



# Labor Recipes

Care of Kat Montgomery, RM

## LABOR ADE for mom

Research shows that being well hydrated increases efficiency of your uterus: in other words, promotes faster and easy labor!

3 parts Nettle  
3 parts Raspberry leaf  
2 parts Alfalfa leaf  
1 part Mint  
  
1/3 cup maple syrup  
1/4 tsp sea salt  
2 Ca/Mg tablets, crushed  
  
1/3 cup fresh lemon juice

Raspberry and Nettle are great sources of calcium, iron, phosphorus, vitamins A, C, E & D. They are well known for promoting optimal uterine function and preventing hemorrhage. Mint is a great energizer as well as a good source of potassium. Nettle & Alfalfa both increase the available vitamin K and hemoglobin in the blood: good for mom and baby!

Maple syrup is full of minerals and gives natural energy as well as taste. The salt, calcium and magnesium, which are essential in effective muscle contraction, create a good electrolyte balance.

- Make a strong infusion from the herbs.
- Strain and heat 4 cups in saucepan.
- Add maple syrup, tablets and salt. Stir until dissolved.
- Cool to room temp. Add lemon juice.
- Put in freezer for two hours, then remove and stir to create a mush.
- Refreeze until you are ready!
- You can use this mixture still frozen (use a

## LABOR ADE for support people

Sage  
Raspberry leaf  
Mullein  
  
Cranberry juice

This combination is great for energy, as well as having lots of immune boosting properties: just what you need if you are going to miss some sleep, work hard physically, experience incredible emotional highs and potentially be exposed to hospital germs. Plus it's yummy!

- Pour boiling water over the herbs and steep until very strong.
- Strain and cool.
- Can be frozen ahead of time in ice cube trays.
- Mix with equal parts cranberry juice.



# Postpartum Recipes

## FROZEN PADS

Peri bottle OR flip-top bottle 6 Maxi pads (use the overnight size) Lavender essential oil OR Calendula tincture	While the thought of anything frozen on your girl parts may not be appealing now, if you use these for the first 2-3 days after the birth, you will decrease swelling and speed healing.
<ul style="list-style-type: none"> <li><input type="checkbox"/> Strain and cool. Place 5 or 6 pads on a cookie sheet.</li> <li><input type="checkbox"/> Fill your peribottle with water.</li> <li><input type="checkbox"/> Add 4 drops of lavender oil (antibacterial) &amp;/or a dropper of Calendula tincture (healing), if you like. Shake.</li> <li><input type="checkbox"/> Use the peribottle to spray the pads – they should be very wet but not drenched – it may take 4-5 refills of the bottle.</li> <li><input type="checkbox"/> Freeze the pads overnight on the cookie sheet, then transfer them to a plastic bag.</li> </ul>	

## PERINEAL HEALING HERBS

Shepherd's purse Uva ursi Lavender Thyme Comfrey	Epsom salts	Castor oil 4x4 gauze	Various herbalists, including Gaia Gardens Herbal Pharmacy, sell a premixed Perineal Wash, which can be substituted for this combination of herbs, if you like.
<ul style="list-style-type: none"> <li><input type="checkbox"/> Make a strong infusion from herbs. If not using warm, store in the fridge or freezer.</li> </ul> <p><b>Peri wash:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Strain and fill your peri bottle</li> </ul> <p><b>Sitz bath:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Strain the liquid into a bath with Epsom salts. Soak and enjoy!</li> </ul> <p><b>Peri burrito:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> After straining the herbs, add the castor oil to the wet mash of herbs.</li> <li><input type="checkbox"/> Make an herb burrito by wrapping the mash in the gauze.</li> <li><input type="checkbox"/> Use the burrito like a pad, once a day. It can even be chilled to help decrease swelling.</li> </ul>			

## RICH MILK TEA aka Fussy Baby Tea

4 parts Fennel seed 2 parts Nettle 2 parts Raspberry leaf 1 part Blessed Thistle	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use four to six tablespoons of herb mixture per quart of water.</li> <li><input type="checkbox"/> Add herbs to cold water and bring to a slow boil over low heat.</li> <li><input type="checkbox"/> Remove from heat and infuse for twenty minutes.</li> <li><input type="checkbox"/> Strain.</li> <li><input type="checkbox"/> Drink three to four cups daily.</li> </ul>
<p>Blessed Thistle is also known as Mother's Milk Thistle. It is widely used for enhancing milk flow as well as dealing with postpartum depression. Eliminate the Blessed Thistle if you are engorged or have issues with overabundance of milk.</p> <p>Fennel, which is the active ingredient in Gripe Water, will come through in your breastmilk to help baby's digestion stay calm.</p>	