



Pregnancy Tea: What and why it is so good

Alfalfa Leaf: This herbal food has been said to contain every vitamin and mineral known to mankind. It is the only plant that has roots that grow down 30 feet into the rich soils, so it's logical it contains so many important properties vital to a healthy human body. The alfalfa leaf in this tea is the same type of alfalfa that farmers grow in the fields to grow cattle—but this is organic and of the highest quality. It contains very high levels of Vitamin K, which helps mom and baby's blood clot, and vitamin may also help ward off morning sickness. It contains very high amounts of protein, riboflavin, crude fiber, niacin (a B vitamin); iron, magnesium, vitamin A; and vitamin C. It is a blood purifier that is safe for all ages to ingest. It is great for the immune system. It is also great for vegetarians because it also contains B-12, amongst others. It stimulates and feeds the pituitary gland—where some hormones are produced. Alfalfa contains one of the highest Chlorophyll levels of all plants known to man. Therefore, it has been used in place of blood transfusions, and before and after medical operations. Some have said if Alfalfa contained more calories, we could survive purely on this herb as our only food.

Red Raspberry Leaf: For centuries, RRL has been known as a “woman's best friend.” It is the best, safest food for women's reproductive system. It feeds, strengthens, and nourishes all the womanly organs. It gently cleanses the blood safely. It filters toxins out and provides a mild tonic to the body which gently stimulates the immune system. It “exercises” and “trains” the uterus, often increasing the amount of toning contractions (aka Braxton Hicks) a pregnant woman has and feels, preparing the uterus for an efficient labor and birth and also reducing post-partum blood loss. It is important to note that these Braxton Hick contractions are not true labor contractions, and therefore, they do not cause cervical change or preterm labor/birth. RRL also contains enzymes with greatly reduce indigestion and heartburn. It contains high levels of calcium, iron, B vitamins, selenium, manganese, natural tin, and vitamins A & C. Outside of pregnancy, RRL balances the hormones, reduces, or erases PMS symptoms, helps create regular menstrual cycles with reduced bleeding, reduces cramping, and reduces length of cycles for a more balanced cycle. It also helps increase milk production in lactating moms. It is recommended to start drinking RRL a couple months prior to conception. If you haven't ingested RRL prior to conception, it is recommended you start regularly drinking RRL during your second trimester (13+ weeks). If you have drunk RRL tea prior to conception, it is wonderful to continue drinking it from the first trimester to the third—and beyond.

Nettle Leaf (Stinging nettles): Perhaps nettle leaf tea is best known for its ability to increase one's blood iron (hemoglobin) levels. It also acts as a diuretic which reduces the common 3rd-trimester lower-extremity swelling. It has been used as an anti-allergy and is especially helpful in people with seasonal allergies. Nettle has off the chart's high levels of calcium, chromium (a trace mineral), magnesium and zinc. It is helpful for congestion, asthma, constipation, and increases the efficiency of liver and kidney function. It is also a known gentle blood purifier which is important to have during pregnancy as women's bodies experience higher levels of toxins than when non-pregnant. It also contains high levels of vitamin A & C; iron; phosphorus; riboflavin; selenium; silicon and thiamine.