

Dr. Nancy: Hi. Happy Wednesday, everybody. Welcome to Live with Dr. Nancy. Today is actually our second to last broadcast for the year. We're going to take a little hiatus this summer and maybe switch things up a little bit with our videos, so I appreciate everybody watching this year. We are going to end Facebook lives with the one we started with Dr. Scott Nall. He's on next week. He's one of my favorite guests to interview, so I want to thank everybody for a wonderful year, and we're going to do some celebrating next week, Wednesday.

Dr. Nancy: Today, I'm very excited to have with me Pam Conrad. I met Pam many, many years ago. That makes us old, doesn't it?

Pam Conrad: It does. We've been at it for a while.

Dr. Nancy: Yeah, she's been at it a long time. When we were starting the holistic moms group in the area, she came and spoke with us then, so I got to know her then. Since then, she's written a book, which we'll talk about a little bit later, but Pam is a specialist in aromatherapy, and she's going to kind of talk to us a little bit about that, but I'd like you to just, Pam, tell everybody about yourself, and welcome, Pam.

Pam Conrad: Thank you. Thanks so much for having me, and hello to all the moms and practitioners out there. My background, just to kind of summarize it, I've been a nurse for 30 years, all kinds, a trauma nurse and a psych nurse and a women's health nurse. I was always very interested in holistic health and preventative medicine and that type of thing, and aromatherapy came into my life 20 years ago. I was certified as a certified clinical aromatherapy practitioner 20 years ago. I was at the IU Center of Excellence for Women's Health. Then, I was fortunate six months after my certification, it was a year and a half class, my family was transferred with my husband's job to England. We really didn't have organized clinical aromatherapy in our country at that time, so that was just a divine intervention really, so, went to England. I was over there for two years, and I studied and interned with the midwives who had done like an eight-year study of 8,058 women in labor and delivery.

Pam Conrad: I went to the hospital in Oxford and followed them and followed their program, and I interned with Denise Tiran in London who had had a prenatal aromatherapy clinic and taught students. She was a professor, so did as much as I possibly could and came back to the U.S., came back to Indianapolis and developed curriculum for nurses and for midwives. In 2008, then, formally educated a group at Community North of 15 nurses, and we started the first in the nation evidence-based clinical aromatherapy hospital nursing unit program.

Pam Conrad: Since that time, predominantly, I've taught nurses, I've taught midwives, I've taught in this area at least nurses from at least 30 area hospitals, about 12 different states. Then, I went to Chile and taught midwives in South America on two different occasions. We now have various hospital programs, and they're all evidence-based. So, going back to the study and the group that I talked about in England, just followed that evidence and

continued that and that practice, teaching the nurses, teaching the midwives, and then they develop programs accordingly.

Pam Conrad: In 2012, we did a postpartum depression and anxiety aromatherapy clinical study, and we did that with Community North and also with IU Health with their postpartum depression groups. We were able to show that simple inhalations, simple hand massages for like 10 minutes twice a week, we actually had statistically significant positive results in depression and anxiety with aromatherapy.

Dr. Nancy: Wow.

Pam Conrad: The women just added that to whatever their treatment was, so just to emphasize, this does not take the place of medical treatment. It is a complementary therapy, and it's not a cure for anything, and it is a wonderful, supportive, very pleasant therapy that we were even able to show that it could help pretty serious things like postpartum depression and anxiety. So, that was published, and I think you have a link to that. Since then, I continued to teach, and we have programs in many different areas as I've talked about. Then, I was asked about a year and a half ago because all nurses, midwives, doulas, and therapists can't make it here or can't necessarily send me there, so I wrote this book. I was asked ... Here we go. So, I was asked to write an evidenced-based book on Ob-Gyn aromatherapy.

Pam Conrad: It's split in two parts, and so it goes through all the current evidence-based. Until this book was published, there never was an evidence base for prenatal, so women who are pregnant. They would take from the intrapartum, which is labor and delivery, they would take the evidence from that and use it, or during pregnancy, so now, we do have an evidence base, so we know what has been studied and shown to be safe and effective. That's exciting.

Dr. Nancy: Yeah, it is. That's great.

Pam Conrad: Yeah, so that's kind of where we are right now. I have a Facebook group that is pretty active, Aroma Tips for Nurses, Midwives, Doulas, and Therapists, where I share a lot of evidence, a lot of studies, kind of bring them to all of our language, so we all understand what these scientific studies say. What's the bottom line? What can I do? What can't I do? How do I do it? What method do I do it? So, not only the specific oil but the method that you use it is what's really important. That's kind of where we are today.

Dr. Nancy: Does that apply to all aromatherapy, or is it just for mainly prenatal pregnancy that you're talking about?

Pam Conrad: The book includes prenatal to postpartum.

Dr. Nancy: Okay.

Pam Conrad: It's divided in chapters, so the prenatal, the pregnancy part ... So, I have a glossary of terms. A lot of times, people are like, "What do you ..." There can be some confusion in that, so there's terms about what is prenatal? Well, that means pregnancy, and so this is the first time there's ever been evidenced-based published for prenatal. Then, we have the intrapartum during labor and delivery, and that's been published for a while, but we have new oils that have been researched in the last couple of years that have been added to that list. Then, postpartum too because moms, after they deliver, they oftentimes have different emotional ups and downs, so we want to kind of catch them really at the end of their pregnancy through the labor and delivery and into postpartum and have really good luck, kind of being very proactive about that and knowing this person's a little bit higher risk, so let's go ahead and start with these oils and these methods that we know are helpful for postpartum depression and have found that moms that we treat throughout and that we kind of have a heightened awareness of their history, that we're able to treat them and they have better outcomes.

Dr. Nancy: What is clinical aromatherapy? I saw that in your book.

Pam Conrad: Okay. Clinical aromatherapy is specifically aromatherapy that predominantly, the person who practices it is already a licensed healthcare professional.

Dr. Nancy: Okay.

Pam Conrad: Then, they specifically learn depending on all the different specialties of medicine essentially. What the evidence base is, so what research that has been done, say in cardiology, say in gynecology, obstetrics, all of those different areas, oncology, and that they know we learn those studies, we learn the methods, we learn the percentages and the oils that are most effective, as well as the oils that you need to avoid during those times because all of these kinds of specialty conditions, there are oils that you need to just kind of move off your shelf until you're through that especially when we're talking about kind of back to women's health and pregnancy. Doesn't mean you can't use it for the rest of your life, but we really, to like do the best that we can for the pregnant woman and through postpartum and lactation and nursing, with the nursing, that we really hone in on which ones would be better to avoid.

Pam Conrad: There's plenty of choices that are okay, so why not just stick with those? The evidence base and all of these studies and the knowledge, 20, 30 years, we've been doing this long before the current popularity, and we haven't had any problems doing everything externally, no ingestion, all externally and all diluted between, like prenatally, we look at like 0.5 to 1%, which means like one drop of oil and a teaspoon of lotion or a teaspoon of gel and diluting it and putting it on the body or diluting it in an oil and inhaling it and then when we get to labor and delivery, we go up to like 2%, and we have very, very excellent results for nausea, for pain, for anxiety, for stress, for panic, staying in that range.

Dr. Nancy: That's great. I think a lot of people don't realize that there is some kind of contraindications for oils in pregnancy.

Pam Conrad: Absolutely, there are. As a matter of fact, there are only five oils that have been studied and that are evidence-based, and that's all outlined in the book. For example, the only oil that has been studied and shown to be safe, effective, and has been published in a peer reviewed journal is lemon. That was studied after 10 weeks as an inhalation, so there are lots of other things that you can do, for example, for nausea, which is pretty prevalent in the first trimester. You can do things like do lemon or ginger tea and do it in an ice cube tray, pour it in an ice cube tray, and suck on the ice cubes that have that very small amount. This is not oil. Oil is much more concentrated. For example, one drop of peppermint oil is equal to 28 tea bags.

Dr. Nancy: Wow.

Pam Conrad: 28 tea bags, so if you empty 28 teabags of the raw material, the herb, that's how much it would take to get one ... when you steam distill it, to get one drop of oil. That's why you just don't need to use that much, which is wonderful because then it's much more economical to spend that much money.

Dr. Nancy: That's right.

Pam Conrad: It'll go a long way, so that's really kind of fun. Then, after you get into the second trimester, you have some other choices. That's when we get our lavender, that we all love lavender. Everybody doesn't love lavender, but I would say-

Dr. Nancy: My daughter doesn't love it.

Pam Conrad: 75, 80% of people really like it or at least will choose it because they're familiar with it, but we're looking predominantly at the citruses, and then you get a lot more once in your established labor, so ...

Dr. Nancy: Great. Well, wonderful. The name of the book she's talking about is called Women's Health Aromatherapy. I'm going to put it up here. Yeah, there you go, and it's on Amazon, right?

Pam Conrad: Yes. It's all over the world. It's on Amazon here, UK, Canada, Australia. It's Barnes & Noble. It's also Waterstones in England, and if people are outside of the country, Book Depository is the site that sends it all over the world. I guess there's other little booksellers, but those are the main ones.

Dr. Nancy: This is the first book of its kind, right?

Pam Conrad: It is. It is. It's the first one that's all evidenced-based specific to the prenatal, the postpartum. Then, we get into the Gyn, so we don't want to forget that part. Young girls with painful periods, we can show you what the evidence is. I personally have used this a lot personally and professionally. It's been very effective. PMS, raging PMS, there's a lot that can be done as well as menopause. That's the second half of the book. It's that

combination of the Ob-Gyn, but like I said, this is for everyone. Any oil company that you love, that you sell for, that you work with, that you're really interested in, we all can follow the same evidence base.

Dr. Nancy: Yeah, and I have to say the book is very easy to read. It's organized really nicely. Yeah, I've really enjoyed looking it over.

Pam Conrad: Okay.

Dr. Nancy: I haven't delved all the way into it, yet but it's an easy read, some really good information in here, so I highly recommend it. Women's Health Aromatherapy. I'm going to put it up here again because I know everybody's getting excited now.

Pam Conrad: Well, also, I've seen, oh, so many times where women from all different oil companies will say, "I went to my doctor, and my doctor said, "Where's the evidence?" When the woman asks, "Can I use oils when I'm pregnant or can I use them during my delivery?" The the doctor says, "Where's the evidence?" Right here. You can take this book, simple. Open it up. Show them, and if you can't show them, you probably shouldn't be using it. Also, always respect for people who don't like aromatherapy. It's not for everybody, and there are people who are allergic, and just respect that. It's not for everybody, and a whole lot of people can benefit from it.

Dr. Nancy: Great. Well, do you have anything you want to leave our watchers with today before we sign off?

Pam Conrad: If you'd like to join my Facebook group, Aroma Tips for Nurses, Midwives, Doulas, and Therapists, feel free to do that. Also, I do do private consults. I do aromatic childbirth consults. I do Gyn consults. I really recommend ... The desire was to ... and not to bring the book up again, but you very likely don't need a consult unless you have a very specific condition or a history that you would feel a little more comfortable to do a consultation with me. We could do that, but just read through it. You're probably going to find your answers, and if they're not in there, you probably shouldn't be using it.

Dr. Nancy: Awesome. Okay.

Pam Conrad: All right. Thanks so much. Have a great day, and aromatic blessings to everybody.

Dr. Nancy: Thank you, Pam.

Pam Conrad: Thank you.