

Marshmallow

Soothe/soften

Oatstraw

Nourish/rest

Chamomile

Relax/ground

Cinnamon

Warm/tone

Gotu kola

Restore/
revitalize

Lemon balm

Lift/relax

Calendula

Cleanse/repair

Fennel seed

Energy/release

Lady's mantle

Tone/strengthen

Motherwort

Clear/collect

Mugwort

Awaken/repair

HERBS

Mother's

For the postpartum

Therapeutic aims:

Strong Digestion

Abundant milk supply

Tender areas healing

Blood sugar stabilize

Mood boosters

Energize

Anxiety relief

Blood builders

Baby calm