

PREGNANCY TEA (Vital-i-tea)

Buy equal parts by weight (start with 6 oz) of each of the following herbs:

Red Raspberry
Nettle (iron, calcium, kidney)
Alfalfa (iron, calcium)
Hibiscus (Vit C)
Rose Hips (Vit C)
Red Clover (Vit A & K, calms)

Mix all herbs together in dry form and store in a sealable container. To use, mix ½ cup of dry mixed herbs into 2 quarts of boiling water (turned off) and steep for 30 min or so. Strain into a sealable pitcher and add 3 Tbs of honey or sugar. Refrigerate.

To be really healthy add a small pinch of the herb Stevia to the steeping brew instead of honey or sugar.

Drink up to 1 quart of tea a day, hot or cold.

SUPPLIMENTS

FOOD SOURCES HIGH IN VITAMINS AND MINERALS

Black Strap Molasses

Wheat Germ

Kelp

Nutritional Yeast

Carob

Dried Fruit

Iron Cookware

RED RASPBERRY

Brewed as a tea, *Rubus* is the best known, most widely used, and safest of all uterine/pregnancy tonic herbs. It contains fragrine, an alkaloid which gives tone to the muscles of the pelvic region, including the uterus itself. Most of the benefits ascribed to regular use of Raspberry Leaf tea throughout pregnancy can be traced to the strengthening power of fragrine or to the nourishing power of the vitamins and minerals found in this plant. Of special note are the rich concentration of Vitamin C, the presence of vitamin E, and the easily assimilated calcium and iron. Raspberry leaves also contains vitamin A and B complex and many minerals, including phosphorus and potassium.

Benefits of drinking a Raspberry Leaf brew before and throughout pregnancy include:

- **Increasing fertility in both men and women.** Red Raspberry Leaf is an excellent fertility herb when combined with Red Clover.
- **Preventing miscarriage and hemorrhage.** Raspberry Leaf tones the uterus and helps prevent miscarriage and post partum hemorrhage from a relaxed or atonic uterus.
- **Easing morning sickness.** Many women attest to Raspberry leaves gentle relief of nausea and stomach distress throughout pregnancy.
- **Reducing pain during labor and after birth.** By toning the muscles used during labor and delivery. Raspberry leaf eliminates many of the reasons for a painful delivery and prolonged recovery. It does not, however, counter the pain of cervical dilation.
- **Providing a safe and speedy parturition.** Raspberry Leaf works to encourage the uterus to let go and function without tension. It does not strengthen contractions but does allow the contracting uterus to work more effectively and so may make the birth easier and faster.
- **Helping to bring down an undelivered placenta.** Raspberry Leaf by itself is not effective for this problem. Combined with Ground Ivy or Angelica it does facilitate the birth of the placenta, but either of those herbs alone would do.
- **Assisting in production of plentiful breast milk.** The high mineral content of Raspberry Leaf assists in milk production, but its astringency may counter that for some women.