

# Pregnancy Tea

Drinking two to three cups per day of the following herbal mixture will add substantially to the mother's health throughout pregnancy and lessen pain and bleeding during birth. These herbs are primarily nutritive in nature, providing much-needed vitamins and minerals in a form that the body can easily assimilate. The teas should be taken postpartum as well, to help tone the uterus and build a healthy milk supply.

**Red Raspberry leaf** is best known for strengthening the uterine muscles so they work more efficiently during labor. High in easily assimilated calcium and magnesium, they help to relieve leg cramps. Also high in iron, the leaves and berries help prevent anemia. Raspberry leaf is an acid neutralizer so it soothes an upset stomach and will help alleviate mild morning sickness. Taken after birth, it slows bleeding, helps the uterus regain tone, and increases breast milk. Helps tone the uterus. High in A,B, E vitamins.

**Nettle** is a blood building and cleansing herb that is high in iron and calcium and an excellent source of folic acid. Nettle strengthens the kidneys and adrenals, while it relieves fluid retention. Because nettle also supports the vascular system, it can prevent varicose veins and hemorrhoids. Postpartum, it increases breast milk.

**Dandelion root** increases digestion and promotes bile to relieve constipation. It is one of the best herbs for cleansing and strengthening the liver, our main detoxifying organ. The liver breaks down hormones no longer needed by the body after birth, and any drugs that may have been given at birth. Drink dandelion leaf tea if a diuretic is needed to relieve fluid retention. Because of its high potassium content, it does not deplete the body of this important mineral, as other diuretics are known to do.

**Alfalfa**, with its deep root system, contains many essential nutrients including trace minerals, chlorophyll and vitamin K, a nutrient necessary for blood clotting. Many midwives advise drinking mild tasting alfalfa tea or taking alfalfa tablets during the last trimester of pregnancy to decrease postpartum bleeding or chance of hemorrhaging. Alfalfa also increases breast milk, as alfalfa hay is fed daily to milking goats and other dairy animals.

**Rose hips** contain the entire vitamin C complex. Good for vascular problems (hemorrhoids, varicose veins) and to boost the immune system. Recommended for Rh(-) and for fighting off infections.

**Spearmint** is soothing to the stomach, aids in digestion, and lends a pleasant taste. (Note: mint can antidote some homeopathic remedies)

**Red Clover** is a blood purifying herb that can be added from time to time. Especially good during acute illness and for high blood pressure.

**Directions:** one part raspberry leaf to one part nettles. Add some or all of the optional herbs if desired. Two small handfuls of herbs to one quart water. Use glass or other non-metal container with a lid. Cover the herbs with almost-boiling water and cap tightly. Steep this mixture four to eight hours. Pour through a strainer, discarding the herbs. Tea will stay fresh for up to four days in the refrigerator. Play with herbs to find a taste you like!