



Prenatal Teas

All ingredients used in these teas and drinks are nutritive in value. In other words they enhance the natural processes of your body by helping balance and sustain your energy flow. For herbs that allay annoyances or deal with major problems, it is important to work with an experienced herbalist knowledgeable in the childbearing cycle.

Pregnancy Tea

4 parts Peppermint/Spearmint
3 parts Red Raspberry leaf
3 parts Lemon Balm
2 parts Partridgeberry
2 parts Nettle
1 part Alfalfa leaves

Herbal Healing for Women, Rosemary Gladstar

- Drink 1-3 cups daily as a hot tea (let steep for at least 15 minutes), or blend with a juice for a cool beverage.

Labor Prep Tea (from 36+ weeks)

3 parts Partridgeberry
2 parts Red Raspberry leaf
1 part Alfalfa
1 part Lemon Balm
1 part Nettle

Care of Beth Ebers, RM

Energy Tea

If you are fatigued, first of all take the time to rest and relax. Then have some Energy Tea. The recipe is the same as for the Pregnancy Tea, but the Lemon Balm is replaced with $\frac{1}{4}$ part grated ginger root.

Herbal Healing for Women, Rosemary Gladstar

Anemia Prevention Tea

$\frac{1}{2}$ ounce Nettle leaf
 $\frac{1}{2}$ ounce Parsley leaf
 $\frac{1}{2}$ ounce Comfrey leaf
 $\frac{1}{2}$ ounce Yellow Dock root
 $\frac{1}{4}$ ounce Peppermint leaf
(these are dried weights)

- Measure herbs and put them into a glass half-gallon juice jar.
- Pour boiling water in until the jar is totally full; cover tightly.
- Steep for at least eight hours.
- Drink freely, up to four cups a day, for one week each month.

This brew contains three excellent sources of iron: Nettle, Parsley, and Yellow Dock. It provides folic acid from the Parsley and vitamin B12 from the Comfrey. The green herbs all contribute vitamin C which aids iron absorption. The Mint makes it tasty.

Wise Woman Herbal for the Childbearing Year, Susun S. Weed

Stress Relief Tea

4 parts Lemon Balm
2 parts Oat Straw
2 parts Chamomile
 $\frac{1}{2}$ part Lavender flower

Great for any occasion: very calming, and pretty too.
Excellent for labor support people too!

Care of Kat Montgomery, RM



Other Prenatal Recipes

Labor Preparation Tincture

A tincture is a liquid preparation that uses alcohol and water to extract the constituents of herbs. The following is a blend inspired by the Eclectic physicians (medical herbalists of the 1900s) which contains herbs that may be considered unpleasant to drink in tea form, but have valuable properties that aid in preparing the uterus for labour and birth and in tincture form can be taken in smaller quantity. This blend can be formulated at local herb stores upon request. Do NOT take this tincture if you are regularly drinking a Labor Preparation tea.

From 36+ weeks:

3 parts Partridgeberry
2 parts Black Haw
1 part Black Cohosh

- Put a small amount (about ¼C) boiled water into a cup.
- Add ½ tsp of tincture.
- Allow preparation to sit 15 minutes (this allows the majority of the alcohol in the tincture to evaporate via the steam)
- Take the blend of tincture/water with meals (i.e. ½ tsp. tincture in water three times daily). Follow with a dried apricot chaser if you dislike the taste.

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Essential Oils

Second & Third Trimesters:

4-6 drops Lavender
½ C powdered milk
1-2C Epsom salts
Care of Kat Montgomery, RM

- Add to your bath. Relax and enjoy! The powdered milk produces fun bubbles if added when starting to fill the tub. By tripling the recipe, this mix can be made in large quantity and stored in a closed jar.

From 36+ weeks:

3 drops Frankincense
3 drops Lavender
1-2C Epsom Salts
Care of Beth Ebers, RM

- Frankincense tones the uterus for childbirth, promotes relaxation, and eases feelings of fear or stress
- Add to your bath daily after 36 weeks. Relax and enjoy!

Homeopathic Regime

From 36+ weeks:

12c Arnica
12c Cimicifuga
12c Caulophyllum
Care of Beth Ebers, RM

- Take 5 pellets of Arnica once a day for 3 days
- Then take 5 pellets Cimicifuga once a day for 3 days
- Then take 5 pellets Caulophyllum once a day for 3 days
- Start the cycle again with Arnica. Repeat until birth.