

**PARTNERS IN PERINATAL HEALTH
CONFERENCE
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“Herbs for Comfort and Healing During Pregnancy”

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Wild Carrot Herbs!*

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Herbs for Comfort and Healing during the Months of Pregnancy

Mischa Schuler
Community Herbalist

If it tastes yummy, it's safe

- The 6 tastes are:
 - sweet
 - sour
 - salty
 - bitter
 - pungent
 - astringent
- Sweet taste indicates a tonic for the body

Red Raspberry Leaf (Rubus idaeus)



Nettles (Urtica dioica)



Oats (*Avena sativa*)



Lemon Balm (*Melissa officinalis*)



Catnip (*Nepeta cataria*)



Peppermint (*Mentha piperita*)



Chamomile (Matricaria recutita)



Anise (Pimpinella anisum)



Fennel (Foeniculum vulgare)



Mommy's Tasty Tonic Tea

- 3 parts Red Raspberry
- 2 parts Nettles
- 2 parts Lemon Balm
- 1 part Milky Oats
- ½ Fennel

Pour 1 quart of just-under boiling water over ½ cup of the herbal mixture. Let sit over night. Strain. Sip throughout day.

Unsafe herbs in pregnancy

- Anti-microbials
- Emmenagogues
- Laxatives
- Herbs to bring on labor

Anti-microbial herbs

- bitter and cooling:
 - Goldenseal (*Hydrastis canadensis*)
- pungent and warming:
 - Osha (*Ligusticum porteri*)

Emmenagogues

- Pennyroyal
- Tansy
- Cottonroot Bark
- Angelica
- Mistletoe

Strong laxatives

- Cascara sagrada
- Senna
- Buckthorn bark

Herbs to bring on labor

- Black cohosh
- Blue cohosh
- Partridgeberry



Safe anti-microbials

- Echinacea
- Spilanthes
- Yarrow

Echinacea (Echinacea sp)



Spilanthes (Spilanthes oleracea)



Yarrow (*Achillea millefolium*)



Safe laxatives

- Dandelion
- Burdock
- Yellow Dock

Dandelion (*Taraxacum officinalis*)



Burdock (*Arctium lappa*)



Yellow Dock (Rumex crispus)



Where to purchase herbs

- For bulk tea:
 - www.mountainrose.com
 - www.jeansgreens.com
- For tinctures:
 - www.avenabotanicals.com
 - www.herb-pharm.com

Morning sickness

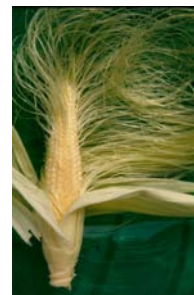
- Red Raspberry leaf
- Dried Peach tree leaves
- Peppermint
- Spearmint
- Wild Yam root
- Ginger root



Bladder/Urinary Tract infection

- Uva Ursi – drink as tea
- Yarrow
- Echinacea
- Corn silk
- Marshmallow

- Contraindicated – Juniper, Buchu, Horsetail



Anemia

Iron Tonic

- 2 oz Yellow Dock root
- Infuse in a quart jar over night
- Strain
- Reduce to 1 cup
- Add 4 Tablespoons honey
- 1 – 2 Tablespoons daily



Anemia

Anemia Prevention Brew:

- 1 part Nettles
 - 1 part Parsley
 - 1 part Yellow Dock root
 - 1 part Comfrey leaves
 - ½ part Peppermint leaves
- 4 cups per day, 1 wk/mo



Varicose Veins

- Oat straw tea
- Nettle leaf
- Parsley
- Topically – witch hazel, oak bark, horse chestnut, poultice of comfrey, yarrow, mullein

Heart burn

- Slippery Elm
- Marshmallow root
- Chamomile



Mood

Motherwort – 5 drops in water every 2 hours

Skullcap – drink up to 2 cups of tea per day



Cold and Flu

- Echinacea at onset
- Once you have it
 - thyme, garlic and lemon tea
 - Elder flower or elderberry tea

Postpartum Healing Bath

- 2 ounces comfrey leaves
- 1 ounce calendula flowers
- 1 ounce lavender flowers
- 1 ounce sage leaf
- ½ ounce myrrh powder
- ¾ cup sea salt

Deep Healing Bath

- 1 ounce dried comfrey leaf
- 1 ounce yarrow blossoms
- 1 ounce dried sage leaf
- 1 ounce dried rosemary leaf
- 1 large fresh bulb of garlic
- ½ cup sea salt

Books

- Wise Woman Herbal for the Child Bearing Year, Susun Weed
- Healing Yourself During Pregnancy, Joy Gardner
- The Natural Pregnancy Book, Aviva Romm
- Natural Health after Birth, Aviva Romm
- The Nursing Mother's Herbal, Sheila Humphrey

Herbs for Comfort and Healing during the Months of Pregnancy

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- I. Safety of herbs during pregnancy
 - a. If it tastes yummy, it's safe
 - i. Red Raspberry Leaf
 - ii. Nettles
 - iii. Oats
 - iv. Lemon Balm
 - v. Catnip
 - vi. Peppermint
 - vii. Chamomile
 - viii. Anise
 - ix. Fennel
 - b. Unsafe herbs in pregnancy
 - i. Anti-microbials
 1. Goldenseal
 2. Osha
 - ii. Emmenagogues
 1. Pennyroyal –often taken in tea form
 2. Tansy –often taken in tea form
 3. Cotton root bark
 4. Angelica
 - iii. Strong laxatives
 1. Cascara sagrada
 2. Senna
 3. Buckthorn bark
 - iv. Herbs to bring on labor
 1. Blue cohosh
 2. Black cohosh
 3. Partridgeberry
 - c. Safe anti-microbials – usually used as tincture, though tea is fine
 - i. Echinacea – very safe antimicrobial
 - ii. Spilanthes
 - iii. Yarrow
 - d. Safe laxatives
 - i. Dandelion
 - ii. Burdock
 - iii. Yellow dock
 - e. Where to purchase herbs online
 - i. www.mountainroseherbs.com
 - ii. www.jeansgreens.com
 - iii. www.avenabotanicals.com
 - iv. www.herb-pharm.com
- II. How to prepare herbal tea so that it has maximum therapeutic value

III. Benefit of a tonic (Women's Tonic Tea) to be taken throughout pregnancy

IV. Morning sickness

- a. Red Raspberry
- b. Dried Peach tree leaves
- c. peppermint or spearmint
- d. Wild Yam root
- e. Ginger root

V. Bladder infection

- a. Uva Ursi
- b. Yarrow
- c. Contraindicated – Juniper, buchu, horsetail

VI. Anemia

- a. Yellow Dock
- b. Nettle
- c. Comfrey
- d. Peppermint

VII. Varicose veins

- a. Oatstraw tea
- b. Nettle leaf
- c. Parsley
- d. Topically – witch hazel, oak bark, poultice of comfrey, yarrow, mullein

VIII. Heart burn

- a. Slippery Elm
- b. Marshmallow
- c. Chamomile

IX. Cold and flu

- a. Echinacea at onset
- b. Once you have it –garlic and lemon tea or Elderberry tea

X. Postpartum Herbal Bath to Heal Tears –Aviva Romm's recipes

- | | |
|--|---|
| <ul style="list-style-type: none">• 2 ounces comfrey leaves• 1 ounce calendula flowers• 1 ounce lavender flowers• 1 ounce sage leaf• ½ ounce myrrh powder• ¼ cup sea salt | <ul style="list-style-type: none">• 1 ounce dried comfrey leaf• 1 ounce yarrow blossoms• 1 ounce dried sage leaf• 1 ounce dried rosemary leaf• 1 large fresh bulb of garlic• ½ cup sea sal |
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XI. Resources - books

- a. Wise Woman Herbal for the Child Bearing Year, Susun Weed
- b. Healing Yourself During Pregnancy, Joy Gardner
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- e. The Nursing Mother's Herbal, Sheila Humphrey