils in this supplement: Peppermint, Ginger, and Caraway to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products.





### **xEO Mega®**

This omega Complex is a unique formula of CPTG Certified Pure Tested Grade™ essential oils and a proprietary blend of marine- and plant-sourced omega fatty acids. Awesome to support brain development.



### **DigestZen TerraZyme®**

These digestive enzymes ensure nutrients are being used, in the most efficient way. We are what we absorb! Often the pancreas is busy producing too much insulin, which puts other processes on a Back-burner. This is your number 1 go-to solution for heartburn and indigestion.

### *Disclaimer:*

*Please check with your midwife, doctor and with your dōTERRA Wellness Advocate about best uses of this supplement, as some of them you might need to have a reduced intake.*

# Birth

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GET THINGS STARTED, KEEP IT GOING

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## CLARY SAGE - GERANIUM - JASMINE

These 3 oils make up for an excellent blend for inducing labor. You can prepare an oil blend in advance and massage your womb. This blend is not intended to be used before birth starts naturally. However, when your doctor or midwife has decided it's best to induce labor artificially, you can count on natural options as well.

Make sure you are well informed about how to use this during birth. My tip is to be prepared and have those at hand before your due date, so at any time when birth starts you can stimulate more contractions with it. Please contact me here for more information).

*Note: when moms are not used to the aroma of essential oils and they will use it for the first time during birth, it can bring discomfort or even rejection. Familiarize yourself - do not apply topically! - with the aroma before you use it for birth.*

## MY KIT FOR NATURAL PAIN RELIEF

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### COPAIBA - HELICHRYSUM - ROMAN CHAMOMILE

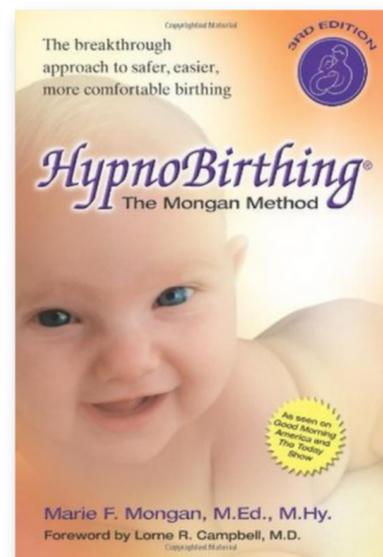
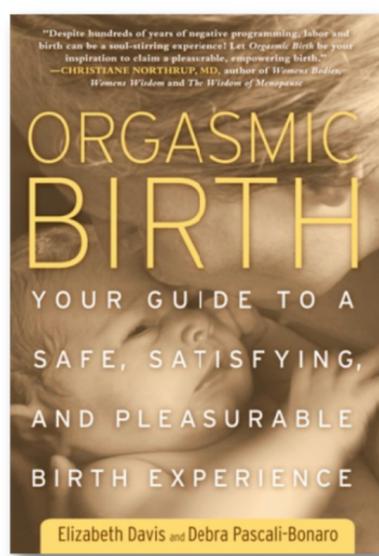
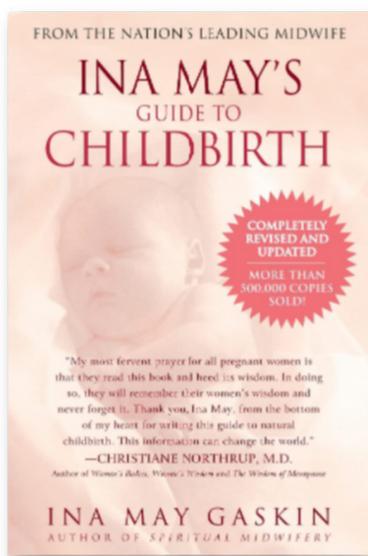


When you are open to trying natural birth, I strongly recommend you inform yourself about the "cascade of intervention". This is one of the most common problems in the healthcare system nowadays when it comes to bringing babies to this world. But this is YOUR birth, and remember: you are in charge! You are the expert in the situation, independent of what doctors might say. Pain relief can be addressed with other forms, without medication, such as training your mind to cope with the waves, breathing techniques, birth positions and... essential oils! This trio is a powerful one and can be safely used to support you in the most challenging moments.

# Super Useful Tips

## 1- Get informed!

It's impressive that women might spend more time choosing the crib than getting informed about birth. Information is power! The energy you will experience during birth is so powerful, that if you are not informed, it might scare or overwhelm you. Birthing naturally is a work between a well prepared body AND mind. I prepared by reading books such as:



**Ina's May Guide for Child Birth Ina May Gaskin** - this is my all time favorite book. In case you want to have a natural birth this is your best investment.

**Orgasmic Birth, Elizabeth Davis & Debra Pascali-Bonaro** - while my first birth was nothing orgasmic, I still trusted this was possible and decided to read again for my second, which was then when I truly understood what this book is about. To learn more about my birth story, click [here](#).

**Hypnobirthing Marie F. Mongan, Marie Mognan** - while I didn't strictly follow hypnobirthing guidelines, the breathing technique as partner participation taught in this book were extremely important to assure a peaceful birth experience.

## 2- Train your mind

There are several meditations and affirmations online that you listen to before giving birth. Another wonderful tip is to watch as many movies about women giving birth naturally and peacefully as you can. Instagram and YouTube have plenty of options. BY ALL MEANS avoid horror birth stories and videos. Make a choice that this is simply not your story.

## 3- Healthy body

Get enough sleep, enough exercise and eat well (not for too but twice as healthy). You might need longer sleeping hours in the night, afternoon naps and that's completely normal. Prioritize that from cleaning your house (I hired extra house help BEFORE birth so I could really rest). Gentle walks, swimming or gentle yoga are great exercises.



# Post Partum

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## Remember the oils I mentioned for birth?

Nature is so perfect that this is the same combo that will support you in the postpartum period.

**Clary Sage** will support you producing more milk and easing postpartum contractions.

**Geranium** will support reducing the feelings of sadness and loneliness during the baby blues.

**Copaiba** is excellent to support your sleep and reduce feelings of anxiety.

**Helichrysum** is a gift for perineum healing as well as postpartum pains of all sorts. It also helps resolve scars on your skin.

**Roman Chamomile** is a gentle oil for sleep, mood support and pain reduction

**ARE YOU READY TO TAKE  
YOUR NEXT STEP**  
**For an experience of maternity made simpler?**

Join our community today and get ongoing education and support within an exclusive customer experience made just for YOU.

Me & **The Next Step Community** are here to guide you in a journey of connecting, inspiring, and pursuing the pure.

Being part of The Next Step Community is a game-changer on your health and wellbeing journey and offers you:

- ongoing support
- a place to connect with like-minded people
- a Google Drive with a library of ebooks, one-pagers, and videos (topics ranging from detoxification, skincare, gut health, green cleaning, kids, emotional wellbeing etc.)
- an inspiring educational email series
- a private FB group
- a private IG account
- and much more!

Today, we are made of 1500+ people and 100+ health coaches, nutritionists, spiritual teachers and wellness advocates in three continents. You can find us all over Europe, South America, and the Caribbean. This is why we've also crafted our new content in all languages for you (English, German, Dutch, Portuguese, you choose).

You don't just get your oils, you get a whole support team of experts and inspiring souls with it.

[GET STARTED NOW](#)



THE NEXT STEP

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