



Holistic

Marlene Bergman, CPM RM
114 N. Boulevard St. Suite 202 Gunnison, CO 81230
www.prairielovemidwifery.com ~ prairielove@gmail.com
970-901-9276
Encouraging Confidence And Enlightenment In Your Birth Experience

Herbs that are Safe During Pregnancy

Some Tips...

- Use herbs that are considered food or tonic herbs that may be consumed daily.
- Avoid herbs that are used during menstruation to stimulate the cycle.
- Avoid herbs that are high in alkaloids and/or have a strong medicinal action.
- Always research herbs before using, preferably from multiple sources.

Black Haw (*Viburnum prunifolium*)-prevents miscarriage, relaxes uterine muscles, and eases the tension that precipitates uterine contractions

Blessed Thistle (*Cnicus benedictus*)-stimulates blood flow to the mammary glands, increases and enriches milk flow

Burdock Root (*Arctium lappa*)-high in vitamins and minerals, mild diuretic, liver tonic and strengthening for the uterus

Chamomile (*Matricaria chamomilla*)-calmative, digestive aid, high in calcium, reduces inflammation

Cramp Bark (*Viburnum opulus*)-prevents miscarriage

Dandelion (*Taraxacum officinale*)-high in vitamin A, calcium, and iron, aids digestion, liver tonic, boosts energy and acts as a diuretic

Ginger root (*Zingiber officinale*)-eases morning sickness and digestive problems, tonic for reproductive system

Lady's Mantle Leaves (*Alchemilla vulgaris*)-settles digestion, morning sickness and tones uterus

Lemon Balm Leaves (*Melissa officinalis*)-calms and relaxes nervous system to relieve headaches, depression and insomnia

Nettle Leaf (*Urtica dioica*)-rich in calcium, iron, vitamins and minerals, provides energy when these deficiencies are present, mild diuretic

Oatstraw (*Avena sativa*)-rich in calcium and magnesium, calms nervous stress and tension, heals yeast infections

Slippery Elm Bark (*Ulmus rubra*)-treats colds, infections, vaginal infections and morning sickness

Squaw Vine (*Mitchella repens*)-tone and nourish uterus

Strawberry Leaf (*Fragaria vesica*)-uterine tonic, cooling to system

The following herbs are to be used for specific purposes during the last days of pregnancy or postpartum:

Angelica (*Angelica archangelica*)-helps expel the placenta afterbirth

Black cohosh (*Cimifuga racemosa*)-uterine stimulant and relaxant to be used with blue cohosh during the last week of pregnancy to prepare uterus and during labor to stimulate it

Blue cohosh (*Caulophyllum thalictroides*)-stimulates uterine contractions, facilitates smooth labor, combine with black cohosh



Holistic

Marlene Bergman, CPM RM

114 N. Boulevard St. Suite 202 Gunnison, CO 81230

www.prairielovemidwifery.com ~ prairielove@gmail.com

970-901-9276

Encouraging Confidence And Enlightenment In Your Birth Experience

Motherwort (*Leonurus cardiaca*)-hastens childbirth that has gone overdue or a labor that is lagging

Pennyroyal Leaf (*Hedoma pulegioides*)-stimulates contractions and blood flow to the uterus, general birthing aid **only the herb is to be used for these applications, not the oil**

Shepherds Purse (*Capsella bursa-pastoris*)-for post-partum hemorrhage and to stimulate contractions

Yarrow (*Achillea millefolium*)-hemostatic when combined with shepherds purse, stimulates contractions

Goldenseal (*Hydrastis Canadensis*)

- Natural anti-biotic and infection fighter.
- Stimulates the vital organ functions of the body, especially the liver, kidneys, lungs and colon.
- Purifies the blood, acts as a natural anti-biotic, promotes the flow and discharge of bile into the small intestine.
- Acts as an astringent to stop bleeding.
- Dries and cleanses the mucus membranes and treats diseases of the liver, such as cirrhosis and hepatitis related inflammation.
- Use for acid indigestion, gastritis and duodenal ulcers.
- Tonic for the female reproductive system and menorrhagia.

Some cautions and advice on preparation

- Use only for short periods of time as this herb can build up in the mucosa and cause irritation and inflammation.
- Use only wild-crafted goldenseal because this herb is endangered.
- Use 2-3 x per day for 3 weeks, then stop for 3 weeks and repeat.
- **Use caution during pregnancy and use only in small doses.** Some herbalists may contraindicate this herb during pregnancy, but use with caution is acceptable to most. **If pregnant and hypertensive or suffering from a deficiency, do not use goldenseal.** Large doses can stimulate uterus and cause premature contractions.
- Try one capsule 3 x per day for morning sickness or to help fight infections or colds. The best usage is through infusion, external use is safer during pregnancy.
- A salve is very effective when astringent or disinfectant properties are desired.
- When using in a capsule formulate goldenseal with other less potent herbs to mellow its impact.