When I became pregnant two years ago, I was elated. My journey to motherhood had begun. Our daughter arrived exactly one week before her due date, at home, into the waiting arms of her father. Labor had gone quickly, and I gave birth naturally without any medical intervention. Watching my newborn baby wiggle her way up my bare belly to instinctively start nursing at my breast, I knew firsthand what a miracle birthing and mothering truly is.

I attributed my smooth pregnancy and speedy labor to several factors. About a year earlier, I had reduced my busy work schedule down to part-time, which allowed more time to care for myself and reconnect with my husband. I nurtured myself with whole, organic foods, regular yoga, long daily walks, plenty of rest, affirmative birthing stories and supportive, loving people. I read Ina May Gaskin’s Spiritual Midwifery, and La Leche League’s The Womanly Art of Breastfeeding. My husband made notes from Penny Simkin’s The Birth Partner and taped them to our fridge. We discussed the benefits of water births, learned about attachment parenting and family bed sharing, purchased cloth diapers and a sling, and prepared ourselves for what we knew would be a transformative experience. I also turned to what felt familiar and comforting to me: herbs.

For the past decade I had been studying and practicing herbal healing. I had completed certification as a master herbalist, and apprenticed at an herb farm to learn about growing, drying, processing and wild-crafting medicinal herbs. I had many of these useful plants growing in my own garden, close at hand. Over the years, I had established a small, home-based herbal business, focusing on natural care for the whole family, and with the help of my sister (a practicing midwife), had developed salves, teas and oils specific to mama and baby care. During the last trimester of my pregnancy I finished training as a postpartum doula, and added herbal postpartum care to my repertoire. Although I had shared my herbal knowledge with countless others, here was a unique opportunity to use these skills to strengthen, heal and nourish not only myself, but also my newborn child.
If you use any at all, as fragrance oils are synthetic and may cause allergic reactions when used with your older child about her feelings toward the new baby and allow an early bond to form for minor ailments and illnesses. During the process of researching recipes and creating herbal Herbal Sitz Bath Blend, it was hard to know where to start. High-quality organic herbal products are not necessarily cheap, and products, you will learn when and how to use herbs effectively. With your herbal medicine cabinet well-stocked with items like calendula salve for diaper rashes, arnica for bumps and bruises, fennel tea for colic, massage oils for cradle cap, sage cough syrup for sore throats, and many more; having knowledge of a handful of simple herbal remedies during pregnancy, baby massage oils, can be a special way to connect with your baby while he is still in utero. With a little education and experience in using herbal remedies (just like growing your own food) can save substantial money. Follow simple recipes, depending where they are purchased, may include shipping or packaging fees. If you are on a budget, consider making your own. You don't need to be a certified herbalist to work with medicinal plants, and an herbal kitchen will do. Properly Identifying Plants. It is always wise to consult with your midwife or qualified health practitioner if you are considering taking herbal remedies during pregnancy. There are many wonderful tonic herbs that can only be avoided during pregnancy. For example, strong labor-inducing herbs, like mugwort, should be used with caution or avoided altogether during pregnancy. However, there is also a lengthy list of plants that should be used with caution or avoided altogether. For example, strong labor-inducing herbs, like mugwort, should be used with caution or avoided altogether. For example, strong labor-inducing herbs, like mugwort, should be used with caution or avoided altogether. For example, strong labor-inducing herbs, like mugwort, should be used with caution or avoided altogether. For example, strong labor-inducing herbs, like mugwort, should be used with caution or avoided altogether. For example, strong labor-inducing herbs, like mugwort, should be used with caution or avoided altogether. For example, strong labor-inducing herbs, like mugwort, should be used with caution or avoided altogether. For example, strong labor-inducing herbs, like mugwort, should be used with caution or avoided altogether. For example, strong labor-inducing herbs, like mugwort, should be used with caution or avoided altogether. For example, strong labor-inducing herbs, like mugwort, should be used with caution or avoided altogether. For example, strong labor-inducing herbs, like mugwort, should be used with caution or avoided altogether. For example, strong labor-inducing herbs, like mugwort, should be used with caution or avoided altogether.
Mother Nature’s Child: Simple Herbal Remedies for Pregnancy, Postpartum and Beyond

Written by Karen Kliewer
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