



HERBAL REMEDIES FOR THE CHILDBEARING YEAR

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PREGNANCY

Supportive & Nutritive Recipes



PREGNANCY TEA

Nutritional and supportive, this herbal blend is perfect for the entire pregnancy and beyond.



Ingredients

1 part red raspberry leaf
1 part nettle
1 part mint leaf
1 part oatstraw
1 part alfalfa
8 oz hot water

Directions

- 1 Gather 1 equal part each of red raspberry leaf, nettle, mint, oatstraw, and alfalfa and mix together.
- 2 Take 1 TBS of the mixture and put into a tea strainer and put in your cup.
- 3 Bring water to an almost boil and pour over the tea mixture. Let steep for 5-15 minutes.
- 4 Add your favorite sweetener, milk, lemon etc. and enjoy! This recipe is also good as an iced or cold beverage.
- 5 Store any unused herb mixture in an airtight jar for future use.

Herb Mini Profiles:

Red raspberry leaf is a uterine tonic and tones the uterus and prepares it for childbirth throughout the pregnancy.

Nettle, oats and alfalfa are all full of essential vitamins and minerals to support the body during pregnancy.

Mint adds flavor and boosts mood, and also help with nausea.

ANTI-NAUSEA

Combat nausea with this calming blend.



Ingredients

1 tsp fresh grated ginger
1 tsp chamomile flower
1/2 tsp mint leaf
8 oz hot water

Directions

- 1 Grate ginger and add to a tea strainer with chamomile and mint, (if using fresh chamomile and mint double the amounts).
- 2 Add strainer to your cup and pour near boiling water over and let steep for 5-15 minutes.
- 3 Remove tea strainer and add any milk or sweetener or lemon if you prefer and enjoy!



Herb Mini Profiles:

Ginger is an anti-emetic and calms the digestive system.

Chamomile helps treat indigestion and soothes the digestive system.

Peppermint helps with nausea and soothes inflamed gastrointestinal tracts.



FOOT SOAK FOR SWELLING

Try this refreshing foot soak to ease swollen feet and ankles or just to treat yourself.

Ingredients

- 1-2 cups fresh dandelion leaves and flowers (or 1/3 cup dried)
- 1-2 cups fresh plantain leaves (or 1/3 cup dried)
- 1 cup Epsom or dead sea salt
- 10-20 drops of essential oil like eucalyptus or lavender (optional)



Directions

- 1 If possible, gather the dandelion leaves and flowers and plantain leaves from around your yard! These are both very common “weeds”. Dried also works.
- 2 Combine dandelion, plantain, epsom or sea salt and essential oils if using into a foot basin or similar container that your feet will fit in.
- 3 Fill basin with warm water and stir ingredients.
- 4 Find somewhere comfy to sit back and let your feet soak until the water isn't warm or until you feel done.

Herb Mini Profiles:

Both dandelion and plantain are diuretics and will help with relieving swelling from water retention (edema).



IRON BOOSTING TINCTURE

Try this simple tincture for boosting iron levels.

Ingredients

dried dandelion root

dried yellow dock root

100 proof vodka or vegetable glycerin and water mix (2:1 ratio)



Directions

- 1 Fill jar 1/2 to 3/4 way full with even amounts of the dried yellow dock and dried dandelion root.
- 2 Fill jar with vodka or vegetable glycerin and water, and put lid on.
- 3 Let sit for 4-6 weeks, shaking daily or when thought of, and then strain herb from the solvent.
- 4 Put in jar or bottles with droppers and label with ingredients and date.
- 5 Take 1 dropper full 1-2 times per day, depending on iron levels may need to double intake.

Mini Herb Profiles:

Both dandelion root and yellow dock root are rich in iron. Yellow dock root helps improve iron absorption and utilization.



CONSTIPATION RELIEF

Pregnancy can sometimes cause the bowels to back up, try this simple tea for relief.



Directions

- 1 Combine dandelion and fennel in a tea strainer and pour near boiling water over.
- 2 Strain and drink 1-2 cups per day until symptoms improve.

Ingredients

1 teaspoon dried dandelion or 1
tablespoon fresh leaves &
flowers, chopped
1 teaspoon fennel seed
8 ounces water

Herb Mini Profiles:

Dandelion is a bitter tonic that can help with digestive issues.

Fennel is a carminative and also helps relieve pain associated with constipation.



NATURAL COUGH SYRUP

Immune system function is lowered during pregnancy and finding a natural cough syrup that is safe during pregnancy can be difficult. Here is an easy one you can make at home in about an hour!



Ingredients

1/4 cup dried marshmallow root

1/4 cup dried peppermint leaf

1 quart water

1 cup raw honey

1/4 cup maple syrup



Directions

- 1 Add marshmallow root, mint, and cold water to a pot on the stove top. On low to low-medium, slowly heat until a gentle boil is reached. Put a lid on and reduce heat to simmer.
- 2 Allow to simmer for 30-60 minutes, until liquid is reduced by about half. Strain the solid from the liquid and add the liquid back to the pot and put back on stove.
- 3 Add honey and maple syrup, and warm the mixture on low, stirring occasionally until it has reached syrup or desired consistency.

Note: Any sweetener of choice can be used instead of honey or maple syrup.

Herb Mini Profiles:

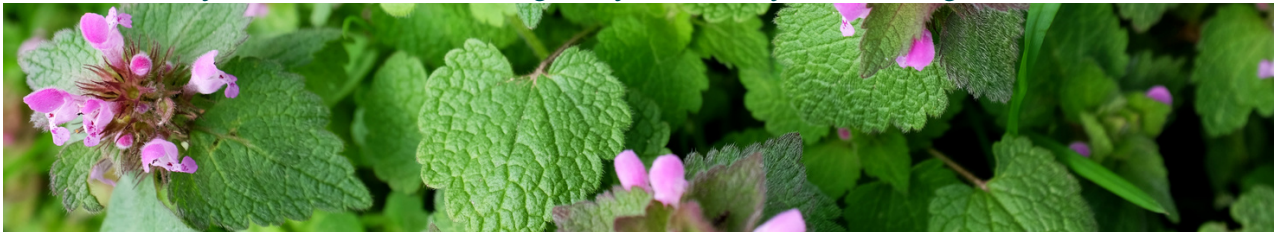
Marshmallow root is an anticatarrhal and has a high mucilage content that soothes sore throats and helps stop or lessen coughs.

Peppermint is cooling and slightly analgesic to soothe the throat.



NATURAL ALLERGY RELIEF

Allergies are another complaint that may come up during pregnancy and a more natural remedy may be wanted. Here is a simple tincture that you may be able to wild forage in your own yard or neighborhood.



Directions

- 1 Fill a jar with freshly picked purple dead nettle and cover with your choice of solvent. If using dried, fill jar $\frac{1}{3}$ to $\frac{1}{2}$ way full and then top off with solvent of choice.
- 2 Allow to infuse for 4-6 weeks and then strain herb from the tincture/extract and bottle and label it. Take $\frac{1}{2}$ -1 full dropper daily for maintenance, take 2 droppers to treat acute symptoms.

Ingredients

Fresh or dried purple dead nettle
100 proof vodka or vegetable glycerin and distilled water (2:1 ratio)

Herb Mini Profiles:

Purple dead nettle is a great anti-histamine and anti-inflammatory herb that can help prevent and treat allergies and prevent sinus issues from seasonal allergies.





RESTFUL SLEEP

Try this before bed to combat insomnia or wakeful nights.

Ingredients

dried chamomile or chamomile powder

dried valerian root or valerian powder

honey or maple syrup

unsweetened cocoa powder



Recipe instructions adapted from Rosemary Gladstar's "how to make herbal pills".

Gladstar, M. (2012). *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide*. (p. 43).

Storey Publishing.



Directions

- 1 If using non-powdered, place valerian root and chamomile flowers in a food processor and process until they are a fine powder.
- 2 Place powdered chamomile and valerian in a bowl, add water and honey or maple syrup a little at a time until it becomes a sticky paste consistency.
- 3 Add unsweetened cocoa powder and knead until the mixture reaches a thick and smooth paste, like bread dough.
- 4 Take 1/2-1 teaspoon sized pieces and roll them into balls, so they're about the size of a pill.
- 5 Dry the herbal pills either in a dehydrator on the herb setting, on a cookie sheet placed in the oven at the lowest possible temperature, or out in the sun on a warm day, until they are dry and set. Put in a labeled jar and take 1-2 (or more, adjust as needed) 20 minutes before bed or when having trouble sleeping.

Mini Herb Profiles:

Valerian has sedative properties and is widely used as a sleep aide.

Chamomile is also a sedative and promotes restful sleep.

BELLY OIL

Great for pregnancy and beyond, this oil will help skin stay hydrated and soothe itchiness.



Ingredients

1 cup apricot oil
1 ounce dried calendula
1 ounce dried lavender
10-20 drops of essential oil of
choice (optional, I recommend
neroli, wild orange, rose or
jasmine for their mild but
calming scents)

Directions

- 1 Combine apricot oil and dried calendula and lavender in a jar and let sit for 2-3 weeks, shaking daily if possible.
- 2 Strain and add essential oils if using, stir to combine. Add to a bottle with a dropper for convenient application and use whenever desired on belly and anywhere else! This is great to make a large batch and use for infant massage in the year postpartum and beyond.



Herb Mini Profiles:

Calendula and lavender are both anti-inflammatory and soothing and gentle on skin.

PRE-LABOR & LABOR

Recipes to support you during labor.



LABOR MASSAGE OIL

Soothe your muscles and mind with this massage oil blend for the labor of childbirth.



Ingredients

1/4 cup sweet almond oil
1/4 cup jojoba oil
1 ounce dried lavender flowers
1 ounce dried jasmine flowers
1 ounce dried arnica

Directions

- 1 Combine all ingredients in a jar and infuse for 2-3 weeks, shaking daily if possible.
- 2 Strain the herb from the oil and store the oil in a bottle and use during labor.



Herb Mini Profiles:

Lavender promotes relaxation and calms the mind.

Jasmine smells amazing and is grounding.

Arnica is a strong analgesic and will soothe sore muscles.



LABOR DAY TEA

Extra strength, uterus
toning tea to prep body for
childbirth during early
labor.

Ingredients

1/2-1 cup dried red raspberry leaf

1 quart of water

freshly squeezed lemon



Directions

- 1 Brew red raspberry leaf tea, let steep for 20 minutes before removing spent herb from the infusion. Add freshly squeezed lemon juice and store in the fridge. Drink throughout the day to help contractions stay regular and for hydration.
- 2 Note: You could also freeze some of this into ice cubes and break up into ice chips to chew on later in labor. So refreshing!!

Mini Herb Profile:

Red raspberry leaf is a uterine tonic helpful in preparing the uterus for birth. It also helps soothe nausea which can be very beneficial during childbirth.



LABOR CALM TINCTURE

Lemon balm tincture for calming nerves and uplifting spirits during labor.



Directions

- 1 Combine lemon balm and choice of solvent (vodka or vegetable glycerin) and let infuse in a jar for 4-6 weeks, shaking daily if possible.
- 2 Strain herb from liquid and bottle liquid in a bottle with a dropper and label.
- 3 Take 5-10 drops as needed in labor when feelings of nervousness or exhaustion present.

Ingredients

2 ounce dried lemon balm
1 1/4 cup 100 proof vodka or
organic vegetable glycerin



Mini Herb Profile:

Lemon balm is a nervine that calms and relaxes the nervous system and lifts mood.



POSTPARTUM

POSTPARTUM & NEWBORN CARE

Recipes & remedies for you and your
baby.

COMPRESS FOR ENGORGEMENT



Engorgement is a common complaint as milk production is being established. Try this compress to reduce inflammation and pain associated with engorgement.

Directions

- 1 Start by making a decoction with the marshmallow root. Place the dried marshmallow root and cold water in a pan on the stove.
- 2 Set the heat to low and slowly bring to a simmer and then cover. Allow mixture to simmer for 30 minutes.
- 3 Remove from heat and allow to cool enough to where it will not burn your skin.
- 4 Place a washcloth in the mixture and place over breasts for 20 minutes. Warm compresses before nursing, and cold compresses between nursing sessions. Use a clean washcloth each application.

Ingredients

4 tablespoons dried marshmallow root
1 quart water



Herb Mini Profiles:

Marshmallow root's anti-inflammatory properties make it a good choice for soothing inflammation externally.

PERI SPRAY

Soothe your bottom after birth with this comforting herbal sitz bath and Peri spray recipe.



Ingredients

1/2 ounce dried witch hazel leaf
1/2 ounce dried plantain
1/2 ounce dried calendula
1/2 ounce dried lavender
16 ounces water

Directions

- 1 Combine herbs and water in a pot on medium heat on the stove.
- 2 Bring to a low boil and let simmer for 15 minutes.
- 3 Allow to cool slightly and strain the herbs from the water. Add water to a glass spray bottle and use on perineum after going to the bathroom every time for the first few days after birth, or as needed. This could also be brewed and used in a sitz basin one to two times a day for a few days postpartum., or in a relaxing herbal bath with your baby



Herb Mini Profiles:

Witch hazel is a powerful astringent and anti-inflammatory that soothes inflamed skin and hemorrhoids.

Plantain helps reduce inflammation and swelling.

Calendula heals skin conditions of all kinds and will aid in soothing a sore perineum.

Lavender is a mild analgesic and will help ease pain in the perineum.

BABY BOOTY BALM



A gentle miracle salve for
your baby's bottom.

Ingredients

Infused oil:

- 1 cup extra virgin olive oil
- 1 ounce dried marshmallow root
- 1 ounce dried calendula
- 1 ounce dried st. johns wort
- 1 ounce dried yarrow

Salve:

- 1 cup strained infused oil
- 3 tablespoons beeswax



Directions

- 1 Make herbal infused oil by combining all herbs and oil in a jar and let sit for 4-6 weeks, shaking daily. An alternative method is to heat in a crockpot or stovetop on low for several hours, until the oil has changed color and the herbs appear to be drained of vigor.
- 2 Strain oil from herbs, discard herbs. Melt beeswax in a double boiler (or in a small crockpot) then add herbal infused oil and melt until smooth.
- 3 Pour into container and let harden. Use liberally as often as needed.

Herb Mini Profiles:

Marshmallow root, yarrow, st. johns wort, and calendula are all vulneraries that heal wounds, disinfect, and provide anti-inflammatory effects making them effective for healing diaper rash.



NIPPLE BALM

Soothe sore nipples in those early days of nursing.



Directions

- 1 Infuse olive oil with the calendula and plantain by your method of choice; I like to combine all ingredients in a glass jar with a lid, leave in a cool, dry spot away from light and let infuse for 4-6 weeks, shaking the jar when I remember.
- 2 Strain the herbs from the oil.
- 3 Heat beeswax over low-medium heat in a double boiler. Once completely melted, slowly add the infused oil. Allow the mixture to melt completely once again, stirring occasionally.
- 4 Remove from heat and slowly pour into jars or tins and let completely cool.
- 5 Use between nursing sessions in the early postpartum weeks to ease sore nipples.

Herb Mini Profiles:

Calendula is an anti-inflammatory and antibacterial all around skin soother.

Plantain is also anti-inflammatory and a vulnerary, helping to heal broken skin and reduce swelling.

Ingredients

Infused oil:

- 1/2 cup extra virgin olive oil
- 1 ounce dried calendula
- 1 ounce dried plantain

Salve:

- 1/2 cup strained infused oil
- 2 tablespoons beeswax



MOOD BOOST TINCTURE

Sometimes the transition from pregnant to parent takes a toll on our emotions. Try this tincture if you find yourself needing a little emotional support.



Ingredients

1/2 cup dried st. john's wort (or
1-2 cups fresh st. john's wort
flowers)

1/3 cup dried lemon balm (or 1/2
- 1 cup fresh leaves)

Enough 100 proof vodka to
cover herbs + a couple of inches

Directions

1 Combine herbs and vodka in a jar, with the vodka covering the herb and an additional 2 inches above the the herbs. Let infuse for 4-6 weeks, shaking daily if possible.

2 Strain and bottle into labeled glass dropper bottles. Take 10-60 drops 1-4 times per day as needed to help with low moods and energy levels in the postpartum period.



Herb Mini Profiles:

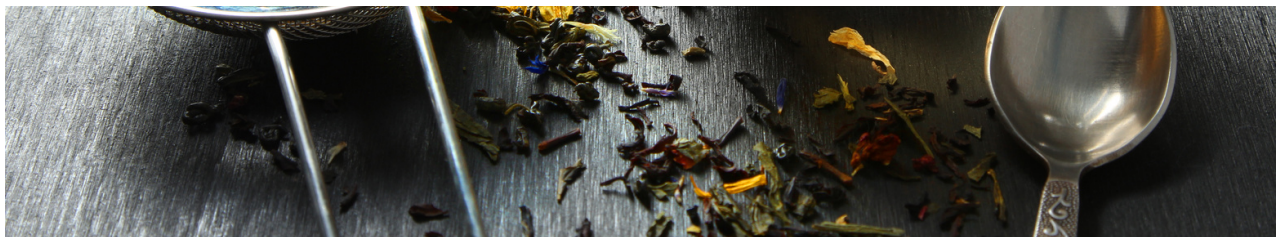
St. John's wort helps treat mild depression and anxiety.

Lemon balm calms and relaxes the nervous system.



LACTATION TEA

Try this blend for increasing milk production.



Directions

- 1 Combine equal amounts of all dry ingredients into a tea strainer and pour 8 ounces near boiling water over and steep for 5-15 minutes.
- 2 Remove strainer and enjoy tea with choice of milk or sweetener or lemon (optional)
- 3 Combine a large batch of equal parts of all the dry herbs and mix well, keep stored in an airtight container and use a couple of teaspoons each time you brew a cup.

Herb Mini Profiles:

Blessed thistle, alfalfa, stinging nettle and fennel are all galactagogues which help increase milk production.

Ingredients

- 1 part dried fennel
- 1 part dried stinging nettle
- 1 part dried alfalfa
- 1 part dried blessed thistle
- 8 ounces water



AFTER BIRTH CRAMP CALM

Ease pain from cramping after childbirth with this simple tincture.



Ingredients

1/4 cup dried crampbark

1 1/4 cup 100 proof vodka

Directions

1

Combine crampbark and vodka in a jar, adding enough vodka to cover the crampbark with at least a couple of inches of liquid extending above the bark.

2

Let infuse for 4-6 weeks, shaking daily or when thought about. Strain and put in labeled bottles with droppers.

3

Take 1-2 droppers full, 1-4 times per day as needed for cramping.



Herb Mini Profile:

Crampbark is a uterine tonic and analgesic, making it a great choice for easing crampy conditions of the uterus.

GRIPE WATER FOR GASSY BABY BELLIES



Natural gripe water for
babies (and older kids!)
with gassy and upset bellies.

Ingredients

1 teaspoon dried fennel seeds

1 teaspoon dried chamomile

1/4 cup water

1/2 tablespoon organic vegetable
glycerin (to help preserve and
sweeten)



Directions

1 Combine chamomile and fennel in a tea strainer and pour the 1/4 cup of just boiling water over it. Let steep for 20 minutes.

2 When cooled, strain the liquid and add the vegetable glycerin and mix together. Store in a glass dropper bottle and give 1-5 drops for babies under 6 months old, 1-2 times a day when needed.

Note: This will store for about 1 or 2 weeks, keeping refrigerated helps extend shelf life, but should serve at room temperature.

Herb Mini Profiles:

Fennel and chamomile are both gently calming on the digestive system and are typically ingredients found in mainstream produced gripe waters you find in stores for soothing “colic”, AKA digestive upset.