PREGNANCY

Herbs to avoid during pregnancy (except as indicated):

Rue
Comfrey
Laurel sassafras
Meadow Saffron
Barberry
European Pennyroyal
Pokeweed (Phytolacca decandra)
Nutmeg
All Sages
Celery (Apium graveolens)
Licorice root
Gravel root
Tansy
Goldenseal
Juniper
European Mistletoe
Aloe vera (internally)
Scotch Broom
Cheladine
Male Fern
Mandrake
Parsley oil
MaHuang (Ephedra sinica)
Yarrow

No essential oils should be given internally during pregnancy

Herbs that contain Steroids:

(these may have a hormonal effect on the body and should be used with caution during pregnancy. Children and nursing mothers should also be cautious of these herbs. They should only be used when necessary and for short periods of time)

Black Cohosh
Blessed Thistle
Blue Cohosh
Cramp Bark
Damiana
Dong Quai
False Unicorn
Ginseng
Licorice
Pennyroyal
Sarsaparilla
Saw Palmetto
Squaw Vine
Wild Yam
Yarrow

Note: some of these are often used at the end of the pregnancy term to bring on delivery.

Take folic acid throughout the whole pregnancy.

Drink red raspbery leaf tea throughout the whole pregnancy.

After the 4th month pregnancy take 100mg Manganese, 50,000 IU dry Vitamin A, 1200 mg Vitamin E, 488mcg selenium. If these are not available on the market, look at the foods these are found in and include them in the daily diet.

Herbs to use during Pregnancy & Childbirth:

Herbs to prepare the body for Childbirth:
Raspberry leaf tea to be drunk freely throughout pregnancy which helps strengthen the uterus to prepare for labour.

During the last trimester you drink these teas:

Squaw vine
False Unicorn root
Black Cohosh
Sweet Viburnum/Black Haw

During the last month you may drink these teas:

Motherwort
Blue Cohosh
Fenugreek
Nutmeg

These herbs can help prevent miscarriage :
Wild yam
False Unicorn root
Squaw vine
Lady's slipper
Ginger
Cramp bark
True unicorn
Lobelia
Scullcap
Valerian
False Unicorn and Lobelia are best and should be used together.

Herbs to use during (to help) childbirth:
For Hypotonic (reduced muscle tension) inertia:
Blue Cohosh
Black Cohosh
Tansy
Mugwort
Southernwood
Goldenseal
Hyssop
Bethroot
Rue
Nutmeg
Fenugreek
Myrrh Gum

Herbs for Hypertonic (too much muscle tension) action:
Wild Yam
Scullcap
Crampbark
Lady's Slipper
Valerian
Blue Cohosh
Chamomille recutita
Black Cohosh
Linden

Essential Oils you can use as abdominal rub, diluted in almond oil):

Clary sage	**Frankincense**	**Rose**
Ylang Ylang	**Rosemary**	**Chamomile**
Lavender	**Geranium**	

To relax a rigid cervix use:
same massage oils as above. Also give:
Valerian
Squaw vine
Lady's Slipper
Blue Cohosh

To heal the perineum after delivery:
Bathe the area with any of:
- **Calendula**
- **St. John's Wort**
- **Arnica**
- **Witch Hazel**
- **Comfrey**

Have sitz baths in salt water with essential oils of Cypress and Lavender

To help contract the uterus after pregnancy:

Pennyroyal	Squaw vine
Black haw/Sweet Viburnum	Black Cohosh

To prevent retained placenta:

Raspberry leaves	Pennyroyal
Bethroot	False Unicorn Root
Dong Quai	Astragalus
Shepherd's purse	Golden seal
Wild Yam	

Note: Licorice, Mistletoe, Thyme, Red Raspberry and Slippery Elm have all been used o help release a retained placenta.

For False labor

Catnip tea and Blue Cohosh have been used. Walking sometimes helps.

For after pains:

Lady's slipper	Wild Yam
Ginger	Yarrow
Raspberry leaves	Pulsatilla/Pasque flower
Arnica	Jamaica Dogwood

Milk Supply:

For richer milk: Marshmallow root is especially good
For increasing the supply of milk: Blessed Thistle is especially good (it can even produce milk from a male if taken to excess),

Mix marshmallow root with blessed thistle (equal parts) as a tea (allow it to become cool before drinking) or in capsules to have rich milk and a good supply. Add equal part of raspberry leaf to make the formula even better. Drink 3 cups of this tea/infusion daily. If it is not enough, grind the herbs in your blender and cap them, taking 2 "00" caps 2-3 times a day..

Other herbs to enhance & enrich milk supply:

Borage	Anise/aniseed
Galega/European Goat Rue	Caraway
Saw Palmetto	Chaste Berry/Vitex agnus-castus
Nettle	Milk Thistle
Fenugreek	Marshmallow
Wild Hyssop/Vervain	Melilotus

Blessed Thistle (cold), Chlorophyll, Fennel, Alfalfa, Red Raspberry, or warm Marshmallow will bring in good rich milk.

To help dry up milk to quit nursing:

Parsley	Kelp	Sage
Yarrow	Black Walnut	

(parsley and sage together are good combination)
Apply a poultice of bruised parsley leaves to the breasts.

Increase Milk supply:

3 parts Blessed Thistle
1 part Raspberry leaf
Drink 2 cups infusion (1 tsp to 1 cup) and if not sufficient, take 1-2 #00 capsules of blessed thistle.

Nursing Mothers:

1 part blessed thistle
1 part raspberry leaves
1 part marshmallow root
Make a cold infusion. Take 3 or more cups per day according to need.

For Swollen breasts:
Apply a poultice of bruised parsley leaves.

For engorged breasts or mastitis:
Poke root internally and as an ointment.
Cabbage leaves as a poultice
Dandelion root and Cleavers
Essential oils: fennel, rose, geranium, lavender

For caked breasts:
Poke Root packs

For post-natal depression:

Chaste berry	**False Unicorn root**
Red Raspberry	**Balm**
Rosemary	**Scullcap**
Borage	**St. John's wort**
Lavander	**Pulsatilla/Pasque flower**
Oat	**Nettle**

Essential oils: jasmine, clary sage, Ylang ylang
Also, take lots of vitamins and minerals to make up the deficit caused by baby taking all the nutrition.

If baby has infection:
Mother can take Vitamin C

SPECIFICS:

Comfrey is a wet damp herb, so don't use in pregnancy.

A nursing mother should not take cleansing herbs, it can easily cause skin rashes, colic or diarrhea in the baby.

MISCARRIAGE:

Often it is because of hypothyroid action. Include sea vegetables (kelp, dulse, wakame, hijiki) in diet to get natural iodine.

Anti-Miscarriage Formula:
3 parts False Unicorn
1 part Lobelia
Make tea 1 tsp to a cup of distilled water. If hemorrhaging starts during pregnancy, stay in bed, use a bed pan when needed, and use 1/2 cup of this tea each 1/2 hour until bleeding stops, then each waking hour for one day, while in bed as much as possible and then three times in a day for three weeks. If bleeding continues instead of decreasing, see a doctor.

Uterine tonic to prevent miscarriage, to ease cramps and pains:
1 oz Wild yam
1 oz Squaw vine
1 oz False unicorn
1/2 oz Cramp bark
Simmer for 20 minutes in 1 quart of water, strain and sweeten to taste.
Dosage: 1 wineglassful every 3-4 hours.

Spasms: give larger or repeated doses of blue cohosh until relief is obtained.

NAUSEA DURING PREGNANCY

Nausea during pregnancy is generally thought of as being "normal" however it has been the experience of many mothers who were "prepared" for pregnancy not to experience nausea. Nausea more often than not relates to detoxification of the system due to endocrine imbalances and gastro-intestinal/biliary and adrenal insufficiencies.

We recommend that, where possible, both prospective mother and father go through a time of detoxification, exercise etc. prior to conception. Patients with inflammatory bowel problems need to have close fetal monitoring in the third trimester as there is an increased risk of preterm births. Sometimes it helps to take small frequent meals instead of three larger ones.
Acupuncture or acupressure treatments can help for severe or prolonged nausea.

Nausea, vomiting:

1 tsp Turkey rhubarb
1 oz Spearmint herb
1 tsp Cinnamon bark
1 tsp cloves
Simmer first 2 herbs slowly for 10 minutes in 1 pint of water with the lid tightly on; pour hot over the cinnamon and cloves, cover tightly and allow to cool; strain, sweeten to taste, bottle and keep in a cool place.
Dosage: 2 tbsp every 1/2 hour.

Nausea, Vomiting:

1 part cloves powder
1 part White poplar or quaking aspen bark powder
Fill #00 capsules. Take capsule at onset of nausea or vomiting as needed.

Morning Sickness:

This may be the result of low blood sugar or perhaps the stomach has shifted up.

It can also be due to deficiency of Vit. B complex in the diet. Often however, Vit. B cannot be tolerated. Red Raspberry tea or peppermint tea are often used to help overcome nausea. Taking 50-100 mg Vit. B6 a day can help nausea.
Alfalfa and Peppermint tea can be taken together for good results. Catnip tea, Ginger tea or other pleasant tasting herbs can also be used to help settle the stomach. If you can't tolerate drinking tea then take about 3 powdered ginger root in capsules with a glass of water first thing in the morning.

CRAMPS/SPASMS

Uterine tonic to prevent miscarriage, to ease cramps and pains:

1 oz Wild yam
1 oz Squaw vine
1 oz False unicorn
1/2 oz Cramp bark
Simmer for 20 minutes in 1 quart of water, strain and sweeten to taste.
Dosage: 1 wineglassful every 3-4 hours.

Spasms: give larger or repeated doses of blue cohosh until relief is obtained.

Cramps from pregnancy, uterine pains, nervous troubles during pregnancy:

2 pt Cramp bark
1 pt squaw vine
1 pt Wild yam
1 pt Blue cohosh
Mix well, use 1 oz in 1 qt of water. Infuse 20 minutes tightly covered. Strain, sweeten to taste. Take 1 wineglassful 3-4 times daily.

Cramps, nerve tonic:

1 oz cramp bark

1/2 oz skunk cabbage
1/2 oz scullcap
2 drams Cardamon seeds
2 drams Cayenne
Use as strong infusion, or make into a tincture by macerating the herbs 4 days in 1 pint of a good wine or brandy. Strain, press and bottle. Take 1 tbsp 4 times daily.

Cramps in pregnancy:

2 parts Cramp bark
1 part Squaw Vine
1 part Wild Yam
1 part Blue Cohosh
Thoroughly mix 1 ounce of this mixture in 1 qt boiling water. Infuse 20 min. tightly covered, strain and sweeten if necessary.

TO HELP TOXEMIA

Alfalfa
Comfrey
Red Raspberry
Yellow Dock
Chlorophyll
Vitamin C

LABOUR/DELIVERY

Continue taking the herbs that you have been taking. Add more Blue Cohosh.
Vitamin E will decrease the need for oxygen and help breathing during labour.
Corn silk can promote labour if it stops.
Red Raspberry is essential during labour, it coordinates the urerine contractions often making labour shorter.
Yarrow leaves/flowers and or Tansy leaves/flowers are used to hasten labour.

Parturition (labour)

1 oz raspberry leaves
1/4 tsp composition powder
Infuse herbs for 15 minutes in 1 pint of boiling hot water, cover tightly and let stand until cool; strain and sweeten to taste with honey.
Take 1 teacupful every hour during labour.

Commencement of Labour, calming:

(good for rigid uterus)

3 parts Lady Slipper root
2 parts Raspberry
1 part Ginger powder
Infuse 1 ounce in 1 pint boiling water, take a wineglassful every hour. If more stimulation needed, add 1/2 part cayenne.

Hasten child Delivery:

Blackfoot Indians use Yarrow tea.
Drinking raspberry leaf tea throughout last half of pregnancy will help delivery.

Parturition: give infusion or warm decoction of blue cohosh several hours previous to the time of deliver and during delivery as needed.

Spasms: give larger or repeated doses of blue cohosh until relief is obtained.

POST PARTUM and AFTERBLEEDING

Nutmeg contains the Alkaloid erganovine which will contract the uterus and help stop bleeding after child birth. Nutmeg in large quantities is considered toxic, so you should use only a little, say 1/2 teaspoon 2-3 times a day.

Cayenne and Bayberry can also be used to slow the bleeding (2 caps taken 2-3 times a day).
If bleeding is serious, then Yarrow, Mistletoe, and Cornsilk are used. These can be taken as medicinal tea (1 cup 2-3 times a day) or in caps (2 caps 2-3 times a day)

Chlorophyll and Shepherd's Purse both contain Vitamin K which will help the blood to clot.

Chlorophyll can be taken as a liquid drink if you can obtain it. Alfalfa leaf is also high in chlorophyll, and high in Vitamin K and will help the blood clot. Shepherd's Purse is an herb that has been used extensively to help blood clotting.

Taking any type of ingredient to help the blood clot will be contra-indicated if you are on some type of blood thinner such as coumadin. If you are on blood thinners and having difficulty stopping the bleeding, ask your pharmacist about reducing the dosage of blood thinners.