



HONEYCOMB

· Midwives ·



Herbal Remedies

Please note, these are suggestions only, recommended by your midwives based on years of using and noting the benefits. You should not undertake any of the following that either you do not understand or are uncomfortable with taking. Feel free to discuss these and any other remedies you may have heard about with your midwives.

To take during pregnancy

Pregnancy Tea We recommend this tea as a preparation for labour. It acts on the uterus by strengthening and toning uterine muscle.

Our tea is a combination of red raspberry leaves, nettles and squaw vine. It is superior to what you may find already prepared in stores as it is made fresh for us from a local naturopathic doctor.

By 36 weeks, you should be drinking 3-4 cups/ day. A moderate amount is included in the birth bag but more may be purchased as needed. Alternatively you may take 2 red raspberry leaf capsules/ day, one in the morning and one in the evening.

Homeopathic EZ- Birth EZ –Birth is a homeopathic remedy used to help the body for prepare for labour and encourage the baby to orient itself in the position that is most optimal for birth.

Beginning at 38 weeks, take 2-3 pellets 3x/day and allow them to dissolve under the tongue. DO NOT touch the pellets. Tip them under your tongue from the cap. Avoid eating or drinking 10 minutes before and after taking the pellets. Also avoid strong smells such as coffee or peppermint while the pellets are dissolving.

Evening Primrose Oil Evening primrose oil is an essential fatty acid that has two effects through pregnancy. For some women the extreme mood swings and emotional ups and downs of pregnancy can be lessened by taking one 500mg capsule of evening primrose oil a day. In addition, towards the end of pregnancy, the oil, if placed near the cervix, acts to soften and ripen the cervix in preparation for labour.

At 36 weeks 500mg can be taken twice daily, once in the morning and once in the evening.

At 38 weeks, continue taking the 500mg twice daily and then at night insert 2 capsules as vaginal suppositories. After completing your other bedtime rituals puncture each capsule with a pin so the oil can escape and insert them into your vagina as far in as you can get them. You may note the remnants of the capsule when you get up to go to the washroom or in the morning if your body hasn't absorbed them. Both are normal.



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For after the birth

Calendula Tincture Calendula tincture is used for various things in the postpartum period. We use full strength to aid in healing and drying of your baby's umbilical cord. It can help the cord be less smelly while getting ready to fall off.

For mothers, adding a dropper full (or 2) to your spritz/ peri-care bottle and using with each void during the first week will help aid the healing of your tissues. As well, the tincture can be used in ice packs (highly recommended). The recipe is below. Make them prior to your birth and place in the freezer.

- Prepare 2 cups of water and add enough calendula to lightly color the water. You can also use your spritz/ peri bottle.
- Line a cookie sheet with wax paper (so pads don't stick)
- Place 6- 10 sanitary pads on the sheet (pads not panty liners, please do not use Always brand)
- Apply calendula/ water mixture. Do not soak them or you'll end up good and wet when they thaw on your bottom. Apply just enough so that the pads freeze.
- Place the cookie sheet in the freezer. Once the pads are frozen, stack into freezer in a plastic bag and tell your partner where they are (they will be the one getting them after the birth- not you)

Homeopathic Arnica Arnica is a well-documented homeopathic remedy that is excellent in the treatment of swollen, bruised and raw tissues. It will also help the tired and sore muscles throughout your body.

Take 2-3 pellets several times a day after the birth, allowing them to dissolve under your tongue, to promote healing.

Remember, DO NOT touch the pellets. Also, homeopathies work best when taken away from fluids or foods.