

Womb & Wellness

HERBAL INFUSIONS FOR PREGNANCY CARE



Herbal Infusion to Build the Blood and Nourish the
Womb, Kidneys, and Liver in Pregnancy

by Christina Stout

Herbal Infusion to Build the Blood and Nourish the Womb, Kidneys, and Liver in Pregnancy

INGREDIENTS

- 1 part Raspberry Leaf
- 1 part Alfalfa
- 1 part Nettle
- ½ part Dandelion
- ½ part Peppermint



INSTRUCTIONS

- Put ½ to 1 cup of mixed herbs in a quart jar.
- Pour very hot (but not still boiling) water over the herb fill the jar.
- Put a lid on the jar overnight or for 8--12 hours to steep the herbs and pull the micro nutrients into the water. Strain and drink throughout the day.
- Larger batches may be refrigerated and taken as iced tea over 2--3 days. Drink throughout pregnancy and labor.

Rosehip Jam for a Strong Bag of Waters, Strong Blood Vessels, and Vitamin C



INGREDIENTS

- Dried Rosehips (by Mountain Rose Herbs)
- 1/2 cup Water
- 1 tbsp Honey
- 1-2 tsp Cinnamon
- 1 Jar with a lid

INSTRUCTIONS

- In an 8oz jar, pour 1/3 full of dried rosehips.
- Fill nearly to the top with water.
- Add a tablespoon of honey and cinnamon to taste.
- Put a lid on the jar and give it a good shake.
- Place on the counter for 24 hours, shaking every so often.
- After 24 hours, keep refrigerated.
- Eat 2-4 tbsp or more daily until gone.