



Lesson Seven *Reproductive System*

Reproductive System, for women

There are many reproductive disorders that can be significantly helped with essential oils and even more so, with the use of sacred oils. I am hopeful that with the growing movement of women reclaiming their voices and their power that reproductive disorders will be on the decline. *See Inner Alchemy Viewpoint for more on this topic.*

Common Disorders:

Vaginal Yeast Infection(candida)

Oils - Tea tree, chamomile, eucalyptus, thyme, rosemary, patchouli, geranium, lavender, yarrow.

Application - Make a suppository with tea tree oil and insert in the vagina. An essential oil regimen accompanied with a “yeast starving” diet, free of sugar, with baking soda baths will bring healing and comfort. Also, use any of the recommended oils in a strong massage oil or womb salve to rub on your belly. *Please refer to the book of remedies on how to make suppositories.*

Repeated vaginal yeast infections should be seen and closely monitored by your doctor. It is often the precursor to cancer and repeated check-ups are important.

PMS

Oils - Chamomile, rose, clary sage, juniper, rosemary, bergamot, geranium, lavender, jasmine, fennel, nutmeg, neroli, peppermint.

Application - Make a strong massage oil and rub on belly and navel. This will help relax muscles if there is also cramping. Or blend three of the recommended oils and make a womb salve. Also smelling the oils — aroma-therapeutics, will help lessen the effects of PMS with overwhelming emotions.

*PMS is the result of a **deficiency of fatty acids**, best found in fish oil. Taking a supplement of fish oil such as **cod liver oil** will help. Also **evening primrose oil** taken as a daily supplement helps. This will help with severe cramping as well along with always making sure your **feet are warm** during your menstrual cycle. Cold feet will lead to extreme cramping.*

Emenorea - Absence of menstruation.

Oils - Chamomile, lavender, geranium, clary sage, yarrow, neroli, rose, rosemary, pennyroyal.

Application - Make a strong massage oil or a womb salve using the recommended oils to rub on belly. Being underweight and lacking healthy fats will often prevent menstruation.

Cervixitis - inflammation of cervix

Oils - Chamomile, lavender, tea tree.

Application - Make a suppository and insert in the vagina. The recommended oils are the only essential oils that I trust internally. They are all cooling oils that fight both bacteria and fungus. *Please refer to the book of remedies to learn to make a suppository.*

Endometriosis - A continual shedding of the uterine lining.

Oils - Rose, geranium, fennel, cyprus, parsley, clary sage.

Application - Make a strong massage oil or womb salve and rub on belly. Sacred oils work well with this disorder, helping the woman to embrace her femininity and sexuality.

Menopause - Menopause is referred to as the change for a good reason. There is so much change going on in your body that it's often difficult to feel like you're on top of it or have any kind of understanding of what you're needing. It's a transformative time and I don't believe treating just the symptoms of menopause is what's needed as much as treating your life. You are shifting from the mother role to the wise sage.

Oils - Clary sage, geranium

Application - Make a massage oil and rub on feet and top of head and neck. A foot bath is also helpful. Inhalation.

Due to a strong link between endocrine system, the central nervous system and sense of smell, reproductive disorders caused by hormonal imbalance can benefit from inhalation.

Reproductive System, *for men*

Inflammation of Penis

Oils - Bergamot, tea tree, lavender, thyme, chamomile, yarrow

Application - Make a blend or use just one of the recommended oils and make a penal soak. Milk must be added to warm water so the oils have fat to adhere to.

Prostate Inflammation

Oils - Chamomile, lavender, tea tree, bergamot, yarrow.

Application - My recommendation is to use one or all of the first three essential oils from the above list and make a suppository to insert in anus. *Please refer to the book of remedies to learn how to make a suppository.*

Inner Alchemy Viewpoint:

I have been offering women womb meditations for several years and I continue to be amazed at the “unearthing” of both emotions, wisdom and power that get “locked” in our wombs. Our wombs are the chalice for creation and much of what we can and need to create has been held back, fearing the birthing our creations into a harsh world. And often, the ancient wisdom we hold in our wombs has been waiting lifetimes to be birthed.

Along with this, the repression and suppression of the feminine in our culture has taken a toll on our reproductive health. My hope is that this is changing. Women who have a reproductive disorder will benefit greatly by working with sacred oils and a sacred oil practitioner. Helping a woman to resolve fears, release grief, anger, and resentment, and discover the beauty of her sexuality will restore her womb to the life giving chalice that it is.

This goes for men too who suffer with reproductive disorders. A man’s penis is the giver of life and yet, in the old paradigm and imbalanced world we’ve lived in, many men have done harm —the opposite of being a giver of life. Even the kindest men carry this shame for his fellow men and can be helped greatly with the use of sacred oils and a sacred oil practitioner.