

Common Pregnancy Herbs And Herbs to Avoid

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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
- Galactagogue,
- 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 gravidaru

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-spasmodic
- 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*

Vitamin and Minerals- Calcium, Iron, Magnesium, trace minerals, Vitamins A, B, C, E, D, F, K and P, Sulphur, Sodium, Copper, Manganese, Chromium 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.

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 idaeus*

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.

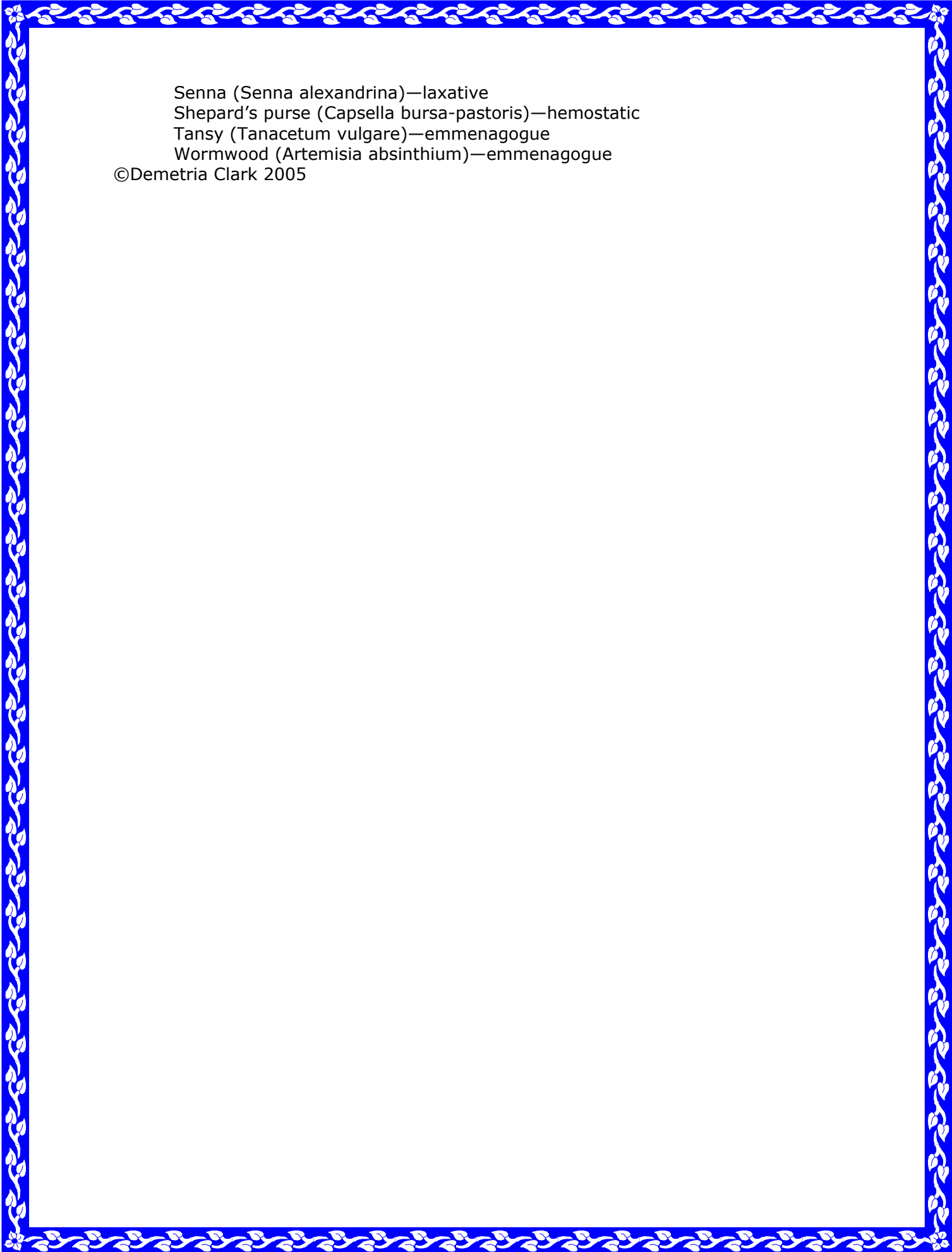
Herbs To Avoid During Pregnancy

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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