

Essential Herbs for Pregnancy & Nursing

Red raspberry (*Rubus idaeus*) – Drink 1-3 cups daily through first 2 trimesters, and 3 cups during last trimester.

- Tea hot or cold – can make a couple days worth and keep refrigerated
- Most commonly used and well-known pregnancy herb
- Tones female reproductive system; also pelvic and uterine muscles
- High amounts vitamin C, easily assimilated calcium and iron
- High mineral content – good for stretch and anemia
- Also contains vitamins E, A, B complex, many minerals including phosphorus and potassium
- Prevent miscarriage and postpartum hemorrhage
- Prepares body for labor and good for stretch, therefore decreases pain and length of labor and delivery. Doesn't strengthen contractions but makes them more efficient.
- Help expel afterbirth
- Good for morning sickness

Nettle (*Urtica dioica*) – 1-3 cups daily, hot or cold.

- High amounts of virtually all mineral & vitamins needed for health
- Especially high in A,C,E,D,K, calcium, potassium, phosphorus, iron, sulfur
- High amounts of chlorophyll
- Tonic
- Nourish and strengthen kidneys; gently dislodge and dissolve any mineral buildup
- Relax leg cramps and muscle spasms
- Prevent hemorrhage after birth due to high vitamin K
- Strengthens blood vessels, therefore good for hemorrhoid prevention
- Astringent for hemorrhoids
- Increases quality of breast milk

Other herbs high in easily-assimilated vitamins and minerals include:

- Horsetail a.k.a. Shavegrass – especially calcium
- Alfalfa
- Kelp