

PREGNANCY TEA

Drinking 2-4 cups per day of the following tea will add substantially to the mother's health throughout pregnancy, aiding in iron absorption, strengthening and toning the uterus, and regulating hormones, as well as other benefits.

Red Raspberry Leaves

Contains Vitamins A, B, and E, as well as Calcium, Phosphorus, Iron and an acid neutralizer. It is a well-known uterine tonic, promoting effective uterine contractions and lessening postpartum pain and bleeding. It is also a hormonal regulator. Great during pregnancy and postpartum.

Nettles

The stinging nettle is a blood cleansing and blood building herb that promotes optimal iron absorption. It will relieve vascular problems common in pregnancy, or prevent them altogether.

The following herbs are safe to use during pregnancy in small quantities and may be added occasionally for variety:

Comfrey

Contains assailable Calcium, Vitamin K, and Potassium.

Red Clover

Blood purifier.

Alfalfa

Contains Vitamins A, B12, D, E, and K, as well Calcium and Phosphorus.

Spearmint

Soothing to the stomach, aids in digestion.

Lemonbalm

Soothing to the nerves.

Directions:

Combine one-third cup red raspberry leaves and one-third cup nettles in a one-quart mason jar or other non-aluminum container with a tight-fitting lid. Add one Tablespoon or more of other herbs as desired, experimenting until you find a combination that suits you. Fill jar with almost-boiling water and cap tightly. Steep for 10 minutes, strain and drink. Can be drunk hot or cold, with or without sweetener or fruit juice. Will keep overnight in fridge. (Be sure to remove herbs before storing or else you will get a very bitter tasting tea!)

*Buying bulk herbs is recommended over using pre-made tea bags.