Alfalfa Medicago Sativa

**Vitamin and Minerals- Iron, Vitamin A, B12, C, E, D and K**

**Preparation**- Infusion 1 tsp per 1 cup water.
Infusion instructions
Simmer 4 cups of water.
Add 4 teaspoons dried herb or 4 tablespoons fresh herb
Remove from heat and allow steeping for 20 minutes to 8 hours.
Dosage 2-3 cups a day.

Extract 40-50% alcohol ratio.
Use prepared tincture to instructions.

**Alfalfa:** Alfalfa has therapeutic uses as both food and medicine. It is rich in vitamins, particularly A, B and C and also Vitamin K. It is believed to contain a higher mineral content than most grains and is a natural source of calcium, potassium, magnesium and phosphorus.

Alfalfa can be used to nourish the body during pregnancy and life in general. It is one of the safest vitamin packed herbs.

**Some uses for Alfalfa**
- Digestive Tonic
- Its high mineral content promotes healthy bones and teeth.
- The high Chlorophyll content is believed to encourage the growth of connective tissue
- It is particularly helpful in late pregnancy because the vitamin K it supplies promotes proper blood clotting, thereby reducing the risk of postpartum hemorrhage.

Chamomile Matricaria recutita

**Vitamin and Minerals-** Flavonoids- quercimeritin, Calcium and Zinc,

**Preparation**- Infusion 1 tsp per 1 cup water.
Infusion instructions
Simmer 4 cups of water.
Add 4 teaspoons dried herb or 4 tablespoons fresh herb
Remove from heat and allow steeping for 20 minutes to 8 hours.
Dosage 2-3 cups a day.
Extract 45-65% alcohol ratio.
Use prepared tincture to instructions.

**Chamomile:** Being rich in essential oil, it acts on the digestive system, promoting proper function.

**Some uses for Chamomile**
- Stomach and intestinal discomfort.
- Relaxation and sleep needs.
- Wound healing
- Anxiety
- Anti-spasmodic herb, it works on the peripheral nerves and muscles, and so it indirectly relaxes the whole body. When the physical body is at ease, ease in the mind and heart follows.
- Helps to reduce capillary fragility
- Loss of appetite
- Colic
- Carminative
- Galactogogue,
- Sedative
- Skin and vermifuge

**Contraindications**- Some people are allergic to Chamomile.

**Dandelion Taraxacum officinale**

**Vitamin and Minerals**- Vitamin D, Folic Acid, Vitamin A, C, E, Iron, Trace minerals, Cobalt and Zinc,

**Preparation**- Infusion 1 tsp per 1 cup water.
Infusion instructions
Simmer 4 cups of water.
Add 4 teaspoons dried herb or 4 tablespoons fresh herb
Remove from heat and allow steeping for 20 minutes to 8 hours.
Dosage 2-3 cups a day.

Root- Decoction
Decoction Instructions
Simmer 4 cups of water.
Add 4 teaspoons dried herb or 4 tablespoons fresh herb
Allow pot to come to simmer for 20 minutes.
Dosage 2-3 cups a day.

Extract 45-65% alcohol ratio.
Use prepared tincture to instructions.

**Dandelion**- is a very nutritional herb and can be used in salads, steamed veggies, etc. Increases digestion and promotes bile to relieve constipation.

**Some uses for Dandelion**
- Diuretic
• Potassium
• Constipation
• Liver nourisher

**Contraindications**- None

**Fennel**

**Vitamin and Minerals-** Calcium, Potassium

**Preparation-**
Seed- Decoction
Decoction Instructions
Simmer 4 cups of water.
Add 4 teaspoons dried herb or 4 tablespoons fresh herb
Allow pot to come to simmer for 20 minutes.
Dosage 2-3 cups a day.

Extract 45-65% alcohol ratio.
Use prepared tincture to instructions.

Fennel- is a very nutritional herb and can be used in salads, cooked dishes, etc.
Increases digestion and relieves gas.

**Some uses for Fennel**
• Helps with milk production
• Helps with stomach aches
• Relieves gas and colic
• Relieves heartburn

**Contraindications**- None

**Herb: Garlic Allium sativum**

**Vitamin and Minerals-** Potassium, Vitamin A, Vitamin C and B, citral, cobalt, copper, calcium, fiber and Zinc

**Preparation-**
Eat raw or in foods.

Garlic- is a very nutritional herb and can be used in salads, cooked dishes, etc.
Increases digestion and relieves gas. Garlic has an international reputation for lowering both blood pressure, blood cholesterol levels and generally improving the health of the cardio-vascular system.

**Some uses for Garlic**
• Blood pressure issues
• Vulnerary

**Contraindications**- None
Herb: Ginger- Zingiber officinale

Vitamin and Minerals- Zinc and magnesium

Preparation-
Eat raw or in foods.
Teas
Add one slice of ginger to boiling water 1.5 cups. Allow to steep for 20 minutes.

Ginger- is a very nutritional herb and can be used in salads, cooked dishes, eaten candied, etc. Increases digestion and relieves gas. Ginger warms the body. Ginger has been used world-wide as an aromatic carminative and pungent appetite stimulant. In India, and in other countries with hot and humid climates, ginger is eaten daily and is a well-known remedy for digestion problems.

Some uses for Ginger
- Relieves Nausea
- Relieves Gas
- Antioxidant and antimicrobial effects
- Hyperemesis gravidarum

Contraindications- None

Lemon Balm- Melissa officinalis

Vitamin and Minerals- Flavonoids, Vitamins C or E

Preparation- Infusion 1 tsp per 1 cup water.
Infusion instructions
Simmer 4 cups of water.
Add 4 teaspoons dried herb or 4 tablespoons fresh herb
Remove from heat and allow steeping for 20 minutes to 8 hours.
Dosage 2-3 cups a day.

Extract 45-65% alcohol ratio.
Use prepared tincture to instructions.

Some uses for Lemon Balm are:
- Herpes outbreaks topically
- Nervous system health, stress and tension issues.
- Upset stomach
- Anti-spasmotic
- Lower blood pressure in some cases
- Remedy for insomnia
- Antiviral, antibacterial and antifungal properties.

Contraindications- Some sources quote to not use during pregnancy, early on. Others source no contraindication.
Herb: Nettle- Urtica dioica


**Preparation -** Infusion 1 tsp per 1 cup water.
Infusion instructions
Simmer 4 cups of water.
Add 4 teaspoons dried herb or 4 tablespoons fresh herb
Remove from heat and allow steeping for 20 minutes to 8 hours.
Dosage 2-3 cups a day.

Extract 45-65% alcohol ratio.
Use prepared tincture to instructions.

As a food: Steam or add to cooked dishes.

**Some uses for:** Nettles are a great all over body tonic for all of life, not just pregnancy. Strengthens and nourishes Kidneys. The calcium content is beneficial for relieving leg cramps and spasms. As a regular addition to the diet of pregnant women, traditionalists believe, it prevents anemia.

**Contraindications-** None

Red Raspberry Leaf -Rubus ideaeus

**Vitamin and Minerals-** Calcium, Magnesium, Iron, Malic acid, Manganese, Phosphorus, Potassium, Selenium, Silicon, sulfur, Vitamins B1, B3, C, D, and E, Citric acid, and Pectin.

**Preparation-** Infusion 1 tsp per 1 cup water.
Infusion instructions
Simmer 4 cups of water.
Add 4 teaspoons dried herb or 4 tablespoons fresh herb
Remove from heat and allow steeping for 20 minutes to 8 hours.
Dosage 2-3 cups a day.

Extract 45-65% alcohol ratio.
Use prepared tincture to instructions.

**Some uses for-** The leaves are rich in vitamin C and contain astringent qualities due to their high tannin content. Red raspberry leaves have been used by women for centuries as a support to the reproductive system, especially during pregnancy. When used after birthing, it can decrease uterine swelling and minimize postpartum hemorrhaging.
- Reducing pain during labor and after birth. By toning the muscles used during labor and delivery.
- Easing of morning sickness.
- Helps to relieve muscle cramps.
- Contains calcium & iron in one of its most absorbable forms.
- Tones the uterus

**Contraindications**—not to be used before the first trimester with cases of habitual miscarriage or high risk.

**Herbs To Avoid During Pregnancy**
Many herbs shouldn't ever be used during pregnancy. Those containing high quantities of volatile oils (some of which could be toxic, such as pennyroyal), or alkaloids, such as barberry, can affect your central nervous system as well as interfere with the development of the baby's central nervous system.

Strong bitters, such as Mugwort, that powerfully stimulate digestion and metabolism should be avoided, as should strong laxatives such as Senna, Buckthorn, Cascara Sagrada, and Rhubarb; bitters and laxatives can trigger uterine contractions. Herbs with strong hormonal properties are not advised, including sage and licorice.

Consult your health care practitioner if you have doubts about the safety of any herb.

- Alder buckthorn (Rhamnus frangula)—cathartic
- Angelica (Angelica archangelica)—emmenagogue
- Barberry (Berberis vulgaris)—uterine stimulant
- Birthroot (Trillium spp.)—uterine astringent
- Blessed Thistle (Cnicus benedictus)—strong bitter
- Butternut (Juglans cinerea)—laxative
- Cascara Sagrada (Rhamnus purshiana)—laxative
- Coltsfoot (Tussilago farfara)—possibly fetotoxic
- Damiana (Turnera diffusa)—nervous system and hormonal activity
- Aloe (Aloe vera)—cathartic, laxative
- Ephedra (Ma-huang) (Ephedra sinica)—high alkaloid content, cardiac stimulant
- Feverfew (Tanacetum parthenium)—emmenagogue
- Goldenseal (Hydrastis Canadensis)—uterine stimulant
- Gotu Kola (Centella asiatica)—affects nervous system
- Juniper berries (Juniperus communis)—possibly fetotoxic, affects kidneys
- Mugwort (Artemisia vulgaris)—emmenagogue
- Nutmeg (Myristica fragrans) (safe to use in cooking)—slightly toxic
- Osha (Ligusticum porteri)—emmenagogue
- Parsley (Petroselinum crispum) (safe to use in cooking)—emmenagogue
- Pennyroyal (Mentha pulegium)—emmenagogue
- Pleurisy root (Asclepias tuberosa)—cardiac stimulant
- Rhubarb (Rheum palmatum)—laxative
- Rue (Ruta graveolens)—emmenagogue
- Sage (Salvia officinalis) (safe to use in cooking)—emmenagogue, hormonal activity, dries up breastmilk
- Sarsaparilla (Smilax regelii)—hormonal activity
- Scotch broom (Cytisus scoparius)—cardiac stimulant
Senna (Senna alexandrina)—laxative
Shepard’s purse (Capsella bursa-pastoris)—hemostatic
Tansy (Tanacetum vulgare)—emmenagogue
Wormwood (Artemisia absinthium)—emmenagogue

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