

Pregnancy Infusion

Herbal infusions are a good way to get vitamins, minerals and certain medicinal properties from herbs. These nutritive ingredients are easily assimilated by our bodies when released into the water through the process of making an infusion.

How to Make an Infusion

1. Bring 1 quart of water to a boil, turn off.
2. Add 2-4 tablespoons of the dried herbs to the water.
3. Cover and let sit for at least 2 hours or overnight.
4. Strain and Drink! Serve hot or cold. Add juice or honey if desired.

Recipe for pre-mixing bulk herbs:

2 parts Nettles - rich in calcium, iron and protein. Excellent nourishing herb in pregnancy.

2 parts Red Raspberry Leaf - tones and nourishes the uterine muscle. Rich in vitamins and minerals, especially iron. Soothes nausea, prevents miscarriage, eases labor pains and builds a healthy milk supply.

1 part Oatstraw - rich in calcium and magnesium. Calms nervous stress and tension. Good remedy for yeast infections in pregnancy.

1 part Alfalfa - rich in Vitamins A, D, E and one of the only plant sources of Vitamin K. Also contains 8 digestive enzymes and numerous trace minerals.

1 part Chamomile - calming. Helps with digestive disorders including nausea. High in calcium and has some anti-inflammatory properties.

1 part Rose Hips - great source of Vitamin C. Helps fight infection and exhaustion. Helps promote absorption of minerals.

Mint - relaxes visceral muscles. Relieves nausea, anxiety and tension.

Order herbs from www.mountainroseherbs.com in bulk. Drink at least a quart per day prenatally.

Herbs to Avoid When Breastfeeding

Sage

Yarrow

Parsley

Black Walnut