



PREPARING YOUR TEA

Herbs help to heal by way of working with your body to balance, nourish, and improve functions in the areas to which they are specific. Herbs are both supplement and food, thus supplying nutrients along with other beneficial qualities that they maintain. Healing and balancing the body with herbs involves the total person. The best way to use herbs during pregnancy is to make a tea or infusion. In this form the herbs are used by the body as food.

The preparation is as follows:

Fill a quart jar $\frac{1}{4}$ full with the dried herb, cover with boiling water, cap and let sit 2-4 hours (to extract nutrients). Strain the drink (discard or compost the herbal material).

These herbs are beneficial throughout your pregnancy and the postpartum period. Drink at least 2 cups daily. Feel free to drink your tea hot or cold. Some people like the taste better with a little honey for sweetness.

PREGNANCY TEA BLEND

Red Raspberry Leaf

- contains calcium and iron
- the best known, most widely used, and safest of all uterine/pregnancy tonic herbs
- strengthens and tones the muscles of the pelvic region
- prevents miscarriage and hemorrhage
- eases morning sickness & reduces pain during labor and after birth
- encourages safe and speedy parturition

Oatstraw

- strengthens capillaries (good for varicosities)
- high in calcium
- prevents urinary tract infections
- calming & acts as a digestive aid

Red Clover

- increases the effectiveness of red raspberry
- prevents yeast infections - nourishing, calming, mild sedative effect

Nettles

- nourishes and strengthens the kidneys & eases leg cramps
- contains organic iron, chlorophyll, and Vitamin C
- high in calcium, which helps to diminish pain during and after birth
- prevents postpartum hemorrhage (high in Vit. K and increases available hemoglobin)
- reduces hemorrhoids
- increases richness and amount of breast milk

Alfalfa

- increases available Vit. K, important to clotting mechanism
- increases available hemoglobin
- nourishes and strengthens
- increases breastmilk production

Rose Hips

- high Vit C content
- eases headaches and dizziness
- prevents bladder infections
- contains Vit A, D, B2, E, and flavonoids (antioxidants)

Lemon and Orange Peel

- source of rutin
- contains bioflavonoids
- Vit C
- pleasant aroma and taste add an uplifting zing to your tea