



Herbal Help in Pregnancy

There are many herbs that can be useful during pregnancy, and some that should be avoided. Always be sure to check with your midwife or a competent herbalist to find out if something not on this list is appropriate for you. The following is a limited list of herbal suggestions whose usage in pregnancy is common and considered safe.

Teas

Alfalfa – nutritional benefits

Oat Straw – to prevent hemorrhoids

Nettle Leaf – nutritional benefits

Red Raspberry Leaf – specifically recommended in pregnancy as a uterine toner

Chamomile - calming

Peppermint – for digestion

Fennel – for digestion

Ginger – for digestion

Rosehips

Lemongrass

Hibiscus

Mothering Year Nutritive Tea

The following recipe is a nurturing tea for the childbearing year – pregnancy and postpartum. The herbs are safe, supportive and have lots of essential nutrients to sustain your body while it is doing the hard work of growing a baby and maintaining your own health.

In three quarts of boiling water, add these root herbs – 1 heaping tablespoon each: Burdock, Wild Yam, Raw Dandelion Root. Turn heat down to a simmer on low for ½ hour.

Turn heat off and add a handful each of these herbs: Nettle Leaves, Red Clover Flowers, Red Raspberry Leaf, Alfalfa Leaf. Allow to steep, covered, for 1 hour or longer. Steeping longer will make a more strongly flavored batch. Increase Red Raspberry Leaf after 34 weeks, increase Alfalfa Leaf after 37 weeks.

The tea can be drunk hot or cold. Store it in the fridge for a few days. Drink three cups a day, four days a week.

If you begin to experience regular painful contractions before 37 weeks gestation, stop all herbal supplements and contact your care provider.