



Mystic Midwifery
 Birth & Postpartum Doula,
 Student Midwife & Chef
 (386)481-4386
 Mysticmidwifery@Gmail.Com

Herbs for the Perinatal Period

This information is a rough guide to the safe use of beneficial herbs in the perinatal period. Each individual is unique, and what works for one person, may not be consistent in another.



Red Raspberry Leaf

Red Raspberry (A Tonic Herb) Can Be Used Throughout Pregnancy. Its Leaves Boost The Body's Supply Of Vitamins And Minerals, Increasing Energy And Improving Uterine Tone. Tea Or A Fresh Infusion Should Be Taken Daily Or Every Other Day For The Duration Of Pregnancy And Labor To Reap Full Benefits.



Nettle Leaves

Nettle Boasts A Fine Array Of Vitamins, Minerals, And Chlorophyll To Nourish Mother And Baby. Drink Nettle Tea Or Fresh Infusion Daily Or Every Other Day Throughout Pregnancy. Some Birthers Alternate Between Weeks Of Nettle And Raspberry. Drinking Nettle Tea During The Last Month Of Pregnancy Can Insure Large Amounts Of Vitamin K In The Blood For Birth.



Dandelion Greens

Dandelion Leaves Are Nutritious And Help In The Prevention Of Preeclampsia And Newborn Jaundice. Ideally, The Greens Should Be Incorporated Into The Diet On A Weekly Basis. Lightly Sautee Greens With A Bit Of Garlic, Vinegar And Olive Oil, Or Eat Them Fresh In A Salad. Continue To Consume The Greens In Early Lactation To Help Baby Develop A Strong Liver.

Morning Sickness/Nausea

Drink A Cup Of Anise Or Fennel Seed Tea Upon Awakening; Place 1 Tsp Fennel Seeds Or 1/2 Star Anise In A Cup And Pour Boiling Water Over It. Allow It To Cool Slightly And Drink. Additionally, Homeopathic Vitamin B Complex (Liquid For Under The Tongue) Twice Daily May Do The Trick.

Postpartum Depression Brew

- 1/2 Ounce Dried, Shredded Licorice Root
- 1 Ounce Dried, Crumbled Raspberry Leaf
- 1 Ounce Dried, Finely Cut Rosemary Leaves
- 1 Ounce Dried, Cut Skullcap

The Postpartum Depression Brew Relaxes The Nerves And Balances The Emotions While Nourishing Your Body Post-Labor; Mix The Dried Herbs Together Thoroughly. Use 2 Teaspoons Per Cup Of Boiling Water/ Drink Two Or More Cups Daily. Prolonged Use Establishes Uplifting Emotional Calm. Use For Several Weeks Up To Two Months.

References

- McQuade Crawford, A. (1997). *Herbal remedies for women*. Three Rivers Press.
- Tenney, L. (2000). *Today's herbal health*. Woodland Publishing.
- Weed, S. (1986). *Wise woman herbals for the childbearing year*. Ash Tree Publishing.

"Pregnancy Is A Process That Invites You To Surrender To The Unseen Force Behind All Life"