

Herbs Throughout Your Life Phases

Pregnancy and ChildBirth:

In pregnancy, you want to stay calm, not overly work your body, eat a balanced and high-protein diet, drink a LOT of water, and get a lot of Iron and calcium.

Good herbs for use in Pregnancy:

- **Black Haw:** prevents miscarriage by quieting uterine muscles
- **Blessed Thistle Leaf:** reduces chance of hemorrhaging during childbirth
- **Burdock Root:** good for PG because it has a high concentration vitamins, minerals and trace minerals
- ****Chamomile flowers:** good for morning sickness when combined with ginger; high in calcium; soothing to the nervous system; its essential oil heals inflammatory conditions (such as swelling and achy joints)
- **Cramp Bark:** one of best herbs for preventing miscarriage
- **Dandelion greens and root:** vitamin A, Calcium, Iron, activates and nourishes liver, (dandelion leaf tea, garlic oil capsules and stress release techniques often help to lower blood pressure)
- **Ginger root:** decreases morning sickness, aids digestion, when used as oil on the lower back it can restore energy in prolonged labor, safe in PG for colds/sore throat/congestion
- **Lady's mantle leaves:** all around maternal herb: good for morning sickness, tones uterus and helps with postpartum depression
- **Lemon balm leaves:** relieves gas pain, invigorating, reduces stress, tastes Delicious!
- ***Nettle leaf:** Calcium, Calcium, Calcium!, decreases edema, iron rich which can increase energy, increases milk supply, decreases hemorrhaging, all-around women's wellness herb
- **Oatstraw stalk and unripe fruit:** calcium and magnesium, decreases stress, *good and safe remedy for any yeast infections in Pregnancy*
- ****Red raspberry leaf:** tones and nourishes uterine muscles, rich in minerals and vitamins, especially high in naturally chelated iron (integrated most easily by the body), helps restore system after childbirth, increases milk supply, *good all purpose herb for the entire 9-10 months of pregnancy*
- **Slippery elm bark:** (This should be used in moderation, as as the Dutch Elm disease has destroyed many of these trees) excellent for any type of mucous membrane inflammation/irritation (i.e. infections, vaginal irritations)
- **Squaw vine:** tones and nourishes uterus (combined with red raspberry leaf for the perfect pregnancy tonic)
- **Strawberry leaf:** prevents miscarriage, fever, diarrhea

Pregnancy Tea:

- 3 parts red raspberry leaf
- 2 parts nettle
- 1 part alfalfa leaf
- 4 parts peppermint/spearmint
- 3 parts lemon balm
- 2 parts squaw vine
- pinch stevia

Judaism through the Life Phases:

1. General Wellness and Well-Being
 1. Tikkun Olam: like a ripple effect in the water, we must start with fixing ourselves internally before we can fix others and the world externally. This means we must nourish our bodies, our minds, our hearts and our souls. We *must* nourish our Bodies.
 2. Traditional Judaism believes that our neshama/soul is on loan from heaven, and our body is on loan from Earth. Both are on loan from Hashem, and we must care for both. This is translated into the commandment to not intentionally cause harm to one's self. In today's world, with our available resources, we know that eating incorrectly causes harm to our

body, the vessel Hashem has gifted us with to do goodness in the world. It is our responsibility to nourish our body sustainably.

2. Fertility
 1. "Tohu Va'vohu": in Breishit/Genesis, we learn that to be "fruitful and multiply" is a commandment. Judaism strongly supports fertility, and encourages conception.
 2. There are many Biblical sources on the power of prayer in relation to conception and infertility: Sara conceived late in life, Rachel conceived after much prayer and painfully awaiting for years, Rebecca had only two sons: why? we learn she had limited fertility, Chana could not conceive and in her fervent prayers taught us how to pray with intention and also the powerful desire of a woman's quest for children: she gave her child to the service of G-d when G-d gifted her a child
 3. There are many Talmudic stories about women and fertility, stories of blessings from chasidic rabbis to conceive in the middle ages, and conception occurring.
 4. There are many sources of Jewish women using herbal remedies to increase or limit their fertility throughout our heritage
3. Pregnancy & ChildBirth
 1. "B'Sha'ah Tovah": Judaism is traditionally known for favoring the mother's life over the child's, and recognizing the miraculous development of the fetus by wishing expecting parents a full term of pregnancy with Birth occurring in "Good Time"
 2. There was a tradition of women wearing a pendant with verses from tehilim written on it in Birth, for the husband to hang his tefilin around the bed posts, for the woman's hair to not be tied (so as to not tie in the baby), and for herbs to be burned for aiding in the birthing process (lavender to calm, pepper to sneeze out the placenta & start uterine contractions thus decreasing the chance of hemorrhaging...)
4. Breast Feeding
 1. Talmud states that Jewish women may breastfeed in public spaces (modestly is implied)
 2. There are biblical and talmudic stories referencing the exchange of spiritual energy through breast milk
 1. Batya, Yocheved and Moshe
 2. Mashal (parable) about Sara and breastfeeding to prove she bore Yitzchak
 3. rabbi yochanan bar yochai and roman general (talmud)

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Fertility:

Women: Balanced Diet!!! (YES! foods are pumpkin seeds, bee pollen, royal jelly)

Good herbs to integrate into your diet include:

- dong quai
- false unicorn root
- licorice root
- wild yam root
- ginseng

Take 2 capsules of Dong Quai 3x daily (except during menstruation)

Take 2 capsules of ginseng daily

Take Liquid Floradix Iron with Herbs regularly

Take Fertility tonic (below) daily: capsule form 2 capsules, 3x daily
tincture form 1/4 tsp 3x daily

Men: 2 capsules ginseng daily (increases sperm count)

How to Make Fertility Tonic (for men and women):

- 4 parts rehmania
- 1 part astragalus root
- 1 part dong quai root (for men substitute ginseng)
- 2 parts false unicorn root

- 3 parts wild yam root
- 1 part vitex berries

How to make Female Fertility Tea:

- 3 parts wild yam root
- 2 parts licorice root
- 4 parts sassafras bark of root
- 1 part vitex (chaste berry)
- 1/2 part dong quai root (for men substitute ginseng)
- pinch of stevia
- 1 part ginger root
- 1 part cinnamon bark
- 1/2 part false unicorn root
- 1/4 part orange peel

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Breast Feeding (aka Nursing)

The most important aspect of a woman's intake while breast feeding is water, and then nutrition. You need more calories, protein, veggies... it is a lot like eating for when you were pregnant, only a little more.

Here are a few good teas to **encourage and enrich milk flow**:

1. Rich Milk Tea
 1. 3 parts fennel seed
 2. 1/2 part fenugreek seed
 3. 1/2 part blessed thistle leaf
 4. 1/4 part hops

Use 4-6 Tbsp of herb mixture per quart of water, simmer on low heat, remove immediately and let sit for twenty minutes, strain and drink. 3-4 cups daily. Also possible as tincture.

1. Blessed Thistle Tea
 1. 1 part blessed thistle
 2. 4 parts fennel seeds
 3. 2 parts nettle
 4. 2 parts raspberry leaf

Use 4-6 Tbsp per quart of water. Add herbs to cold water, bring to slow boil over heat. remove, and let sit/infuse for twenty minute. Strain. Drink. 3-4 cups daily.

***Parsley and Sage DECREASE milk flow. They are *good* to use for mastitis or to wean your child. They are *not* good to use when trying to increase milk supply.

Breastfeeding is a time of serious potential stress and depression. Here are some helpful teas in making the transition with your baby and family and self easier:

1. Gentle Relaxation Tea

1. 3 parts lemon balm
2. 1 part passion flower
3. 2 parts oat straw
4. 3 parts chamomile
5. 1/4 part valerian

1. Joy Tea

1. 2 parts chamomile
2. 3 parts lemon balm
3. 1 part hawthorne berries and blossoms
4. 2 parts hibiscus flowers
5. 2 parts rose petals (from unsprayed bushes)
6. 1/8 part lavender flowers
7. 1/8 part cardamon pods, chopped