

PREGNANCY TEA

Supporters of herbal remedies believe that drinking two or three cups per day of the following herbal mixture may have benefits to the mother's health during pregnancy and lessen pain and bleeding during birth. These herbs are primarily nutritive in nature, providing vitamins and minerals in a form that the body can easily assimilate. The tea can be taken postpartum as well, to help tone the uterus and build a healthy milk supply.

Because research on the safety of supplements and herbal remedies in pregnancy and lactation is in the beginning stages only, **please discuss any supplements you may be taking with your midwife and see your midwife for a list of herbs to avoid in pregnancy and lactation.**

Red Raspberry Leaves

Contain vitamins A, B, and E, as well as calcium, phosphorous, iron, and an acid neutralizer. Helps tone the uterus.

Nettles

The Stinging Nettle is a blood-cleansing and blood-building herb with a high iron content. It is very nourishing to the kidneys and liver, and will help to relieve (or prevent altogether) vascular problems common during pregnancy. Helps build a good milk supply.

The following herbs may be added to the above mixture for variety:

Alfalfa

Contains vitamins A, B12, D, and E, as well as calcium and phosphorous. Great for the milk supply.

Rose Hips

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

Spearmint

Soothing to the stomach, aids in digestion, and lends a pleasant taste to the mixture. A little goes a long way. (If you are taking homeopathic remedies, you should leave the Spearmint out while the remedies are still active in your system, as mint can antidote some remedies. Once a remedy has completed its curative action, you don't need to worry about antidoting it.)

Red Clover

This blood-purifying herb can be added from time to time. It is especially good during acute illnesses and for high blood pressure.

Directions:

Combine one part red raspberry leaves to one part nettles. Add some or all of the optional herbs if desired. Measure approximately two small handfuls of herbs to two quarts of water. Use a glass or other non-metal (aluminum is the worst) container with a lid. A half-gallon mason jar is perfect. Cover the herbs with almost-boiling water and cap tightly. Steep this mixture from four to eight hours. Pour the mixture through a strainer and discard the herbs. The tea will stay fresh for up to four days if kept in the refrigerator. A small amount of fruit juice (try grape, apple, raspberry) can be added as a sweetener, if you like. There is no right or wrong way to make the tea. Play with it a bit, till you find a mixture that suits you.