



JOYFUL LIVING SERVICES

Historical Uses of Herbs In Pregnancy

The following herbs have been historically used during pregnancy. If you have questions about the safety of any of the herbs listed below, please contact your physician.

Pre-natal

- **Combination Alfalfa, Kelp, and Dandelion**

- **Alfalfa** – North American Indians adopted alfalfa for human use and thought it helpful for every condition of the body.
- **Kelp** – A natural source of iodine which feeds the thyroid gland and contains many trace minerals.
- **Dandelion** – Used by early Arabian physicians. Contains vitamin A and many trace minerals. Believed to have a beneficial effect on female organs and the kidneys.
- **Rose Hips** – A nutritive herb because of its high content of vitamin C, vitamin E, organic iron, calcium, and B complex, which are all needed during pregnancy.
- **Red Raspberry** – World-famous Quaker herbalist Henry Box says, “a tea made from red raspberry is the best gift God ever gave to women”. It strengthens and acts as a tonic for the whole body, thus making childbirth easier.
- **White Oak Bark** – This herb is rich in tannins and is a strong astringent herb. Early settlers used it for toning a weak vascular system.
- **Yellow Dock** – One of the best blood builders in the herb kingdom. Known to stimulate elimination, and rich in easily digestible iron.
- **Papaya** – Contains papain, an enzyme that breaks down protein food to a digestible state.
- **Ginger** – This herb has proven effective for motion sickness even in modern times.
- **Peach Bark** – Women have relied on peach bark leaves during pregnancies for centuries as a safe diuretic and to help keep bowels open.
- **Psyllium** – A safe, gentle bulk to prevent constipation during pregnancy.
- **False Unicorn** – This herb tones the reproductive organs by strengthening the muscles of the uterus, and has been used historically for all types of complications of pregnancy.
- **Combination Blessed Thistle, Cayenne, Cramp Bark, False Unicorn, Ginger, Red Raspberry, Squawvine, and Uva Ursi** – This combination can be used during the entire time of pregnancy. It is an herbal food to strengthen and nourish the whole body to insure an easier childbirth.

Labor

- **Blue Cohosh (or papoose root)** – The American Indians taught white settlers about this herb. They traditionally took blue cohosh to give tonic and vigor to uterine muscles and relieve much of the pain during labor.

- **Cayenne** – Cayenne was used for internal bleeding in the Middle Ages. A small amount at the beginning of labor was believed to prevent hemorrhages, as it also contains vitamin K.
- **Black Cohosh** – Introduced into the medical world in 1831 by Dr. Young, this herb was used as a cardiac tonic and for women's ailments, especially to quiet false labor and stimulate true labor.

Five Weeks before Delivery

- **Combination Black Cohosh, Squawvine, Dong Quai, Butcher's Broom, and Red Raspberry**
– This formula gives elasticity to pelvic and vaginal areas, and generally strengthens the reproductive organs for easier delivery.

Postnatal

- **Blessed Thistle** – Historically known to increase mother's milk because of the high oxygen content.
- **Marshmallow** – This herb is high in vitamin A, calcium, oxygen, and zinc. Historically, mothers have relied on it to help babies sleep through the night.
- **Sage and Parsley** – These two herbs are said to help dry up nursing mothers' milk because both have been proven to be great diuretics.
- **Butcher's Broom** – The Indians have used this herb for varicose veins, etc., because it seems to have a "sweeping effect" on the buildup in the veins. Has been said to help in bringing the uterus to normalcy because of its "drawing" effect.

Herbs NOT to be used, or to be USED WITH CAUTION

- Senna
- Dong Quai
- Black Cohosh
- Blue Cohosh

Products can be referenced and purchased from: <http://www.mynsp.com/generali/index.aspx>
Brenda Generali, Nature's Sunshine Manager, 530-878-1119