

Using Herbs for Pregnancy Wellness

One way to ensure optimal wellness in pregnancy, besides eating a nutrient dense, high protein diet and regular exercise, is to consume nutritive herbs. Herbs are not meant to be a substitute for dietary and lifestyle changes! Below are some herbs that have been shown safe for use during pregnancy to maintain proper health, alleviate common pregnancy complaints, while also maintaining a healthy immune system.

The following herbs have been shown safe for general use in pregnancy and fibroids.

Almonds (*Amygdalis communis*): One of the best remedies for heartburn in pregnancy. I used to carry around a bag of them everywhere I went. Chewing 8 to 10 almonds very slowly, then swallowing, several times a day may help to reduce and prevent heartburn during pregnancy.

Chamomile (*Matricaria recutita*): Works to calm the nerves, promote general relaxation, promotes healthy digestion and proper inflammatory response. Wonderful for women who have insomnia in pregnancy.

Cranberry (*Vaccinium macrocarpon*): Not to be mixed up with sweetened cranberry juice! Pure cranberry juice is wonderful at preventing and treating urinary tract infection (UTI).

Dandelion root (*Taraxacum officinale*): Great nutritive herb, digestive bitter. May help to increase appetite in women with nausea or vomiting. Aids in maintaining adequate iron levels.

Echinacea (*Echinacea spp.*): It is not uncommon to catch a cold or other respiratory infection during pregnancy. Have you ever wondered if it was okay to take that over-the-counter cold medication? Well Echinacea may be the best safe alternative. Echinacea may reduce the duration of a cold, prevent the recurrence of colds and upper respiratory infection.

Ginger (*Zingiber officinalis*): The best herb for nausea, especially in the 1st trimester. Promotes healthy digestion.

Nettles (*Urtica Doica*): Nettles is one of the best nutritive herbs out there. Helpful in boosting iron levels. May aid in allergic rhinitis, sometimes common in pregnancy. Never consume in very high quantities.

Red Raspberry Leaf (*Rubus idaeus*): An herb that supplies high levels of iron and other minerals to the uterus, it can help to build a nourishing uterine lining. Raspberry leaf works to tone the uterine muscles, preparing for the hard work of labor. It's high nutritional content is a valuable tool for women preparing for pregnancy, and to maintain adequate nutrition through pregnancy. Useful in curbing diarrhea. Has been used to promote and expedient labor. Note: **Not to be used in the 1st trimester for those women with a history of recurrent miscarriage.**

If you have any of the following conditions and desire to use a natural approach to healing, which may include the use of herbs, please find a qualified herbalist, midwife or naturopathic doctor, someone you can work one-on-one with. Never self prescribe herbs for these conditions, it is best to seek the guidance of a

Herbalist will be able to complete a full assessment and suggest herbs that are just right for your particular need!