



Guide to Essences for Pregnancy & Labor:

Symptom/Presentation	Essences
Difficulty adjusting to/accepting pregnancy, fear about pregnancy or birth	<u>Walnut</u> , <u>Cherry Plum</u> , <u>Butterfly</u> , <u>Seal</u>
Anxiety during pregnancy	<u>Mimulus</u> , <u>Empower</u>
Acute fear or panic	<u>Rock Rose</u> , <u>Saved by the Animals</u>
Over-worry, concern for baby	<u>Red Chestnut</u> , <u>Letting Go</u> , <u>Seal</u> , <u>Sparrow</u>
Restlessness/irritability, difficulty settling, agitation, ease & patience with flow/timing	<u>Impatiens</u> , <u>Cherry Plum</u> , <u>Empower</u>
Emotional imbalance, mood swings	<u>Scleranthus</u> , <u>Joyful Work</u>
Mental fatigue, exhaustion	<u>Hornbeam</u> , <u>Empower</u>
Physical depletion, numerous pregnancies	<u>Olive</u> , <u>Butterfly</u>
Overdoing it, desire to push through	<u>Oak</u> , <u>Seal</u> , <u>Joyful Work</u>
Depression, low spirits, postpartum depression	<u>Mustard</u> , <u>Grieving Heart</u>
Apathy, giving up, disengagement, indifference	<u>Wild Rose</u> , <u>Sparrow</u>
Difficult or rapid labor, shock	<u>Star of Bethlehem</u> , <u>Saved by the Animals</u>
Postpartum adjustment, transition after birth	<u>Walnut</u> , <u>Butterfly</u>
Postpartum overwhelm	<u>Sweet Chestnut</u> , <u>Saved by the Animals</u> , <u>Sparrow</u>
Self-doubt, lack of confidence, indecisiveness	<u>Cerato</u> , <u>Cherry Plum</u> , <u>Empower</u>
Cooping with pregnancy loss	<u>Star of Bethlehem</u> , <u>Grieving Heart</u>
Support for family, integration/acceptance of new baby	<u>Walnut</u> , <u>Holly</u> , <u>Wolf</u>
Support for new baby, growth spurts	<u>Star of Bethlehem</u> , <u>Butterfly</u>
Setting appropriate boundaries during pregnancy and birth, looking out for oneself and speaking up	<u>Century</u> , <u>Cerato</u> , <u>Skunk</u> , <u>Protection</u>

General Directions for Using Essences:

- Take 2–4 drops directly on the tongue, or add them to a small glass of water.
- Can be taken 2–4 times daily
- Store in a cool, dark place away from direct sunlight.

Essences are not intended to diagnose, treat, cure, or prevent any disease. Consult a healthcare professional if you have any medical or mental health concerns.