

Briar Hill Midwives

Suggested Herbal Remedies

Please note, the below list 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 nervous about taking. Feel free to discuss these and any other 'natural' remedies you may have heard about, with your midwives.

1. PREGNANCY TEA (included in the birth bag)

We recommend this tea as a preparation for labour. It acts on the uterus by strengthening and toning the 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 because 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.

2. 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 a 500mg capsule daily. In addition, towards the end of pregnancy, the oil, if placed near the cervix, acts to soften and ripen for labour.

At 36 weeks, take a 500mg capsule in the morning and evening

At 38 weeks, continue to take a 500mg capsule in the morning and then at night before bed (after completing all your other bedtime rituals), insert 2 capsules as vaginal suppositories. Just prior to inserting (as far as you can get them), puncture each capsule with a pin so the oil can escape. You may note the remnants of the capsule when up to pee or in the morning if your body hasn't absorbed it (either is normal).

3. CALENDULA TINCTURE (included in the birth bag)

Calendula tincture is used for various things in the postpartum period.

We use it full strength to aid in healing and drying of your baby's umbilical cord.

For mothers, adding a dropperful (or 2) into your spritz/peri care bottle and using with each void during the first week, will help to aid in healing your tissues.

Our last use is in ice packs (highly recommended). The recipe is below. Make prior to your birth and place in freezer.

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

4. HOMEOPATHIC ARNICA (included in the birth bag)

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 a few pellets several times/day after the birth to promote healing

Generally homeopathics work best when taken away from fluids and foods.