



# Mother Earth Midwifery Herbal Decoctions

---

The recipes for the “teas” listed below are in fact, not teas at all, but are herbal decoctions. They are more like a whole herb-derived liquid multivitamin for pregnancy. They will taste **STRONG**, so if you need to cut them with juice, tea that actually tastes pleasant, or water, go ahead. Add some lemon or honey too if you like. Over time you may get used to it and like it straight. I know I do!

Why are they so strong and what should you take them for? Well, its strong taste is from allowing it to steep in hot water for many, many hours. But the powerful taste lets you know it's full of all the nutrients you are looking for. They have many vitamins, minerals and other natural chemical compounds that help to increase kidney and liver strength, promote uterine toning, and help the body build up iron to prepare you for labor and birth.

I have been prescribing these herbal decoctions for years and the women who take them I have seen reap the benefits!

## Pregnancy Tea

In a 2 quart glass or ceramic bowl (do **not** use metal or plastic as the chemicals can leach out in high heat) place the following loose herbs:

- 1/2 c. Raspberry Leaf
- 1/2 c. Nettle Leaf
- 1/3 c. Red Clover flower heads
- 1/3 c. Alfalfa
- 1/3 c. Rose hips
- 1 pinch (1/2 Tbs. or to taste) Spearmint.

Boil 2 qt. water, pour over herbs.

Place cover or lid on tightly once cool enough to touch container and let steep for **4-12 hours**.

Reheat on the stove or drink it cold.

**IN YOUR FIRST TRIMESTER DRINK 8 OZ. PER DAY**

**IN YOUR SECOND TRIMESTER DRINK 8-16 OZ. PER DAY**

**IN YOUR THIRD TRIMESTER DRINK 16-32oz. PER DAY**

Drinking the tea in your third trimester is the most important. This will help to reduce bleeding at your birth as well as increase stamina and the general health picture of you and your baby!

During the summertime or for during labor, this tea makes a great popsicle or ice cubes for a cool, refreshing boost.

This tried and true herbal health elixir will help you to have the best and healthiest birth possible, and will reduce your healing time post-birth.



# Mother Earth Midwifery Herbal Decoctions

---

## Lactation Tea Directions

In a 2 quart glass or ceramic bowl (do **not** use metal or plastic as the chemicals can leach out in high heat) place the following loose herbs:

- 1/2 c. Nettle Leaf
- 1/2 c. Oat Straw
- 1/3 c. Red Clover
- 1/3 c. Blessed Thistle
- 1/3 c. Alfalfa
- 1 pinch (1/2 Tbs. or to taste) Lemon Grass.

Boil 2 qts. water, pour over herbs.

Place cover or lid on tightly once cool enough to touch container and let steep for 4-12 hours.

Reheat on the stove or drink it cold.

Drink 16-32oz. per day.



# Mother Earth Midwifery Herbal Decoctions

---

## Postpartum Herb Bath

This is another herbal decoction that both mom and baby can use to help heal after the birth. Great for torn, sutured or a sore perineum, sore or cracked nipples, and baby's cord stump too.

Add to 2-4 quarts boiling water:

- 1 to 2 c. Lavender Flowers
- 1 to 2 c. Comfrey Leaf
- 1 to 2 c. Calendula Flowers
- 1/4 to 1/2 c. Comfrey Root (optional)
- 1 c. Fine Ground Sea Salt (optional)

Let boil for 10 minutes then turn off heat and let sit covered until you are ready to use it. The herbs can stand for up to 12 hours.

When ready, in a clean bathtub (you can use betadine, hibicleanse or hydrogen peroxide and white vinegar to sanitize your tub), fill water as you would normally to around 100 degrees Fahrenheit.

Then, using a fine strainer to catch the herbs, pour the decoction from the pot into the bath.

Your postpartum bath is now ready to enjoy. Bring baby in with you for his or her first swim!

Moms who use this bath once a day for the first week after the birth heal faster and better.

Baby's who come in the bath with mom will lose their cord stump twice as fast! Try it and see!