

A HOLISTIC APPROACH TO PREGNANCY,  
AS SEEN BY A HERBALIST

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I refer to the developing embryo and foetus as a baby throughout this paper. I feel that the scientific terms used do not fully encompass the whole spiritual entity of the little human being that was created at the time of conception. Ask any mother how they visually viewed their baby as it was developing. Did they view it as it progressed in developmental stages or did they view it as a live whole being throughout the entire pregnancy?

## 1. THE ROLE OF A HERBALIST AND PRENATAL VISITS

The primary role of a herbalist in a pregnancy is as an information resource for health and maternity care. The herbalist is not a replacement for a midwife or any other healthcare practitioner but is a complimentary form of health care for the mother and baby.

In order for the herbalist to be well informed and up to date regular visits are necessary since there are possible high risks involved with this type of client in this "condition". Whether the client has or does not have any concerns or problems, it is still necessary to see the client. There are progressive signs that need to be monitored regularly. Normally, it is recommended that the client visits once per month for the first 28 weeks of the pregnancy. During weeks 28 to 36, it is recommended that the client visits every 2 weeks. From week 36 on, the client is recommended to visit weekly until delivery.

### 1.1 POSSIBLE SIGNS OF PREGNANCY

- Symptoms:
- \* increased peeing
  - \* nausea
  - \* fatigue
  - \* food fads
  - \* changes in breasts - swollen and tender
  - \* woman may feel pregnant
- Signs:
- \* missed period
  - \* changes in colour of vaginal and cervical tissue
  - \* darkening of areola around nipple
  - \* more skin pigmentation such as moles and striae on breast

### 1.2 PROBABLE SIGNS OF PREGNANCY

- Signs:
- \* softening of uterus and cervix
  - \* enlarged uterus
  - \* intermittent painless contractions
  - \* urine and blood test for Human Chorionic Gonadotrophin

"When he and I got under sheet,  
I let him have his way complete,  
And now my girdle will not meet.  
Dear God, what shall I say of it?

Ah dear God, I am forsaken,  
Now my maiden head is taken!"

- Anonymous 15 Century English Author

## 2. ROUTINE ASSESSMENT

It is important at each visit to find out how the client is doing emotionally, mentally as well as physically. A good support system is important for an expecting woman and should be encouraged. Find out if they themselves are supportive of their pregnancy and how the father and other pertinent people are like in terms of support. Find out how they really feel about their pregnancy. It may be necessary to refer the client to someone else for further emotional treatment. It is also important to answer any questions that they may have about the pregnancy.

### 2.1 ROUTINE PHYSICAL EXAMINATIONS

1. **BLOOD PRESSURE** - A baseline reading should be taken at the initial consultation. All other readings should be compared to this baseline reading. A systolic pressure of 140 mm Hg over a diastolic pressure of 90 mm Hg is considered a concerning reading. It is necessary at this point to determine the cause of this high reading. In most cases it will likely be a result of stress. The mother needs to be made aware of the seriousness of the high blood pressure on her and her baby. It is also a possible sign of or development into pre eclampsia. Hypotension is common with pregnant women due to hemodilution factors or with anaemia and needs to be monitored also.

2. **WEIGHT** - A baseline reading should be taken at the initial consultation. Women need to be sure that they are gaining enough weight to compensate for the extra nutrition needed for the developing baby. A weight gain of 1 lb per week during the second and third trimester is considered to be normal.

3. **URINE ANALYSIS** - A simple urine dipstick at each visit will help to monitor many different things but most importantly the function of the kidneys and monitoring any possibility of diabetes. A strong positive result for glucose should be investigated further while any degree of a positive result for protein should be investigated.

4. **FETAL HEART SOUND** - A babies heart beat can be first detected with a fetoscope at around 18 weeks. The rate is between 120 - 160 bpm. It is usually fastest earlier on in the pregnancy. Note the location and rhythm of the heart beat.

5. **FETAL MOVEMENT** - The first fetal movement can be felt by the mother any time after 16 weeks. Around 22 weeks, it is possible to feel the movements through the belly. Note the location, intensity and frequency of the movements and kicking.

6. **FETAL POSITION** - Up until week 28 to 30, the baby will be changing positions but after this time the baby will usually be in the head down position for a head first delivery. A breech baby is not uncommon.

7. **HEIGHT OF UTERINE FUNDUS** - The fundus of the uterus can be measured at each visit to get an idea of how well the pregnancy is progressing and to get an idea of what stage the baby is at in terms of weeks. At about week 12 the top of the fundus is at the top of the pubic symphysis and is at that point palpable. By week 20, the top of the fundus is up to the umbilicus and from this point on the fundus size increases by 1 cm per week.

### 8. BREAST EXAMINATIONS - to be done on both sides

Have patient sit with arms hanging loosely at sides; inspect for size, symmetry, contour, skin colour and texture, venous patterns and lesions (if necessary with women lift breasts and examine under breasts); inspect areola and nipples for shape and colour, evertedness, retraction/deviation

Have patient sit with arms over head - notice symmetry and contour;

Have patient sit with arms pressing on hips - notice contour and symmetry;

Have patient lean forward from waist - notice contour, symmetry and that breast hang freely or not;

With patient either lying down or sitting with arms at sides (depends on breast size) palpate systematically and firmly using either the concentric circle technique or back and forth technique being sure to palpate all four quadrants of breast including the tail of Spence; raise up patient's arm to palpate tail as it enters the axilla and compress between finger and thumb; be sure to go slowly and meticulously; if patient is lying down, be sure to have her raise her arm on the side being palpated and place it behind her head; if necessary place a towel under her back to help raise breast;

If a mass is found, note size, location, shape consistency, tenderness, mobility, delimitation of borders and retraction; if possible note transillumination;

Palpate the nipple and compress between thumb and finger and inspect for discharge; if discharge, note colour and origin;

Palpation of lymph nodes is done by having patient sit while inspector supports arm; with the palmar surface of fingers, reach deeply into the axillary hollow, pushing firmly upwards; bring fingers down and roll tissue against chest wall and muscle of axilla exploring all sections (apex, central and medial aspect along rib cage, lateral aspects along the upper surface and anterior wall along pectoral muscles and posterior wall along border of scapula;

Supraclavicular area also needs to be palpated by hooking fingers over clavicle and rotate them over the entire supraclavicular area; have patient turn head towards the side being palpated and raise same shoulder; patient may bend forward to relax sternocleidomastoid muscle;

The Mother-Child relationship is a paradoxical and in a sense, tragic.  
It requires the most intense love on the Mother's side.  
Yet this very love must help the child grow away from the mother,  
And become fully independent.

### 3. MATERNAL PHYSIOLOGICAL CHANGES

#### REPRODUCTIVE SYSTEM

**Breasts** - The breast tissue increases in size because of hypertrophy of the alveoli. The nipple will also increase in size and the pigmentation becomes darker. Tenderness, tingling and increased visible veins occur due to increased blood supply. Colostrum can start being produced as early as the end of the first trimester.

**Ovaries** - For the first 7 weeks of pregnancy the corpus luteum is stimulated by hCG to produce progesterone to maintain the pregnancy. After this time the placenta takes over.

**Uterus** - The weight of the uterus increases by approximately 1000 grams. The uterus is made up of 3 muscle layers. The first layer is the longitudinal layer in the top 2/3 of the uterus and it is the contracting muscle. The second layer is the circular muscle layer which is in the bottom 1/3 of the uterus and it elongates in labour. The third layer is the diagonal muscle layer which surrounds the blood vessels and after delivery it clamps down and helps to prevent haemorrhages. The uterus forms the placenta which lasts for approximately 40 to 43 weeks only. The placenta transfers all the necessary ingredients to the baby and also produces four different hormones to sustain the pregnancy. The Human chorionic gonadotropin hormone promotes the growth of the corpus luteum which secretes estrogen and progesterone. The progesterone increases the hypertrophy of the endometrium, promotes the growth of some of the baby's tissues and organs and helps to develop the mum's breasts. The estrogen promotes the growth of some of the baby's tissues. The Human placental lactogen helps grow some of the baby's tissue, acts as an anti-diabetogenic substance, increases the amino acids to the baby and helps to develop the mum's breasts.

**Cervix** - By the 8 week of gestation the cervix softens while the glands around the cervix are stimulated to produce a mucous which plugs the way between the vagina and the uterus. This plug stays in place until the cervix starts to dilate near the delivery of the baby.

**Vagina** - The vagina becomes bluish in colour due to the increase blood flow to the area. The vagina wall thickens and the rugae become deeper to help to increase in size for the delivery of the baby.

#### ENDOCRINE SYSTEM

**Adrenal glands** - ACTH decreases in the first trimester but increases for the second and third trimester. Cortisol and deoxycorticosterone increase in the third trimester. Aldosterone increases by the 15th week to protect against increased excretion of sodium effect of progesterone.

**Thyroid** - It increases in size due to increased vascularity and may feel softer to palpate. Thyroxine and the thyroid binding globulin levels increase by week 6 so that the plasma levels of free thyroxine are at the same ratio as before pregnancy.

**Parathyroid glands** - they stimulate intestinal absorption of calcium.

**Pituitary gland** - This gland may increase in size which may cause pressure to be applied to the optic chiasma that can cause a little vision disturbance. The anterior pituitary produces more prolactin. Endorphins are increased from both the pituitary and the hypothalamus.

#### METABOLISM

Albumin concentration decreases by 25 % because of the increased blood volume. Fasting glucose levels are lower because the baby needs a lot. Fat stores begin in mid pregnancy.

#### CARDIOVASCULAR SYSTEM



The heart rate increase by 20 % during pregnancy. Cardiac volume increases by 10 %. Cardiac output increases by 45 % by mid pregnancy and an additional 20 to 50 % during labour. Progesterone causes vasodilation which can cause headaches.

## BLOOD CHANGES

The blood plasma volume increase by 45 % to ensure adequate circulation to the baby and as a safety measure to make sure that venous blood flow does not stagnate due to the pressures on the veins from the baby. This also can help during delivery in the case of blood loss.

## RESPIRATORY SYSTEM

The diaphragm is displaced by 4 cm upward and the rib cage expands by 6 cm. Because of the increase in progesterone levels in the first trimester there is often an increase in respiration rate which can lead to shortness of breath.

## URINARY SYSTEM

The glomerular filtration rate increases by 50 %. Progesterone increase sodium and water reabsorption. Amino acids and water soluble vitamins are lost at a higher rate during pregnancy.

## INTEGUMENTARY SYSTEM

There is increased skin pigmentation such as on the breasts, linea nigra on the belly, vulva and face known as chloasma. Progesterone and estrogen stimulate melanocyte stimulating hormone. Increased blood flow to the skin causes increase heat and perspiration. There is also increased hair growth.

## LIVER

Due to the increased estrogen and progesterone levels the liver has more to try to deal with and may have a difficult time.

## MUSCULOSKELETAL SYSTEM

There is increase joint laxity to allow the pelvis to widen for the growing baby. Other joints are also affected. The spine shifts position allowing for the baby to become the centre of gravity over the hips.

#### 4. PREGNANCY AND NUTRITION

Nutrition is the most important factor in pregnancy. Before a woman misses her first period, one of the most important stages of the baby's development has already taken place. The brain, spinal and heart are the first parts to develop. Naturally, proper nutrition is a key factor in the baby's good start in life.

This day and age is considered to be the safest time to be pregnant. Even though our environment is highly polluted with carbon monoxide from cars, industrial pollutants filling our water ways, pesticides, herbicides, electromagnetic pollution, etc., babies have a higher chance of survival. It is all this pollution and its affects on humans which has allowed much of the understanding of maternal health and the affect on baby health to be understood in varying degrees. By knowing the odds of having a healthy baby and by taking control of outside factors, we can influence and decrease the risk of those we are not able to control.

It is important for Mum's-to-be to realize that it isn't the quantity that matters, it is the quality that matters. "Empty" food is just as detrimental as no food. Remember, the baby will take what is required first and the mother can be left undernourished.

##### 4.1 DIET SUGGESTION

- \* a good prenatal supplement should be taken including 1 g of folic acid
- \* fresh fruits and vegetables, whole grains, unprocessed and unrefined foods, lean meats if desired, and other low-fat sources of protein such as nuts and seeds
- \* Organic if possible is best
- \* at least 50 % of the calories obtained should come from carbohydrates and less than 30 % of calories from fat
- \* fat should be mono-unsaturated when possible such as olive or flax seed
- \* small frequent meals instead of 3 large meals
- \* lots of fresh pure water away from meals - min. 8 glasses
- \* avoid all drugs, preservatives and additives
- \* avoid ingredients that you can even pronounce; these are usually not good!
- \* RDA for Iron, folic acid and Vit D double
- \* RDA for calcium and phosphorus increase by 1/2
- \* RDA for pyridoxine and thiamine increase by about 1/3
- \* RDA for protein, zinc and riboflavin increase by about 1/4
- \* RDA for all other nutrients except Vit A increase by 1/5; there is no need to increase Vit A

##### 4.2 SOME ESPECIALLY IMPORTANT AND USEFUL FOODS

Wheat germ is high in vitamins such as the whole B complex (B 1, 2, 3, 6, 12, biotin, choline, folic acid, inositol, pantothenic acid), Paba, Vit. E, Vit. F (Essential Fatty Acids), minerals such as chromium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium and zinc and high amount of protein (1/4 cup = 10 % of daily requirement of pregnant mother's protein). Wheat germ can be added to any! Sprinkle over stir-fry and rice, over soups, pasta, cereal and chicken, or in any bread, pancake, pizza dough, buns, cookie or muffin recipe. For a quick nutritious snack add to a fruit milk shake.

Eggs contain 6 grams of protein in each, Vit. A, Vit. B 1, 2, 3, 6, 12, biotin, choline, folic acid, pantothenic acid, Paba, Vit. D, Vit. E, Iron, Manganese, phosphorus, selenium, sodium, zinc and, of course, cholesterol. Cholesterol is important for a pregnant mother for both the mother and baby but really high amount should be avoided. Eggs can be done scrambled, fried, poached or boiled, in omelettes, frittatas, in salads, and in baked goods such as pancakes, french toast, muffins and other baked goods. 1 to 2 eggs per day is fine so long as one is not on a cholesterol

reducing diet.

Low-fat plain yogurt is high in protein (1 1/2 cup equals one protein serving), is low in calories, high in calcium, chromium, phosphorus, Vit. B 1, 2, 3, 12, biotin, folic acid, inositol and Paba. Yogurt can be used in place of mayo, sour cream, cream and milk in most recipes for low fat cooking and eating. Yogurt with nuts, seeds, wheat germ and dried fruit makes an excellent breakfast, lunch, snack or dinner. Organic is best.

#### 4.3 FOODS TO AVOID WHEN PREGNANT

\* Thalidomide is the only known substance to cause harm during a certain stage of development in every instance. But there are many other substances where there is an increased risk involved and should also be AVOIDED.

\* smoked or cured meat and fish if they contain sodium nitrite which gets converted in the stomach to nitrosamines, powerful carcinogens and possible teratogens; examples are bacon, ham, cured pork, sausage, dried beef, luncheon meats, salami and wieners; some alcoholic beverages contain sodium nitrite, therefore be sure to look for preservative free types; these should be avoided in pregnancy and lactation and only in moderation otherwise.

\* sugar substitutes such as saccharin and aspartame, have neither been proven conclusively safe during pregnancy nor has there been teratogenic effects in humans directly linked. There still runs a high risk of possible problems due to the fact alone that these are chemicals not natural substances and also the risk to PKU carrier mother's not being fully understood or known.

\* monosodium glutamate has caused brain damage in infant animals but no studies have been done to study infant humans. But the side effects that some people experience such as burning sensation in the back of the neck and forearms, tightness in the chest, and headaches should be enough for concern.

#### 4.4 FOODS TO CONSUME WITH CAUTION AND IN MODERATION

\* caffeine has caused birth defect in animal studies with inconclusive studies on humans; caffeine is also in part responsible for adrenal exhaustion on adults with unknown side effect on babies; due to the large stimulating effect that occurs on both the mother and baby, causes another whole problem of irritation and the inability to sleep, both of which are not needed;

\* processed foods usually contains preservatives, artificial colours and flavours and stabilizers and although none have been proven conclusively to be harmful to humans it is still a good idea to use this products with caution; these foods are also nutritionally inferior to whole, unrefined foods;

#### 4.5 THE IMPORTANCE OF CERTAIN NUTRIENTS IN PREGNANCY

Vitamin A - a deficiency can lead to birth defects and decreased immune function in mother and baby, while too much can lead to CNS and renal damage; 10,000IU is fine while studies are being done to test 25,000 to 40,000 IU for safety in pregnancy.

B Vitamins - a deficiency can lead to nervousness, depression, anemia, decreased appetite and vaginal infections; these are important for the developing nervous system; Folic acid deficiency is associated with neural tube defects and for the mother can cause premature birth, premature separation of placenta, decreased immune system and post partum haemorrhage;

Vitamin C - helps to prevent pre-eclampsia, it supports the adrenal glands and helps to prevent premature rupturing of membranes when used with Vit. E; 1000 mg/ day and do not exceed 4 g in first trimester;

Vitamin D - the requirement doubles in pregnancy to 400 to 600 IU per day; a deficiency can lead to poor bone formation, poor teeth, poor growth, cavities, rickets and loss of muscle tone;

Vitamin K - this is essential for proper blood clotting; a deficiency can lead to miscarriages and haemorrhages; it can be

produced in intestines if proper bacterial flora is present;

Iron - 30 to 60 mg/day is required; a deficiency leads to anaemia and post partum haemorrhage; helps with restless leg, fatigue and constipation;

Magnesium - necessary in calcium metabolism; decreases haemorrhages, retention of fluid, cervical problems and toxemia; 450 mg/day with 1000 mg calcium;

Calcium - require 1200 mg/day; deficiency will lead to demineralization of bones of mother, unhealthy teeth and bones, spasms, pre-eclampsia and insomnia; helps to reduce risk of hypertension;

Selenium - helps to prevent birth defects and metabolizing toxins, aids heart functions and helps to make red blood cells; 50 to 200 mcg/day;

Iodine - it is needed for infants thyroid gland development; a deficiency will lead to cretinism; 175 to 200 mcg/day;

Zinc - a deficiency is associated with poor growth, decreased immune system function and neural tube defects; helps with fatigue and cell growth and multiplication; 20 to 25 mg/day;

Chromium - helps insulin keep blood sugar levels stabilized; 50 to 200 mcg/day;

Protein - 75 to 120 mg/day is needed for tissue growth; helps to reduce nausea and vomiting of morning sickness;

#### 4.6 SUPPLEMENTS THAT ARE STRICTLY CONTRAINDICATED IN PREGNANCY

- \* Quercetin - can be mutagenic

- \* Tryptophan – teratogen

## 5. FLOWER ESSENCES

Flower essences are liquid extracts that contain subtle energy from flowers which are used for emotional well-being, soul development and mind-body health. The flower essences effects can be compared to music. The sound waves which reach our senses may evoke feelings in our soul, which immediately cause a physiological effect on our bodies. The patterns from the sound waves do not affect us in a chemical way but with an arousal within our soul. This is the life forces of the flowers working with us.

Flower essences are prepared from solar or lunar infusions of wildflowers or flowers from pristine gardens or areas. The flowers are placed in bowl of spring or rain water and are left to infuse for a few hours in full sun or full moon light. The water that is then strained off is called the "Mother Essence" and is preserved with a little brandy (1/8 to 1/4 of total amount). This infusion is then diluted to a stock level. When administering the essences add 4 drops to a large cup or glass about 3/4 full of fresh water. This can then be sipped several times per day.

The belief is that each drop of water contains the whole configuration of the plant's archetype. As the essence is diluted the physical substance of the infusion is no longer biochemically significant. However, the full etheric "message" of the plant remains in the few highly diluted drops. It has subtle power as potentized substances, embodying the specific energetic patterns of that flower used. Like homeopathic remedies, it is the vibrational nature of the remedy that acts as a catalyst for the person's own healing process. Thus it can be seen that the flower essence becomes a vehicle of communication between the soul of Nature and the human soul.

The following chart gives examples of flower essences and their qualities:

<u>Flower</u>	<u>Qualities</u>
Arnica	conscious embodiment, during shock or trauma, recovery
Basil	integration of sexuality & spirituality into wholeness
Black Eyed Susan	penetrating insight of all aspects of Self
Calendula	healing warmth and receptivity in spoken word & dialogue
Chamomile	serene, sun-like disposition, emotional balance
Chicory	selfless love given freely, respecting peoples freedom
Dandelion	dynamic, effortless energy
Echinacea	contacting & maintaining integrated sense of self
Forget-Me-Not	awareness of karmic connections in personal relationships
Goldenrod	well developed individuality
Impatiens	patience, acceptance, flowing with the pace of life
Lavender	spiritual sensitivity, highly refined awareness
Milkweed	healthy ego strength, independence and self-reliance
Morning Glory	feeling awake and refreshed, in touch with Life
Mullein	strong sense of inner conscience, truthfulness, uprightness
Nasturtium	glowing vitality, flaming, radiant energy and warmth
Peppermint	mindfulness, wakeful clarity, mental alertness
Red Clover	self-aware behaviour, calm and steady presence
Rosemary	warm physical presence, embodiment, vibrantly incarnated
Sage	reviewing, surveying and drawing wisdom from life events
St John's Wort	illuminated consciousness, light-filled awareness & strength
Shasta Daisy	holistic consciousness, synthesizing ideas into wholeness
Sweet Pea	commitment to community, social connectedness
Tansy	decisive and goal oriented, purposeful in action
Wild Rose	will to live, joy in life

## 6. ESSENTIAL OILS OF HERBS - AROMATHERAPY

Aromatherapy is the practise of using essential oils, from plants, flowers and trees, therapeutically. Generally speaking, essential oils of plants give herbs and spices their specific scent and flavour, while giving flowers and fruit their perfume. Some plants have essential oils in such profusion while others contain such very few amounts. It is not fully understood why some plants have lots of oils while others have very little. But it is clear that the oils play a role in attraction or repulsion of certain insects or animals. The oils play an important part in the transpiration and life processes of the plant itself and as a protection from diseases. The oils are like the "hormone" or the "life blood" of the plant, due to the high concentration and essential nature. The oil is found in various parts of the plants, including the seeds, bark, root, leaves, flowers, wood, balsam and resin.

Essential oils and their aromatic plants have been used for thousands of years as incense, perfumes, cosmetics, culinary applications, medical applications as well as in rituals as part of religion and culture. They were constituted one of the earliest trade items of the ancient world, being rare and highly prized. It is stated in the bible that Jesus received gifts of frankincense and myrrh.

It is not simply the aroma which is important but also the chemical interaction between the body and the oils and the physical changes which are brought about.

Essential oils have 3 distinct modes of action with regards to how they inter-relate with the body:

1/ Pharmacological - concerned with the chemical changes which takes place when an essential oil enters the blood stream and reacts with the hormones and enzymes, etc.

2/ Physiological - concerned with the way in which essential oils affect the systems of the body in terms of sedating, stimulating, etc.

3/ Psychological - concerned with the effect that takes place when an essence is inhaled and an individual responds to its odour.

Different oils are absorbed through the skin at varying rates therefore determining how an oil may have an effect on a person without considering the content of the oils. For example, the highly volatile oils have more of an effect on the emotions, the middle volatile oils have more of an effect on the digestion, while the slow to evaporate oils which linger in the air longer, have more of an effect on relaxing and sedating the body.

### 6.1 SAFETY PRECAUTIONS

1/ Before using a new oil it is best to refer to a text on essential oils and check the safety data on that particular oil.

2/ Again refer to a text and take note of any contraindication. For example, fennel, hyssop and sage should be avoided by epileptics.

3/ Avoid the following herbs in the case of high blood pressure: thyme, all types of sage, rosemary and hyssop.

4/ Homeopathic treatment is not compatible with the following oils: black pepper, camphor, eucalyptus and the mint oils.

5/ During pregnancy use oils in half the usual stated amount.

6/ Babies and Children: use with care, in accordance with age.

\* Babies (0 - 12 mons.) - use one drop of lavender, rose, chamomile or mandarin diluted in 1 tsp. base oil for massage or bathing.

\* Infants (1 to 5 yrs.) - use 2 to 3 drops of non toxic and non irritating to the skin oils, diluted in 1 tsp base oil for massage and baths. Check a guide.

\* Children (6 to 12 yrs.) - use as for adults but half the stated amount.

\* Teenagers (over 12 yrs.) - use as directed for adults.

7/ Use only 100% pure essential oils for medicinal purposes.

8/ Keep out of reach of children. May be highly toxic!

9/ Always keep away from eyes.

10/ If it has citrus base do not go out into sun. Ex - tangerine, bergamont

11/ Test for skin sensitivity first.

12/ Never take internally.

13/ Always wash hands.

14/ Careful of amounts. They can burn.

## 6.2 OILS TO AVOID IN PREGNANCY

Angelica, Aniseed, Basil, Camphor, Cedarwood, Clary, Clove, Cinnamon, Fennel, Hyssop, Jasmine, Juniper, Lovage, Melissa, Myrrh, Marjoram, Origanum, Parsley, Peppermint, Rosemary, Savory, Sage, Spanish Marjoram, Sweet Marjoram, Tarragon, Thyme

## 6.3 OILS TO NEVER USE IN PREGNANCY

Arnica, Armoise, Mustard, Southernwood, Tansy, Bitter Almond, Calamus, Horseradish, Pennyroyal, Rue, Sassafras, Thuga, Wormwood, Wintergreen

## 6.4 BASE OILS

sweet almond	good for massage oils, baby oils, all skin uses
apricot kernel	prematurely aged, sensitive, inflamed, dry
avocado pear	dry, dehydrated, eczema - 10%
borage seed	regenerating and stimulating the skin - 10%
carrot	premature aging, rejuvenating, reduces scarring - 10%
evening primrose	helps prevent premature aging, M.S., P.M.T. - 10 %
grapeseed	all skin uses
hazelnut	slight astringent action
jojoba	inflamed skin conditions, highly penetrative - 10%
olive	rheumatic conditions, soothing - 10%
sesame	psoriasis, eczema, rheumatism, arthritis

wheat germ

premature aging, eczema, psoriasis - 10%

## 6.5 HOW TO USE ESSENTIAL OILS AT HOME

Essential oils can be used in a variety of ways both for their scent and for their cosmetic and medicinal qualities. They should be stored in a cool dark place in dark bottles to protect them from photo-oxidation with as little contact with air as possible. Be sure to **KEEP OUT OF REACH OF CHILDREN!!!!!!** Essential oils are extremely concentrated and may be poisonous if taken internally.

### Applications

#### Massage:

Specific oils are chosen to suit the temperament and condition of the person being massaged, blended with a base oil. The essential oil content should usually be between 1 - 3 % depending on the desired affects. Use:

Essential Oil	Base Oil
20 to 30 drops	100 ml
7 to 15 drops	25 ml
1 to 3 drops	1 tsp.

A massage is relaxing and nourishing. Remember: **THE POWER OF TOUCH!** Touch heals, soothes and reassures. Touch is also a way of expressing concern and sympathy and increases warmth and relaxation. This can also help to ease pain. People who are really ill (such as cancer patients), and the elderly often feel very isolated and lonely. A massage can make all the difference in the world. There are no special techniques for massaging these people - any massage is comforting even if it is just on the hand or arm or shoulder. To massage the hands of the elderly people or sick person can bring comfort and release tension.

A massage has a profound effect on the health of the person being massaged. It improves circulation, relaxes muscles, aids digestion and by stimulating the lymphatic system, it speeds up the elimination of wastes. These direct benefits, combined with the psychological benefits of feeling cared for, quickly produce a marvellous feeling of well-being and relaxation.

#### Skin Oils and Lotions:

These oils are prepared similar to the massage oils except that the base oil should include more nourishing oils. The emphasis here is on treating the skin itself and dealing with particular problems. A gentle circular movement with the fingers is all that is needed for oils to be absorbed. Careful not to drag on the skin.

A few drops of essential oil can also be mixed with a bland cream or lotion or can be added to a basic face mask. In some cases it is best to be used as an alcohol based lotion or cream. Add 6 drops of essential oil to 5 ml of rubbing alcohol or vodka. This method is good for athlete's foot or cold sores. This method can be further diluted with boiled water and used as an antiseptic wash for cuts or sores.

#### Hot And Cold Compresses:

This method is good for easing pain and inflammation. A hot compress can be made by adding 4 or 5 drops of essential oil to a bowl filled with very hot water. Dip a cotton cloth, wring out and apply to affected area until cooled to body temperature. Repeat as necessary. A hot compress is good for backaches, labour, rheumatism and arthritis, abscesses, earaches and toothaches. A cold compress is similar to a hot compress only ice cold water is used. A cold



compress is good for headaches (apply to forehead and back of neck), sprains, strains or other hot swollen conditions.

#### Baths:

This is one of the easiest and most pleasurable ways of using essential oils. Add 5 to 10 drops to water once the tub is filled and mix well. Bathing with essential oils has been used as an enjoyable and sensual experience for thousands of years but it also was and still is used to treat a wide range of complaints, including irritating skin conditions, muscular aches and pains, rheumatism and arthritis, relieving stress, anxiety and insomnia.

This method also includes:

- \* bidet - 2 to 3 drops in 1 tsp base oil
- \* jacuzzi - 3 drops per person
- \* saunas - 2 drops per 2 1/2 cups water
- \* showers - max. 8 drops on a sponge
- \* sitz baths - 2 to 3 drops in hip deep water or bowl
- \* hand bath - 2 to 4 drops for max. 10 mins. in bowl
- \* foot bath - 2 to 6 drops for 20 mins in bowl
- \* douche - 5 to 10 drops in 1 litre warm water, shake well

#### Steam Inhalation:

This method is especially useful for sinus, throat and chest complaints. Add about 5 drops of oil to a bowl of hot water, cover head with a towel, along with the bowl, and breathe deeply for a minute - then repeat. Sitting in a steamy hot bath is another way of inhaling a certain amount of essential oils. But it is not as concentrated as a direct steam inhalation. This method also acts like a facial sauna which can be used to unclog pores and clear complexion.

#### Vaporization:

Such a method can help keep the environment free of germs and inhibit the development of infections like the common cold or 'flu by purifying the air. It is also useful for keeping insects at bay or clearing air of unwanted smells like smoke. It can help with clearing breathing difficulties or children's coughs. This technique includes:

- \* candles - 1 to 2 drops on the warm melted wax
- \* diffusers/potpourri burners - 1 to 6 drops in base oil or water
- \* light bulb - 1 to 2 drops on cold bulb before turning on
- \* humidifiers - 1 to 9 drops in water
- \* radiators - 1 to 9 drops on cotton wool ball then on hot pipe
- \* Room spray - 4 or more drops in 1 cup warm water and shake
- \* water bowls - 1 to 9 drops added to boiling water
- \* wood fires - 1 drop per log half hour before burning

## 7. EXERCISE AND PREGNANCY

For proper cardiovascular fitness, you need to increase your heart rate to 140 beat per minute minus your age for about 20 to 30 minutes 3 to 4 times per week. This is considered to be moderate exercise. Walking, swimming bicycling, dancing (especially belly dancing) and jogging are good forms of exercise.

If a person is already on a regular exercise routine then it is fine for them to continue during pregnancy. It is important however to remember the following rules: keep your health practitioner informed of your exercise routine, avoid overheating, increase caloric intake by about 300 calories, increase water consumption to avoid dehydration, exercise only to the point where you can comfortably talk, stop if you feel any pain and do not exercise to exhaustion. Just remember that to use common sense and moderation. Certain activities where there is a possibility of a fall or trauma to the belly should be avoided. If a person is not on a regular exercise routine, it is best to start a few months preconception. But if that person is already pregnant than regular walking is probably all that should be done during this pregnancy.

Regular exercise in pregnancy will increase energy levels, increase self image, helps to keep unnecessary weight off, prepare for labour and helps with the postpartum recovery time.

Stretching and other passive exercises are of benefit in pregnancy to help with the changes taking place or with the labour and delivery. Some examples are: Kegels for strengthening perineum, belly breathing for relaxation and proper air flow to lungs, Cat/dog rock for straightening back muscles and abdomen muscles, Lotus sitting to stretch thigh and buttocks muscles and very importantly squatting to stretch and open pelvic muscles.

## 8. GENERAL LIFESTYLE CONCERNS

Kitty Litter Box - an organism from cat's feces can cause toxoplasmosis which can result in extensive brain damage in an unborn baby. Get someone else to clean out the litter box or be sure to wear gloves.

Smoking - it is associated with low-birth-weight babies, increased risk of miscarriage, increased incidence of sudden infant death syndrome, respiratory problems in children from secondary smoke, increased risk of death in-utero and the risk for the mother to develop many different types of cancers, cardiovascular diseases, etc.

Alcohol - it is a known terogen, responsible for fetal alcohol syndrome, mental retardation, facial anomalies, low birth weights, behavioural problems, attention deficit disorders and hyperactivity. An occasional drink during pregnancy carries very little or no risk but no level of drinking is known to be safe.

Drugs - recreational, prescription or non-prescription can cause adverse effects on the baby. It is best to avoid all if possible especially for the first few days after conception which is particularly dangerous.

Pesticides, Fertilizers and other chemicals - there has been a lot of reports and evidence that these types of chemicals and other chemicals are very dangerous for a developing baby. It is best to try and eat as much organic food as possible, do not use lawn chemicals and be careful when filling your car and all other possible exposures to harmful substances.

## 9. HERBS AND PREGNANCY

The body maintains a dynamic equilibrium called homeostasis - it keeps the body's internal environment appropriate for its normal metabolic functions. The "permissible" variations from the norm are actually used by the body as the basis of the control mechanism by way of "feedback systems".

The body is self-regulating and is extremely important when we consider disease along with healing. When a break down of the body's homeostasis is implied, healing should be aimed at restoring the balance. The body's natural defences and self-righting mechanisms must be supported and encouraged - this is the role of herbal medicine.

This whole idea holds true even in pregnancy. One does not want to shock the mother's body (and the baby's) into healing using harsh drugs which forces the body in a certain direction. This route may be the fastest but some important steps may be missed.

### 9.1 MAKING HERBAL MEDICINES

There are a lot of different ways to extract the useful properties from herbs, and there are also a lot of ways to apply the herbs and herbal extracts to the body in order to promote healing. A good first step towards learning what herbs can and can not do is to start including small amounts in your diet. This way you can learn the prime taste or action of the herb. When someone says "This tastes awful!" is a judgement but to say "This tastes really bitter!" is an observation. One needs to keep an open mind. Even a single leaf of a healing herb, taken on a daily basis can have a real impact on health. Get into the habit of nibbling a little of this and a little of that whenever you are outside. There are very few plants that are toxic when nibbled on in "nibbled" dosage and it doesn't take long to learn them. Susan Weed says: "There aren't a lot of plants out there that are going to kill you but there are some that'll make you wish you were dead!"

#### Infusions

This is like a cup of tea. (Water is called the universal solvent and can be used to extract most medicinal properties from plants.) To make it you steep your herb in freshly boiled water in a pot that has been pre-warmed. The general custom says to use a teaspoon of herb per cup of boiling water, steeping for about 10 mins. But some people believe 1 heaping teaspoon for 30 secs. and others say 1 oz. in 1 quart of water for 4 hours. So, let your intuition be your guide. With very strong, resinous or powdered herbs, such as myrrh, use less. If it seems too weak you can make it stronger, and if it's too strong you can dilute it.

#### Decoctions

Unlike an infusion, a decoction is actually boiled. It is used for hard plant parts such as the roots, some seeds and bark. Pour COLD water over the herb, bring to a boil and simmer. If you are using DRY herbs, try to pulverize, grind or cut them into smaller pieces. Soaking the herb in water overnight or at least for a few hours can help to extract the desired properties. The same herb to water ratio that is used for infusions is appropriate. But very bitter or stimulating herbs and a few others might be taken in smaller proportions. Certain herbs that contain a lot of volatile oils or are very resinous or have properties that would be damaged are never boiled. Some examples are valerian root, slippery elm,

goldenseal, etc. Decoctions are cooled before straining them out, then warm the strained decoction to just below boiling point and use it to infuse the leaves. Infusions and decoctions are not only to drink, but are also used for fomentations, compresses, douches, enemas, eyewashes, baths and gargles.

### Fomentations and Compresses

These are basically the same thing. Sometimes when the infusion is used hot it is called a fomentation and when it is cold it is called a compress, but just as often you'll hear a term like "hot compress". Both of these terms refer to the process of dipping a clean cotton cloth into the herb liquid and then applying the wet cotton to an area of the body. Some examples are ginger fomentation to stimulate blood circulation, warm stiff joints or reduce internal inflammation or a calendula compress to soothe a burn, an itch or to calm irritated puffy eyes.

### Douche

This is simply an infusion or decoction introduced into the vagina to help combat infection such as vaginitis or cervicitis. The liquid is placed in a clean douche bag, the tip is introduced into the vagina, making sure all air is expelled. The liquid is released a bit at a time, holding the solution for at least 5 to 10 mins. total. Lying on your back on a small towel in an empty tub with knees drawn up is an easy way to do this. Solution should be close to body temperature for most purposes. Pregnant women should never douche, and douching is never necessary for women with normal vaginal secretions. An example is a garlic douche for non specific vaginitis.

### Enemas

This is similar to a douche, but a different tip is used. This treatment is used to treat pelvic congestion or to relieve pain in the abdomen. Insert tip making sure all air has been expelled. The enema is taken first while lying on the LEFT side, then while on hands and knees, and last on the right side. Gently massage the appropriate areas. Hold for as long as possible. An example would be a catnip enema to reduce a fever or to help expel worms.

### Infused Oils

To make a herbal oil, it's easiest to use dry herbs so you don't get bacteria growing in the water which is released from the fresh plant. Fill a jar with finely cut or powdered herbs, leaving room at the top. Cover the herbs with any good quality vegetable oil. Organically grown cold pressed extra virgin olive oil is one of the best, and sesame oil is wonderful, but if your budget is really restricted any reasonable oil will do. Infuse the herbs in oil for a minimum of 2 weeks in a moderately warm place, shaking or stirring it every day. If in a hurry, you can heat the oil with the herbs in it for a couple of hours, being very careful not to let it boil or overheat. Then strain the oil out. Cool the mixture before straining to prevent burning. The residue left, called the "marc" can be squeezed out by hand but be sure to wash your hands first. Straining through a clean cloth will ensure no plant material ends up in your oil. If you want to use fresh plants to make your oil, cut the plants very small and check the mixture every day, wiping from the inside of the jar any condensation that may form on the sides of the jar. When oil is ready and strained, let it sit for a day or overnight, then decant the oil off the top with a turkey baster, leaving behind the watery residue and sediment that has sunk to the bottom of the jar. Garlic oil is a wonderful healer that can be made up fresh just before you use it. You can rub it on the feet and cover the feet with cotton socks to alleviate respiratory distress.

### Salves

To make a salve all you have to do is add beeswax to a herbal oil. Basically a salve is a kind of grease poultice, with the oily grease holding the active ingredients of the herb. You can add things like cocoa butter, lanolin, vitamin E or essential oils to change the texture and scent of your salves, making them more emollient and softening to the skin. Salves are also called ointments and balms or in the old days, unguents. Salves are used externally for a number of purposes: to heal, soothe, soften, stimulate, warm are just a few examples.

### Tinctures

Basic tinctures are easy to make. Fill a jar with the herb of choice, cut very fine or powdered. Cover with Vodka or other 40 to 60% alcohol to about 1/2" over the herbs. Put in a jar in a dark place and shake it well once or twice per

day for 14 days. Then strain out the herb, "marc". The liquid you have left is your tincture. Some people start their tincture on the new moon and strain it off on the new moon because of the drawing power of the planetary pull between earth and moon. Always label the jar, what's in it, when it was started and when it should be finished. This method of tincturing is called "maceration". To make an "official" tincture you need a 1:5 weight to volume ratio which makes a 20% tincture. Or you can use a 1:2 weight to volume ratio which makes a 50% tincture. This means that every 100cc. of tincture will represent the activity of 20 grams of dried herb or 50 grams of dried herb, depending on which ratio used. The solution of alcohol and water that is used to extract the active properties from your herb is called the "menstruum". Mixtures of alcohol, water, glycerine, vinegar, wine, etc can be used to extract active properties. Most tincture use alcohol and water. The amount of alcohol to water varies from plant to plant according to which chemical constituents the plant contains and which ones you need to extract.

For example, if you have 30 grams of raspberry leaf, you would need 5 times that amount of menstruum, or 150 mls. The standard menstruum for raspberry leaf is 25 %, so your menstruum would consist of 25 mls of pure grain alcohol and 75 mls of water.

## 9.2 A BRIEF GLOSSARY OF HERBS THERAPEUTIC ACTIONS

Abortifacient: produces abortion  
Adaptogenic: decreases the harmful effects of stress  
Alterative: promotes healthy changes in the organism  
Analgesic: relieves pain  
Anaphrodisiac: subdues sexual desire  
Anesthetic: produces insensibility to pain  
Anodyne: relieves pain  
Antacid: counteracts acidity  
Antibacterial: kills or prevents growth of bacteria  
Antidote: counteracts effect of poison  
Antiemetic: prevents vomiting  
Anti-fungal: inhibits growth or multiplication of, or destroys fungi  
Antigalactic: diminishes secretion of milk  
Anthelmintic: destroys parasites  
Antihypnotic: prevents sleep  
Anti-inflammatory: reduces inflammation  
Antimicrobial: helps destroy or resist pathogenic micro-organisms  
Anti-rheumatic: eases inflammation and pain in joints and muscles  
Antiseptic: a topical antimicrobial  
Antispasmodic: relieves cramps, prevents or relaxes muscle spasms  
Aperient: very mild laxative  
Aphrodisiac: increases sexual arousal and activity  
Aromatic: pleasant odour, stimulates digestive systems  
Astringent: contractions and firms tissue, reduces secretions & discharges  
Bitter: increases tone and activity of gastric mucosa  
Calmative: gently calms nerves  
Cardiac: heart stimulant or tonic  
Carminative: prevents or relieves flatulence  
Cathartic: hastens or increases evacuation of the bowels  
Cholagogue: stimulates flow of bile  
Demulcent: soothing to mucus membranes  
Deodorant: removes/corrects foul odours  
Depurative: removes impurities from the body, cleansing action  
Diaphoretic: increases circulation  
Digestant: aids in digestion  
Disinfectant: destroys the cause of infection  
Diuretic: increases secretion of urine  
Emetic: causes vomiting  
Emmenagogue: promotes menstruation  
Emollient: softening, soothing  
Expectorant: promotes mucus discharge from respiratory passages

Febrifuge: reduces fever  
Galactagogue: promotes flow of milk in nursing mothers  
Hemostatic: arrests blood flow  
Hepatic: stimulates function of liver  
Hypertensive: causes increase in blood pressure  
Hypotensive: causes reduction in blood pressure  
Hypnotic: induces sleep  
Irritant: excites inflammation  
Laxative: produces gentle action of the bowels  
Mucilage: contains gelatinous or gummy constituents  
Narcotic: induces sleep or unconsciousness  
Nervine: calms nerves  
Nutrative: nourishes and sustains life  
Parturient: hastens labour  
Pectoral: relieves diseases of the lungs  
Prophylactic: prevents disease  
Purgative: strong laxative  
Pyrogenic: produces fever  
Refrigerant: cooling , reduces heat  
Relaxant: relieves tension, relaxes  
Restorative: brings back normal function and vitality  
Rubefacient: increases superficial circulation, producing irritation  
Sedative: diminishes vital functions  
Stimulant: excites or increases vital action  
Stomachic: induces healthy action of stomach  
Styptic: stops bleeding  
Sudorific: produces perspiration  
Tonic: produces permanent increase in functional tone of the system  
Toxic: poisonous  
Vermifuge: destroys or expels worms  
Vulnerary: stimulates healing of wounds

### 9.3 RISKS INVOLVED WITH USING HERBS IN PREGNANCY

- 1/ Toxicity to mother - can be avoided if toxic herbs are not used;
- 2/ Toxicity to child - can be avoided if toxic herbs are not used;
- 3/ Teratogenesis - can be avoided if toxic and teratogenetic herbs are avoided;
- 4/ Increase risk to miscarry - this is the difficult factor to control;
- 5/ Decrease in child's health after birth - more research is needed;

### 9.4 HERBS TO AVOID IN PREGNANCY

\*\*\* If a herb is not in any of these lists, DO NOT ASSUME that it is safe. This is just a brief list. A qualified herbalist should be consulted. \*\*\*

Emmenagogue and Abortifacient herbs - these herbs stimulate menstrual flow or the stimulation of the uterus to expel a developing baby. These are very powerful herbs! Some examples are *Mentha pulegium*, *Gossypium hirsutum*, *Tanacetum vulgare*, *Hydrastis canadensis*, *Ruta graveolens*, *Artemisia* spp, *Berberis vulgaris*, *Chelidonium majus*;

Strong Laxative herbs - these herbs can be too strong on a mother causing needed vitamins and nutrition to be flushed from her system; they can also be toxic to the developing baby; *Cassia senna*, *Rhamnus* spp, *Aloe barbadensis*

Strong and potentially toxic herbs - *Phytolacca decandra*, *Podophyllum peltatum*, *Sanguinaria canadensis*, *Arnica montana*, *Symphytum off*, *Tussilago farfara*,

Other Herbs - *Capsicum frutescens*, *Brassica* sp, *Ephedra vulgaris*, *Foeniculum vulgare*, *Glycyrrhiza glabra*, *Gelsemium sempervirens*, *Cinnamomum* spp, *Cephalis ipecacuanha*, *Asclepias tuberosa*, *Acorus calamus*, *Juniperus communis*, *Passiflora incarnata*, *Petroselinum sativa*, *Prunus* spp, *Salvia off*, *Viscum album*;

### 9.5 HERBS TO USE WITH CAUTION IN PREGNANCY

\*\*\* All herbs are to be used with caution. Even the seemingly most safe herbs needs to be approached with caution and monitored by a herbalist. \*\*\*

Uterine stimulant herbs - *Caulophyllum thalictroides*, *Cimicifuga racemosa*, *Mitchella repens*, *Achillea millifolium*, *Angelica archangelica*, *Trillium erectum*, *Aletris farinosa*, *Sassafras albicum*

Other herbs - *Leonurus cardiaca*, *Capsella bursa-pastoris*, *Daucus carota*, *Origanum* spp, *Silybum marianum*, *Rosmarinus off*, *Hypericum perforatum*, *Marrubium vulgare*, *Aesculus hippocastanum*, *Lycopus* spp, *Panax* spp, *Solanum* spp, etc.

## 10. A HEALTHY FIRST TRIMESTER

"Whether a woman has children or not, her body is a complex machine for making babies which guarantees her spending 6.2 years of her life having periods. That's 5 days, 13 times a year for 35 years. To this inconvenience, if not pain, some must add their days of premenstrual tension. The whole business continues until after menopause. The only break in this routine is pregnancy....." Valerie Ann Worwood

### 10.1 PHYSICAL CHANGES IN MOTHER

- \* Nausea which can occur at any time of day;
- \* Fatigue
- \* Minimal weight gain or possible weight loss from nausea
- \* Increased vaginal discharge
- \* Breast changes such as swelling and tenderness
- \* Increased urination from hormonal changes and pressure on bladder

### 10.2 DEVELOPING BABY DURING FIRST TRIMESTER

- \* baby is 7 to 9 cm long
- \* baby weighs 5 to 20 grams
- \* sex can be distinguished
- \* fingers and toes are distinct
- \* baby teeth buds are present
- \* baby responds to touch
- \* baby can move all around but mother can not yet feel the movements
- \* Lungs take in and out amniotic fluid practising breathing
- \* baby urinates
- \* All features are present and eyelids are fused
- \* Head is disproportionately large being one half of body size

### 10.3 LIFESTYLE CONSIDERATIONS

- \* Pregnancy is a time to stop and nurture yourself as well as the growing baby inside.
- \* Be aware of your stress levels; avoid excessive stress if possible; Baby is acutely aware of your every emotion;
- \* Lighten work load; even though it is just the start of the pregnancy, it is likely the most energy draining time.



- \* Plan for regular naps and do not cheat! Even if you may be feeling fine at the time it is important to not wear yourself down.
- \* Take time with your baby; talk, sing, read and massage your baby.
- \* Take time for relaxation such as visualization, meditation, deep breathing, etc.
- \* Brush gums gently with a soft brush to help prevent gingivitis due to increased blood flow to the gums.

#### 10.4 ADDITIONAL NUTRITIONAL CONSIDERATION FOR FIRST TRIMESTER

- \* Only 3 to 6 pounds are the recommended weight gain for this trimester.
- \* Caloric intake should only increase by 100 calories at this point.
- \* Eat smaller more frequent meals to help with possible morning sickness and lower energy.
- \* Be sure to drink plenty of water despite the need to pee all the time.

#### 10.5 FLOWER ESSENCES

These remedies are extremely useful for the emotional problems or concerns that mothers may be experiencing.

Addiction - Chamomile for nervousness, irritability, calming;  
 Sunflower when associated with low self-esteem;  
 Selfheal for confidence in overcoming addiction;

Ambivalence - Evening primrose when concerned with being a parent;

Awareness - Mugwort for greater psychic sensitivity for baby;

Confidence - Elm to be able to be a good mother;

Fear - Garlic for fear in pregnancy for healthy baby and the delivery;

Insomnia - White Chestnut when unable to quiet mind;

Irritability - Lavender for over stimulation and hypersensitivity;

Love - Bleeding heart for freedom to love baby;

Self concern - chicory for excess emotional demands;

Stress - Elm when feeling overwhelmed by responsibility;

Telepathic communication - Yellow Star Tulip for communication with baby;

#### 10.6 AROMATHERAPY CONSIDERATIONS

A whole body massage for relaxing the mother can be done during this trimester. One just needs to be careful around the lower back and lower abdomen area to not stimulate this area. At this stage of the pregnancy the mother can still lay flat on her back.

Some examples of nice up lifting oils are tangerine and bergamont.

Some examples of nice relaxing oils are ylang-ylang and lavender.

## 10.7 HERBAL CONSIDERATIONS

Herbs can be a very important part of one's pregnancy. Herbs can be used for their nutritive qualities as well as their medicinal qualities. Nutrition and good health are 2 very important aspects of a good pregnancy and producing a healthy baby.

During this trimester the most important uses of herbs are to tone and nourish the uterus as well as the mother and developing baby.

The herb that is often referred to as the universal herb of pregnancy, Red Raspberry Leaf (*Rubus idaeus*) is a most wonderful herb for both toning and nourishing. Although it is widely considered to be totally safe, it is best to get a real understanding of your client first with a very thorough case history to determine if there may be the slightest chance of a problem with this herb. If a problem does arise, herbs will likely be named as the culprit.

### Red Raspberry

- the alkaloid, fragrine, tones the pelvis muscles and the uterus;
- this herb contains Vit. C, Vit. E, Calcium, iron, Vit A, B complex, phosphorus, potassium and many other minerals;
- helps to prevent miscarriages and haemorrhages, reduces pain in labour, increases milk production, helps the delivery of the placenta and increases the efficiency of the contractions;

### Nettles - *Urtica dioica*

- is an excellent tonic and nutritive herb;
- Contains Vit A, C, D, K, calcium, potassium, iron, phosphorus, sulphur and many others;
- helps to restore and strengthen kidneys, decreases the pain of labour, prevents haemorrhages, reduces haemorrhoids and helps to produce a good supply of nourishing milk;

### Oat Straw - *Avena sativa*

- is an excellent nerve tonic and nutritive
- \_ contains calcium, magnesium, protein, Vit. B1, B2, D, E, carotene, fat, silica, salt and other minerals;
- \_ helps to soothe nerves from tension and stress, helps to relax the body and mind, very nutritive and soothing to the entire gastrointestinal tract;

An infusion made from Red Raspberry with a combination of any one or both of the other two above herbs would be good for any expecting mother. For amounts and preparation see "Making Herbal Medicine" section. 1 cup of this tea can be drunk 1 to 3 times per day.

"A Mother always has to think twice,  
once for herself and once for her child."

- Sophia Loren

## 11. A HEALTHY SECOND TRIMESTER

### 11.1 PHYSICAL CHANGES IN MOTHER

- \* Waistline is thicker and clothes are not fitting
- \* Movements of the baby are being felt
- \* Less fatigue
- \* Circulatory system is changing resulting in haemorrhoids, varicose veins, bleeding gums, dizziness, etc.
- \* Skin changes are occurring such as darkening of skin and dry skin
- \* Increased appetite

### 11.2 DEVELOPING BABY DURING SECOND TRIMESTER

- \* Baby is 28 to 34 cm long
- \* Baby weighs about 650 grams
- \* Eyes open and close
- \* No fat build up yet and is therefore wrinkly
- \* Baby responds to sound
- \* Skin has developed vernix and is transparent
- \* Hair, eyelashes and eyebrows develop
- \* Baby can suck
- \* All organ parts are formed

### 11.3 LIFESTYLE CONSIDERATIONS

- \* Keep your regular napping routine going.
- \* Recognize that you are not as agile as you were before pregnancy; be aware of the centre of gravity shifting.
- \* Never climb up on to an unsteady surface, eg. chair, stool;
- \* Be sure to wear safe and comfortable foot wear.
- \* Due to possible increase dizziness from hypoglycaemia and hypotension, stand slowly or when lying down sit up slowly.

- \* Do not stand for long period of time; while standing in one spot place one foot up on a box or stool to take the pressure off the back.
- \* Sleep with an extra pillow to place in strategic positions for increased comfort.
- \* Continue to lighten work load; even though you may be feeling great you do not want to be too busy because the time will come when you may not be able to keep up with out a great deal of stress.
- \* Continue to take time with your baby; talk, sing, read and massage your baby.
- \* Continue to take time for relaxation such as visualization, meditation, deep breathing, etc.
- \* Continue to brush gums gently with a soft brush.

#### 11.4 ADDITIONAL NUTRITIONAL CONSIDERATION IN SECOND TRIMESTER

- \* Weight gain is approximately 1 lb per week.
- \* Caloric intake should increase by 300 to 400 calories more per day than pre-pregnancy intake.
- \* Glucose is the primary fuel for the baby which is directly transported from your blood stream to the baby. Be sure to eat regularly and no missed meals or snacks. The baby will take what is needed which may leave the mother susceptible to hypoglycaemia.
- \* Calcium needs for the baby increases more at this point so be sure to increase calcium rich foods in diet.
- \* Iron needs increase a lot more for the mother due to increased blood volume and therefore more oxygen is needed.
- \* Fibre is needed in larger quantities at this point due to high progesterone levels which have a relaxing affect on the bowels causing the bowels to slow down a bit.

#### 11.5 FLOWER ESSENCES

These remedies are extremely useful for the emotional problems or concerns that mothers may be experiencing.

Ambivalence - Evening primrose when concerned with being a parent;

Awareness - Mugwort for greater psychic sensitivity for baby;

Body Image - Crab apple to help with feeling of imperfect body;

Confidence - Elm to be able to be a good mother;

Fatigue - Elm for being tired of soul responsibility of baby;

Fear - Garlic for fear in pregnancy for healthy baby and the delivery;

Insomnia - White Chestnut when unable to quiet mind;

Irritability - Lavender for over stimulation and hypersensitivity;

Self concern - chicory for excess emotional demands;

Love-lies-bleeding for feeling of excessive physical demands;

Stress - Elm when feeling overwhelmed by responsibility;

## 11.6 AROMATHERAPY CONSIDERATIONS

At this point in the pregnancy the mother should not lay flat on her back for more than a few minutes. Prop the mother's hip up using a pillow or two to keep the babies weight off of the mother's aorta. The mother can lay on her sides but not on her belly. At this point in the pregnancy the mother would probably most appreciate a face massage to help to stimulate a good healthy glow which may help with any possible lower self-image from the pregnancy. Massaging the legs and arms can also be helpful to help to stimulate lymphatic drainage and possible water retention.

Some examples of nice oils to stimulate lymphatics are mandarin and lemon.

Some examples of nice oils to promote healthy skin cells for the face are neroli and geranium.

A rich and nourishing belly cream can be made by adding Lavendula off or Pelargonium graveolens essential oil in a cocoa butter base; this blend can be massaged liberally to belly and breasts to help nourish the skin and decrease the possibility of stretch marks.

## 11.7 HERBAL CONSIDERATIONS

During this part of the pregnancy the herbal focus is still on toning and nutritive qualities but now it is also a good time to think about nourishing externally as well.

Another excellent belly cream as well as thigh and calf cream can be made from an infuse oil of Calendula off. and Stellaria media using equal parts of each herb. This mixture can be applied 1 to 3 times per day. This cream will help to keep the lymphatic system stimulated which helps to reduce water retention and may help with keeping extra pounds off the thighs. This process can be a nice time for the father to participate and massage the belly while at the same time bond somewhat with the baby.

It is still important to continue the tea from the first trimester.

A herbal bath made with Matricaria recutita or Nepeta cataria can help you to relax and sooth aches and pains;

First child growing within,  
love glowing without.  
Roundness, completeness,  
the wonder of you.

Our children are treasures  
from the deep sea of love,  
Our art is our song  
From creation above.

- Stephen Cassettari

## 12. A HEALTHY THIRD TRIMESTER

### 12.1 PHYSICAL CHANGES IN MOTHER

- \* Uterus is large and hard to touch
- \* A lot of baby movements are felt and they are strong
- \* Shortness of breath due to pressure on diaphragm
- \* Trouble sleeping due to discomfort and thinking about baby
- \* Belly button pushes out
- \* More weight gain
- \* Changes in center of gravity causes postural changes
- \* Joints begin to loosen preparing for labour

### 12.2 DEVELOPING BABY DURING THIRD TRIMESTER

- \* Baby is 48 to 52 cm long
- \* Baby weighs 3000 to 3600 grams
- \* Eyes are slate coloured
- \* Fingernails have grown past the ends of the fingers
- \* Baby gains fat and is more rounded and less wrinkly
- \* Brain waves are detectable

### 12.3 LIFESTYLE CONSIDERATIONS

- \* Keep your regular napping routine going.
- \* Be aware of the centre of gravity shifting.
- \* Move slowly still when getting up to stand or from a lying position. Hypotension and/or hypoglycaemia may be worst now.
- \* Continue to not stand for long period of time; while standing in one spot place one foot up on a box or stool to take the pressure off the back. When sitting or lying down, elevate the legs to give them a bit more of a rest.

- \* Continue to sleep with an extra pillow to place in strategic positions for increased comfort.
- \* Lighten work load; even though it is near the end of the pregnancy, save your time for yourself now because there will be increased work and less time once the baby arrives.
- \* Continue to take time with your baby; talk, sing, read and massage your baby.
- \* Keep taking time for relaxation such as visualization, meditation, deep breathing, etc.
- \* Continue to brush gums gently with a soft brush to help prevent gingivitis due to increased blood flow to the gums.

#### 12.4 ADDITIONAL NUTRITIONAL CONSIDERATIONS IN THIRD TRIMESTER

- \* Weight gain is still at 1 lb per week.
- \* Caloric intake should increase by 500 calories more per day than pre-pregnancy intake.
- \* Continue to eat regularly and no missed meals or snacks for a continual glucose supply for the baby.
- \* Continue to keep calcium levels high in diet.
- \* Continue to keep iron levels high in diet.
- \* Continue to keep fibre levels high in diet.
- \* Zinc is needed more now to help prevent premature labour.

#### 12.5 FLOWER ESSENCES

These remedies are extremely useful for the emotional problems or concerns that mothers may be experiencing.

Body Image - Crab apple to help with feeling of imperfect body;

Confidence - Elm to be able to be a good mother;

Fatigue - Elm for being tired of soul responsibility of baby;

Fear - Garlic for fear in pregnancy for healthy baby and the delivery;

Impatience - Impatiens for the feeling of a slow pregnancy that never ends;

Insomnia - White Chestnut when unable to quiet mind;

Irritability - Lavender for over stimulation and hypersensitivity;

Overwhelmed - Oak when one feels they have gone beyond their limit;

Self concern - chicory for excess emotional demands;

Love-lies-bleeding for feeling of excessive physical demands;

Stress - Elm when feeling overwhelmed by responsibility;

#### 12.6 AROMATHERAPY CONSIDERATIONS

At this point of the pregnancy the mother would probably feel most comfortable sitting in a chair with the chair turned around backwards. This way there will not be pressure from the baby pushing up on the lungs ensuring complete relaxation. The mother would probably most appreciate a hands and feet pampering massage. This will also help with possible decreased circulation to these areas from water retention and pressure on the veins from the lower extremities. Some nice refreshing oils to use here would be cypress and coriander.

## 12.7 HERBAL CONSIDERATIONS

- \* During this part of the pregnancy, it is still important to continue the toning and nourishing both internally and externally. To aid with increasing energy and to just slightly stimulate the whole body, try adding some Peppermint (1 part of each herb) to the rest of the toning and nourishing formula.
- \* Peppermint - *Mentha piperita* - is refreshing and energizing while enhancing digestion which is important for this later stage due to the pressure and decreased space on the gastrointestinal system.
- \* Compresses made from *Zingiber off.* can be used for any aches and pains.
- \* Foot baths made from *Calendula off.* can be both relaxing and soothing on sore feet.

"When a woman is in labour, a little fight goes on in the woman's brain. One part of her brain, the intellect, will tell her that she should do certain things. Perhaps those are things that she learned in childbirth classes; perhaps those are things that other people have told her that she should do to cope with birth.

But from the other part of the brain will come an urge so deep within her that it will compel her to move her body and to use her voice in a completely different way.

Those are her deep instincts about childbirth, but we have buried these for so long that most of us have forgotten that knowledge. Occasionally, though, I see women who remember..."

Whitridge, Candace. *The Instinct of Birth*. Published in the spring 1994 (Vol. 1, No. 1) issue of *THE BIRTHKIT*, a Publication of the Midwifery Today Association Copyright 1994, Midwifery Today, Inc.



## 13. PREPARING FOR LABOUR AND DELIVERY

### 13.1 LIFESTYLE CONSIDERATIONS

- \* Gradually prepare bag for hospital or for midwife a few prior to due date.
- \* Continue Kegel and other exercises for optimum muscle tone and strength.
- \* Do perineal massage a few times per day to help prepare for birth, starting 4 to 6 weeks before delivery.
- \* Plan a few meals a head of time and place into freezer ready to be heated and eaten.
- \* Give partner a refresher course on how the house works (if necessary) for shared responsibilities.

### 13.2 ADDITIONAL NUTRITIONAL CONSIDERATION PREPARING FOR LABOUR AND DELIVERY

- \* Increase water intake along with other fluids high in electrolytes to help keep body well hydrated for the labour.
- \* "Carbohydrate Loading" should be done just as athletes do to help build up energy store in the body for the labour; this includes a diet high in starchy foods which increases the amount of glycogen stored in muscles which gets converted to glucose when muscles are exerted. If these stores are depleted, then fat is converted into glycogen but this conversion does not work as well. As fat is used to produce energy, ketone bodies accumulate in blood causing ketosis that can slow labour or cause the baby to become distressed. Some examples of good foods for this is breads, crackers, cereal, pasta, potatoes, rice and fresh fruit.

### 13.3 FLOWER ESSENCES

Fear - Garlic for fear in pregnancy for healthy baby and the delivery;

Over due baby - Mugwort to "release moon forces";

Self concern - chicory for excess emotional demands;

Love-lies-bleeding for feeling of excessive physical demands;

Stress - Elm when feeling overwhelmed by responsibility;

#### 13.4 AROMATHERAPY CONSIDERATIONS

\* A mother can get great relief from pain in labour through massage, diffusers, compresses and baths. The key to making the labour less painful is to help the mother relax. Having the mother familiar with the oils and associating them with relaxing prior to the onset of labour is important. Just this association alone will help.

\* Some nice relaxing oils are ylang-ylang and lavender.

\* Some nice energizing oils are lemon, orange and mandarin.

\* During the last 2 months of pregnancy the perineal area needs to be prepared for the delivery. Make a massage oil blend using 1/4 teaspoon of Jojoba oil and 1 drop of *Pelargonium graveolens* (Geranium). This blend can then be used at least once per day massaged on the perineal area.

#### 13.5 HERBAL CONSIDERATIONS

\* The last few week before the expected delivery of the baby, it is wise to prepare the body more herbally. It is possible to help speed up the ripening of the cervix using herbs. It is also possible to have the uterus ready and primed.

*Caulophyllum thalictroides* - this herb is an excellent uterine stimulant which helps to prepare the uterus by stimulating it for the up coming pregnancy; the key constituent is caulopsaponin which actively stimulates the uterus and increases blood flow to the whole pelvic area.

*Cimicifuga racemosa* - the herb can be a uterine stimulant or relaxant; this herb is able to stimulate contraction of the uterus while at the same time relaxes the tension that builds up in the uterine muscles.

*Mitchella repens* - this herb is considered to be one of the best herbs for toning and nourishing the uterus and can be combined with *Rubus* throughout the pregnancy.

A possible tincture that is recommended to be started 2 weeks before due date:

<i>Caulophyllum thalictroides</i>	30 mls
<i>Cimicifuga racemosa</i>	30 mls
<i>Mitchella repens</i>	<u>40 mls</u>
	100 mls

Take 5 mls 2 to 3 times per day, with a little warm water, between meals, until labour begins.

Take *Urtica dioica* or *Medicago sativa* infusions t.i.d. for the Vit K content to help to prevent haemorrhaging.

"She is their earth.....  
she is their food and their bed,  
And their extra blanket when it grows cold in the night;  
She is their warmth,  
And their health and their shelter."

- Katherine Butler Hathaway

## 14. LABOUR AND DELIVERY

### 14.1 GENERAL CONSIDERATIONS

- \* It is important to keep moving while having a contract and throughout labour. This alone helps by letting gravity work. Squatting is wonderful for helping to open the pelvis and is also a great form of pain relief to be able to bounce on the heels a bit. Dancing is also nice because of the close contact with the partner and for the movement.
- \* Urinating every half hour is important so as to decrease chances of damage from pressure on the bladder causing possible permanent damage.
- \* For pain relief, hot water is one of the best forms. Having a hot shower, bath or climbing in a hot tub can all be very relaxing which helps to reduce the pain and stimulation of pain receptors.
- \* Many breathing techniques can also be helpful with contractions.
- \* Visualization techniques can help with pain but also opening the pelvis or positioning a baby.
- \* After the delivery of the baby, it is important to keep the mother warm using oven heated blankets. Placing the baby on the mother's breast not only keeps the baby warm but also encourages breastfeeding.
- \* Have some relaxation music playing in the background. Preferably music that you are used to associating relaxation with.
- \* Praise and encourage mother that she is doing a great job.

### 14.2 NUTRITIONAL CONSIDERATIONS

- \* Hydration of fluids is necessary but most hospitals do not allow food or drink because of the possibility of vomiting or

a C-section. This is where ice cubes can be very handy (see Herbal Considerations). 6 - 8 oz/hour.

\* If you are low risk for a C-section see if you can nibble on some high energy snacks such as a banana but eat it slowly. During pre-labour and active labour the body is not able to digest fats and proteins.

\* Homemade jello can be a bit more filling than just juice.

\* Popsicles can be refreshing, again homemade is best.

#### 14.3 FLOWER ESSENCES

Fear - Garlic for fear in pregnancy for healthy baby and the delivery;

Positive birthing experience - Mariposa Lily helps bond with child also;

Releasing the baby - Walnut at transition time to help body release baby;

Spiritual protection - Angelica for spiritual protection for baby;

Stressful labour - Cherry plum for when "I can't take it any more!"

#### 14.4 AROMATHERAPY CONSIDERATIONS

\* In the early stages of labour, a relaxing bath using Jasminum off. (Jasmine), Lavendula off. or Cananga odorata var. genuina (Ylang Ylang) essential oils can be very helpful; if your waters have broken check for permission first;

\* A massage with a massage oil using the same essential oils as above can be used.

\* A compress made from 2 drops of Lavendula off or Citrus bigaradia (Neroli) essential oil in a bowl of cold (or hot if preferred) water can be soothing.

\* A few drops of Neroli essential oil in a diffuser can help to create a calm but cheerful setting or having Lavendula off. in a diffuser will help with relaxation.

\* Orange flower water applied to the face with a cotton ball can be very refreshing.

\* Other oils that are useful in labour are Rose, Clary Sage and Geranium.

#### 14.5 HERBAL CONSIDERATIONS

##### EXTERNALLY

\* A lip balm made from Calendula off and Mentha piperta can be very useful during labour for dry chapping lips.

\* A massage oil made from an infused oil of Hypericum perforatum or Matricaria recutita can be very soothing and relaxing for any time.

\* Hot compresses can help reduce pain in labour; Matricaria recutita is a good one.

## INTERNALLY

\* The formula that was used in the last 2 weeks of pregnancy can be used except remove the *Cimicifuga racemosa* (this herb can increase blood pressure). Take 1 ml of tincture every 30 minutes. Or sipping on an infusion of the same herbs (*Michella repens* and *Caulophyllum thalictroides*) can be drank throughout the labour, which increases the effectiveness of the contractions and shortens the labour time. It will also help with a stalled labour but the tincture is best in this case.

\* Spikenard (*Aralia nudicaulis radix*) can be used to help ripen a cervix. Make an infusion with this root and sip on it.

\* *Lobelia inflata* also helps to ripen and open the cervix. In small doses it is a stimulant but in large doses it will relax but will last for only a half hour. Susan Weed, in "The Childbearing Year" suggests 60 to 150 drops in a quarter glass of water; this can be repeated twice, each after 30 minutes. A tingling sensation should occur.

\* *Trillium* spp. has been used to start and strengthen labour. 1 to 3 mls of tincture can be given every half hour on till full labour is achieved.

\* Ice cubes made from infusions of *Zingiber off*, *Humulus lupulus* and *Leonurus cardiaca* can be effective for calming yet energizing during the delivery. They also help to hydrate the mother. Just the coldness alone can help to refresh the mother and distract (only slightly) from the pain.

\* *Leonurus cardiaca* is also an effective pain reliever for the earlier part of labour. Take 1 ml in a little water every 2 hours or as needed but not when getting close to delivery time.

"SUDDENLY, SHE WAS HERE!!  
I was no longer pregnant!

I was a MOTHER!

I NEVER believed in MIRACLES before!"

- Ellen Greene

## 15. POST NATAL

### 15.1 GENERAL CONSIDERATIONS

- \* Try and get someone to help with the meals and cleaning for a few days.
- \* Nap when the baby sleeps; all else (housecleaning, laundry, meals, etc.) are not important.
- \* Get fresh air and exercise, for both Mum and baby, to help with postpartum blues and to help the body to start to get back to normal. Vigorous exercise is to be avoided until about 6 weeks after baby was born but walking and cycling (if bottom permits) are good.

### 15.2 NUTRITIONAL CONSIDERATIONS

- \* Drink lots of water to rehydrate the body. Preferably warm fluids. This is also important for building up a milk supply.
- \* Following the same diet as for pregnancy (see Nutrition and pregnancy section) is important to be sure that adequate nutrition is supplied for both the Mum and baby. This includes the prenatal vitamin and mineral supplement.
- \* Be sure to eat a lot of foods which are rich in the essential fatty acids or purchase some flax seed oil. This is important for both the developing baby but also for the mother to help restore her whole body including her hair and skin.
- \* Start with soft foods to help digestive system cope easier from the changes.
- \* Eat LOTS of FIBRE!! This will help considerably with first bowel movement which can be painful.

### 15.3 FLOWER ESSENCES

Exhaustion from long labour - Olive for fatigue;

Postpartum depression - Gorse to lift the spirits;

Traumatic labour - Shooting star to calm the soul from the earth;

Trust - Star tulip for building trust with mother's instinct;

### 15.4 AROMATHERAPY CONSIDERATIONS

- \* Lavender oil added to a bath or perineum rinse bottle can help to clean and reduce pain and inflammation.

- \* Make a massage oil for the baby using Rose, Neroli, Lavender or Roman Chamomile essential oil. This can help with colicky pains, restlessness or just bonding with baby.

- \* All the citrus essential oils are uplifting and can help with feeling blue or tired. A few drops in a diffuser or bath works well.

- \* Continue with the belly cream to help nourish the skin and restore it to normal state.

### 15.5 HERBAL CONSIDERATIONS

- \* *Foeniculum vulgare* tea can be drunk t.i.d. for increasing milk supply. Avoid all *Salvia* spp. which can decrease milk supply. Other herbs for increasing milk supply are *Cnicus benedictus* (cnicin, bitter alkaloid, irritates mammary glands and is also high in calcium and iron), *Borago off*, *Galega off*, *Carum carvi*, *Anethum graveoleons*, *Trigonella foenum-graecum* and *Humulus lupulus*.

- \* *Glechoma hederacea* is useful when an infusion is drunk for reducing after pains and expelling the placenta. Other herbs that help to expell the placenta are *Angelica* spp., *Caulophyllum thalictroides* and *Rubus* spp.

- \* *Rubus* spp with *Urtica dioica* makes a great restorative tea to lay back and relax with.

"My point is that no matter what the ordinary person says...  
No matter who it is that speaks,  
Or what superlatives are employed,  
No baby is admired sufficiently to please the mother!"

- E.V. Lucas

## 16. COMMON PROBLEMS IN PREGNANCY

### 16.1 ANEMIA

#### GENERAL CONSIDERATIONS

- \* Cooking foods in a cast iron pot increases iron content in foods.

#### NUTRITIONAL CONSIDERATIONS

- \* Eat lots of molasses because of its high nutrient content including iron.
- \* Do not take Vit E at the same time with iron salts because iron blocks Vit E uptake.
- \* Vit C, B6, B12, folic acid and magnesium help with iron absorption.
- \* Eat green leafy vegetables, sea vegetables, dark red vegetables, cherries, prunes, apricots, wheat germ, brewer's yeast, seeds and nuts, egg yolks,

#### HERBAL CONSIDERATIONS

- \* *Urtica dioica*, *Rumex crispus*, *Rosa* spp. hips, *Arctium lappa*, *Nasturtium off* and *Equisetum arvense* are herbs that



are high in iron and many other vitamins and trace minerals required for good absorption. An infusion of a combination of the above taken three times per day in one cup doses, works well without the nausea and constipation that a supplement can cause.

## 16.2 BLADDER INFECTIONS

### GENERAL CONSIDERATIONS

- \* Urinate immediately after having sex.
- \* Drink lots of water to dilute urine.
- \* Keeping the immune system built up helps the body fight off an infection.
- \* Wear cotton underpants to help the area breath a bit.

### NUTRITIONAL CONSIDERATIONS

- \* Avoid sugar for it helps to breed more bacteria.
- \* Increase acidophilus in diet to promote helpful bacteria.
- \* Take up to 2000 mg/day or increase foods rich in Vit C.
- \* Unsweetened cranberry juice can help with some forms of cystitis.
- \* Avoid aggravating foods and drinks with alcohol and caffeine.

### HERBAL CONSIDERATIONS

- \* Zea mays is a urinary demulcent which helps to soothe an irritated bladder, Urtica dioica is an anti-inflammatory and diuretic herb which can help to soothe and flush the bladder, Achillea millefolium is an antiseptic herb which can help to fight off the bacteria. A tea using equal parts of each can be drunk by the cup full t.i.d.
- \* Echinacea purpurea can be used in small doses to help fight the bacteria. 1/2 of a teaspoon of root can be decocted for 10 mins in 1 cup of water. Drink 1 cup t.i.d.

## 16.3 COLDS/FLU

### GENERAL CONSIDERATIONS

- \* Getting lots of rest and relaxation will help to keep the immune system built up.
- \* Take a day off! Stop a cold/flu before it takes hold.
- \* Dress warmly to keep the kidneys and neck warm. Keeping the body warm helps to stimulate the body and circulation and therefore helps to get rid of the "bug" faster.
- \* At the first signs of a cold, gargle with salt water or with a food grade hydrogen peroxide. Do not swallow. Repeat as needed.

## NUTRITIONAL CONSIDERATIONS

- \* Vit C can help to shorten the length of a cold and build up the immune system. It is also good if a chewable tablet is sucked on for a sore throat.
- \* Hot lemon and honey drink helps to soothe the throat and warms the body.
- \* Eat lots of fresh garlic until symptoms go away.
- \* Drink lots of fluids to help flush the system.
- \* Avoid mucous forming foods such as wheat and dairy.
- \* Acidophilus supplement can help to fight off an intestinal bacterial that may be causing the flu like symptoms. Take 3 to 6 capsule t.i.d with water and between meals.

## AROMATHERAPY CONSIDERATIONS

- \* Put a humidifier on to keep moisture in the air and add a few drops of Eucalyptus essential oil to help to disinfect the air and to open the nasal passageway.
- \* Make a salve using Peppermint and Eucalyptus oils to apply to the nostrils to aid breathing or on the chest to help to clear the lungs.
- \* Have a foot bath using 5 drops of Eucalyptus essential oil.

## HERBAL CONSIDERATIONS

- \* *Allium sativum* has antibacterial, antimicrobial and antiviral properties. It can be eaten raw or as a tincture. 3 mls, if tolerable, t.i.d.
- \* Zingiber off. and lemon tea will help decrease nausea and sore throats. It is also a diaphoretic which helps to increase the body temperature and circulation for faster elimination of "bug".
- \* For a cough try *Thymus vulgaris*, *Verbascum thapsus* and *Mentha* spp. in equal parts as an infusion or tincture. This is good for dry irritating coughs or productive coughs. Sip on a cup of the formula t.i.d.
- \* *Urtica dioica* and *Solidago* spp. help to decrease mucous build up and discharge. These herbs can be made into an infusion using equal parts and drank t.i.d.
- \* Lozenges made with *Ulmus falva* and *Thymus vulgaris* powdered and a little honey and water, are good for soothing the throat.

## 16.4 CONSTIPATION

## GENERAL CONSIDERATIONS

- \* Pressure of baby on intestines can cause compression along with the hormonal changes which relaxes the bowels which decreases proper movements.
- \* Laxative abuse can cause intestine to become insensitive to drugs and increase the problem.
- \* Increase exercise to keep vitality and tone to the system.
- \* Do not wait too long before going; the urge to go feeling may stop happening.

## NUTRITIONAL CONSIDERATIONS

- \* Molasses by the tablespoon full is an excellent bowel mover.
- \* Poor diet may be the cause - diet may be too high in animal fats, refined sugar but low in fibre. Therefore increase fibre intake.
- \* Increase fluid intake.
- \* Bulk laxatives such as psyllium can be taken with 8 oz. of water. The cellulose content stimulates the colon.
- \* Stool softeners or wetting agents may also be of benefit such as rhubarb, prunes, raisins, pears and figs. These foods are high in organic acids which irritate the intestinal mucosa, stimulating reflex peristalsis.

## HERBAL CONSIDERATIONS

- \* Stool softener such as *Althea off.* and *Ulmus fulva* can lubricate the bowels. A standard infusion of equal parts of these herbs can be drunk t.i.d.
- \* Stimulating laxatives such as *Taraxacum off.*, *Rumex crispus* and *Glycyrrhiza glabra* can be used for a short period of time not exceeding 2 weeks is beneficial in increasing the bile flow and stimulating the bowel. These herbs can be mixed with the stool softeners mentioned above.
- \* Carminative herbs such as *Foeniculum vulgare* and *Mentha spp.* may be needed to stop the griping.

## 16.5 DIABETES, PREGNANCY INDUCED

### GENERAL CONSIDERATIONS

- \* Home monitoring may be necessary since this condition can be very dangerous for both mother and baby.
- \* Regular exercise is important.

### NUTRITIONAL CONSIDERATIONS

- \* Monitor sugar intake.
- \* Eat lower glycemic index foods.
- \* Water soluble fibre slows down digestion and absorption of carbohydrates which prevent rapid rises in blood sugar and increases sensitivity of tissues to insulin which prevents excessive secretion of insulin. Some good food sources are oat bran, nuts, seeds, psyllium seed husks, apples and most vegetables.
- \* Chromium supplement decreases fasting blood glucose levels and improves glucose tolerance while lowering insulin levels. 200 mcg/day is required.

- \* Eating onions and garlic decreases blood sugar level and increases pancreatic performance in producing insulin.

## HERBAL CONSIDERATIONS

- \* *Allium sativum* decreases blood sugar level and increases pancreatic performance in producing insulin. Garlic can be eaten raw or in a tincture. 3 mls t.i.d. This herb is the safest and most effective for pregnant Mum's.
- \* *Vaccinium myrtillus* reduces blood sugar levels. The fruit is high in anthocyanosides which helps to strengthen the capillaries reduces the risk of many problems associated with diabetes. The leaf tea can be drunk b.i.d in a standard dose while nibbling on the fruit.

## 16.6 EDEMA

### GENERAL CONSIDERATION

- \* Monitor kidney function.
- \* Wear loose clothing.
- \* Be sure to get enough exercise to stimulate proper lymphatic drainage.
- \* Elevate feet to help take the stress off the system but letting gravity work.

### NUTRITIONAL CONSIDERATIONS

- \* Decrease salt intake in diet.
- \* Continue to drink lots of fluids.

## HERBAL CONSIDERATIONS

- \* Herbal diuretics gently stimulate the kidneys to help flush out excess water. *Taraxacum folia*, *Stellaria media*, *Galium aparine* and *Urtica dioica* are all gentle diuretics that will not over stimulate or irritate stressed kidneys. Equal parts of each herb can be used as an infusion or tincture in standard dosages, t.i.d.

## 16.7 FATIGUE

### GENERAL CONSIDERATIONS

- \* Sleep when ever the desire occurs; everything else can wait.
- \* Lighten work load.
- \* Go to bed earlier than normal; the body is saying something.
- \* Increase exercise but do not work or exercise to exhaustion.

### NUTRITIONAL CONSIDERATIONS

- \* Fresh fruit and vegetable juices can be a nutritious drink to help rejuvenate the mother by keeping the blood sugars up.
- \* Miso soup to sip on is highly nutritious.
- \* Yogurt is high in protein (for energy) and calcium (to decrease pain from tense muscles). It also will help to keep the blood sugar up.
- \* Monitor iron levels, if they are low it can cause fatigue.

#### AROMATHERAPY CONSIDERATIONS

- \* Refreshing oils such as all the citrus oils can be used in a diffuser.
- \* Cool compresses using Mentha piperita essential oil is very refreshing and stimulating.

#### HERBAL CONSIDERATIONS

- \* Zingiber off. infusion is both stimulating and refreshing and can be sipped on.
- \* Melissa off infusion can be both relaxing or refreshing. This infusion can be sipped on all through labour.

### 16.8 HEARTBURN AND GAS

#### GENERAL CONSIDERATIONS

- \* Avoid lying down after eating.

#### NUTRITIONAL CONSIDERATIONS

- \* Eat smaller, more frequent meals.
- \* Eat slowly and chew food well.
- \* Avoid liquids with meals which will only dilute digestive enzymes.
- \* Relax when you eat; tension can aggravate the problem.
- \* Avoid acid forming foods such as sugar, citrus fruits and wheat.
- \* Eat papaya which contains digestive enzymes.

#### HERBAL CONSIDERATIONS

- \* Ulmus fulva and Althea off. are mucilaginous herbs which are very soothing to the whole gastrointestinal tract which can help to relieve heart burn. These herbs can be used on their own or in a combination in equal parts in a standard infusion t.i.d.

\* Carminative herbs can also help to stimulate digestion and ease heartburn and flatulence. Some examples are *Foeniculum vulgare*, *Carum carvi* and *Anethum graveoleons*. Chewing these seeds before and after a meal can help or made into a standard infusion and sipped on after a meal.

## 16.9 HIGH BLOOD PRESSURE

### GENERAL CONSIDERATIONS

- \* Lying flat can help to decrease blood pressure.
- \* Visualize the blood pressure lowering.
- \* Relax and try not to worry or get tense. Meditation can be helpful.
- \* Rest lots; lying on left side can be particularly helpful.
- \* Exercise forces blood through the system helping to stretch and relax more naturally. Walking and swimming are good choices.

### NUTRITIONAL CONSIDERATIONS

- \* *Allium sativum* taken daily can help to keep blood pressure regulated.
- \* Low fat and high fibre diet helps with elevated blood pressure.
- \* Reduce excess sodium intake.
- \* Eliminate all stimulants such as caffeine and nicotine.
- \* Increase water intake.

### HERBAL CONSIDERATIONS

- \* Relaxing herbs such as *Valeriana off* (in smaller doses), *Scutellaria laternifolia*, *Humulus lupulus* and *Leonarus cardiaca* (in smaller doses) all help to relax. Sipping on an infusion of one or a combination of all, can be done t.i.d. The tincture of these herbs can also be used.
- \* *Crataegus spp.* when taken for extended periods of time will help to regulate blood pressure. The tincture can be take at 3 ml doses t.i.d.
- \* If increase blood pressure is due to stress, *Leonarus cardiaca* is excellent for relaxing the mother while bring down high readings.

## 16.10 LEG CRAMPS

### GENERAL CONSIDERATIONS

- \* Rule out possibility of phlebitis.

- \* To stop a cramp pull toes up towards kneecap. (Flexion)

## NUTRITIONAL CONSIDERATIONS

- \* Take 1000 mg/day of calcium with 500 mg/day of magnesium to prevent.

## HERBAL CONSIDERATIONS

- \* High calcium herbs include *Urtica dioica*, *Avena sativa*, *Taraxacum off*, *Equisetum arvense* and *Medicago sativum*. An infusion made from a combination of the above at a standard dose t.i.d., will give an excellent source of calcium and magnesium.

## 16.11 MIGRAINES/HEADACHES

### GENERAL CONSIDERATIONS

- \* Rule out the possibility of high blood pressure.
- \* Keep a positive mental attitude.
- \* Try hydrotherapy - hot then cold showers.
- \* Avoid bright lights - wear sunglasses.
- \* Try biofeedback training and learn to increase your temperature of hands to draw the blood away from the head.

### NUTRITIONAL CONSIDERATIONS

- \* Calcium taken in 450mg doses with 200 mg of Vit C helps.
- \* Test for food sensitivities; ie. wheat, dairy, eggs.
- \* Avoid food additives, colourings and artificial sweeteners.
- \* Decrease tannin rich foods including red wine and other alcohol.
- \* Avoid arachidonic acid to decrease platelet aggregation and inflammation.
- \* Increase fibre to help detoxify bowels.
- \* Increase fresh garlic in diet to help to decrease platelet aggregation.
- \* Decrease fermented foods such as strong cheeses which can aggravate.
- \* Decrease caffeine even though it can be very useful in relieve "regular" headaches, it is a strong aggravating factor.
- \* Increase magnesium in diet; ie. dark leafy greens, whole grains and soybeans to relax muscles in blood vessels.
- \* Increase essential fatty acids; ie. flax seed oil 3T/day for its anti-inflammatory effects.

## AROMATHERAPY CONSIDERATIONS

- \* Try Rosmarinus off. essential oil in a diffuser or Lavendula off. essential oil massaged in to temporal region.

## HERBAL CONSIDERATIONS

- \* Herbs with anti spasmodic effects, along with nervine tonic herbs and anti inflammatory herbs can help to relieve a headache or migraine. Some such herbs are Avena sativa, Hypericum perforatum, Lavendula off. and Matricaria recutita. One or a combination of these herbs can be taken in a standard dose t.i.d.
- \* For tension headaches Scutallaria laternifolia, Nepeta cataria or Humulus lupulus can be used as above. Mentha spp. added to this tea is a nice tasting tea.

## 16.12 MORNING SICKNESS/NAUSEA/VOMITING

### GENERAL CONSIDERATIONS

- \* Avoid all food or smells that make you queasy such as cigarette smoke.
- \* Avoid getting out of bed too quickly.
- \* Get outside in the fresh air. Take a walk.

### NUTRITIONAL CONSIDERATIONS

- \* Keep blood sugar levels even.
- \* Eat frequent smaller meals than a few big meals.
- \* Eat a diet rich in B vitamins such as green leafy vegetables and wheat germ.
- \* Nutritious broths can be made to ensure good nutrition if severe nausea persists. Add as many vegetables and barley, cook then strain. Add miso to flavour and enjoy.
- \* Keep soda biscuits beside the bed and before getting up eat a handful.

## AROMATHERAPY CONSIDERATIONS

- \* Add 1 to 2 drops of lemon essential oil to a diffuser to help with nausea.

## HERBAL CONSIDERATIONS

- \* Dioscorea villosa is a good herb for regulating hormones which may be one of the causes of morning sickness. If after all other considerations have been tried, a hormone balancing formula may be the key. Other herbs to add to the formula are Vitex agnus casus for its hormone balancing effect and Zingiber off. for the ant nausea effect. A tincture using equal parts of the Dioscorea and Vitex can be made with 1/4 to 1/8 of a part of Zingiber. This formula can be taken freely during acute episodes of nausea throughout the day at 2 ml doses.
- \* Mentha piperita or Zingiber off. on their own as an infusion are also good for nausea.



## 16.13 THREATENED MISCARRIAGE/SPOTTING

These are serious matters and a professional needs to be consulted. Here I am only dealing with cases which may be from nutritional deficiencies, stress, hormonal imbalance, weak uterus muscles or trauma.

### GENERAL CONSIDERATIONS

- \* Go to bed and elevate legs to above the belly!
- \* Eliminate all stress agents!

### NUTRITIONAL CONSIDERATIONS

- \* Take 400 iu/day of Vit E and continue even after bleeding stops.

### HERBAL CONSIDERATIONS

- \* Rubus spp. relaxes uterine muscles which may help to prevent or stop one.
- \* Rosemary Gladstar recommends the following formulas:

Tincture -

3 parts cramp bark (*Viburnum opulus*)  
1 part black haw (*Viburnum prunifolium*)  
1 part false unicorn root (*Chamaelirium luteum*)

Take 3 mls every half hour.

Tea -

2 parts wild yam root (*dioscorea villosa*)  
1 part black haw (*Viburnum prunifolium*)  
1 part cramp bark (*Viburnum opulus*)

Use 4 to 6 teaspoons herb mixture per quart of water. Add herbs to cold water and bring slowly to a simmer and simmer for 20 min. Take 1/4 cup every half hour until symptoms stop. Use tea in conjunction with above tincture.

\* Herbs which are to be used to stop spotting are *Capsella pastori bursa* and *Achillea millifolium*. These two herbs can be used in equal parts as a tincture or infusion in standard dose every hour.

\* *Lobelia inflata*, according to Susan Weed, will aid a miscarriage or prevent it which ever is best. Take 15 drops in water every 15 mins up to a few days.

## 16.14 STRESS

### GENERAL CONSIDERATIONS

- \* Get help for a round the house to have more relaxation time.

- \* Practise stress relieving techniques such as yoga, deep breathing, visualization and massage.
- \* Get exercise. Walking and swimming are good.
- \* Get lots of rest and sleep.
- \* Turn on some calming music.

#### NUTRITIONAL CONSIDERATIONS

- \* Be sure to get lots of B vitamins. Wheat germ and brewer's yeast are excellent sources.
- \* Avoid stimulating and agitating foods such as caffeine.
- \* Get plenty of Vit C to be able to help adrenals function.

#### AROMATHERAPY CONSIDERATIONS

- \* Take an ylang ylang bath which is relaxing but not tiring.
- \* Burn some ylang ylang in a diffuser.

#### HERBAL CONSIDERATIONS

- \* Melissa off., Matricaria recutita, Scutellaria laternifolia, Nepeta cataria and Lavendula off. are all relaxing teas on their own or in combination. Take a standard strength dose up to 4 times per day.
- \* If high stress continues, a small dose of Valeriana off. tincture can be taken up to twice per day.
- \* If stress is causing fatigue increase Borago off. tincture, 5 mls three times daily.

### 16.15 STRETCH MARKS

#### GENERAL CONSIDERATIONS

- \* Rapid weight gain will result in stretch marks. A slow and steady weight gain reduces the chances.
- \* Drink lots of water to keep skin well hydrated and healthy.

#### AROMATHERAPY CONSIDERATIONS

- \* Make a cream using cocoa butter or coconut oil and add some Geranium and Rose essential oils to nourish the skin and making it more pliable. Adding Vit E oil will make it all the richer. Add 3 tablespoons of Vit E to every cup of massage oil or cream that is being made.

## HERBAL CONSIDERATIONS

- \* An infused oil of Calendula off. with Vit E oil is an excellent massage oil.

### 16.16 PRE-ECLAMPSIA

## NUTRITIONAL CONSIDERATIONS

- \* Eat 50 to 80 grams of protein/day.
- \* Eat plenty of high calcium foods.
- \* Eat potassium rich foods to support the kidneys and liver.
- \* Keep the sodium/potassium ratio balanced.
- \* Eating beets helps to increase available calcium in body along with a good balance of sodium/potassium ratio.

## HERBAL CONSIDERATIONS

- \* Eat up to 2 cups of fresh Taraxacum folia daily. This herb gives a good supply of potassium along with stimulating and supporting the liver.

### 16.17 VAGINAL INFECTIONS

## GENERAL CONSIDERATIONS

- \* Take warm sitz baths
- \* Good hygiene is important but avoid using soaps to bath with
- \* Abstain from intercourse until cleared up (semen is alkaline) and if reoccurring, treat sex partner for possible infection. Encourage partner to wash after intercourse.
- \* Wear cotton underwear that are breathable, avoid synthetic tights and underwear and wear loose clothing.
- \* Caution when wiping after going to the loo.
- \* Do not reuse unwashed wash cloths.
- \* Get lots of rest to keep the immune system up.
- \* Cedar vinegar baths can be helpful to restore natural bacterial flora.
- \* If antibiotics have been used be sure to reintroduce the good bacteria.
- \* Vit E can be applied externally for itching.

## NUTRITIONAL TREATMENT

\* Take lots of acidophilus either by supplements or in foods to restore good bacteria.

\* Decrease sugar and refined foods intake which decrease immune function and promotes an environment for unbeneficial bacteria.

## AROMATHERAPY CONSIDERATIONS

\* A tampon treatment using 1 - 3 drops of essential oil of *Melaleuca alternifolia* and inserted for up to 4 hours.

## HERBAL CONSIDERATIONS

### TOPICALLY

\* Compresses may be helpful to relieve swelling and itching using *Stellaria media* or *Calendula off.*

\* A salve that is anti bacterial and anti inflammatory can be made from *Calendula off* and *Plantago spp*, and applied as needed.

A sample bath oil could be:

1 part *Calendula off.* infused oil

1 part *Plantago spp.* infused oil

A few drops of *Lavendula off.* essential oil

1 to 2 tablespoons can be added to hot bath water as desired.

### INTERNALLY

A sample formula for a tincture to help to build up the immune system, to decrease inflammation and to tone reproductive system could be:

*Glycyrrhiza grabra* 25 mls

*Rubus idaeus* 25 mls

*Urtica dioica* 25 mls

*Matricaria recutita* 25 mls

5 mls t.i.d. aq. cal.

## 16.18 VARICOSE VEINS/HEMORRHOIDS

### GENERAL CONSIDERATIONS

\* After a shower turn the water on cold for a few seconds to help constrict on the veins.

\* Muscular activity is important - as muscles contract blood is squeezed upward against gravity and the valves keep it from going backwards;

\* Avoid crossing legs, heavy lifting or any other unnecessary pressure on legs.

\* Take rest periods to elevate legs.

- \* Wear loose clothing so as to not restrict flow.
- \* Wear elastic stockings to help relieve pain.

## NUTRITIONAL CONSIDERATIONS

- \* Proper diet which is low in fat and refined foods for haemorrhoids;
- \* A high fibre diet helps with easier movements for haemorrhoids.
- \* Bioflavonoids are important for tone of the veins; foods that are high in bioflavonoids are buckwheat, whole grains, citrus rinds and blueberries.
- \* Vit C also helps to strengthen capillaries and healing them. Food examples are citrus fruits and peppers.

## HERBAL CONSIDERATIONS

- \* Herbs that are high in bioflavonoids are *Urtica dioica*, *Rosa* spp. hips and *Allium* spp. These herbs can be added to the diet as a food or in fusions t.i.d.
- \* Apply astringents to legs such as *Hamamelis virginiana* in an infusion or cream form or in a bath.
- \* Using circulatory stimulants can help sluggish systems and tone them for better functioning. *Zingiber off.* and *Mentha piperita* are some examples of teas that can be drunk t.i.d.
- \* Cold compresses can be helpful using *Hamamelis virginiana*, *Achillea millifolium* or *Capsella bursa pastoris*.
- \* Homeopathic remedies - *Hammelis*, *Arnica* or *Aesculus* 30 c;

## 17. COMMON PROBLEMS IN LABOUR, DELIVERY AND POST NATAL

### 17.1 HEMORRHAGING

#### GENERAL CONSIDERATIONS

- \* If bleeding does not diminish in 5 mins it is then a medical emergency.
- \* Grasp uterus with two hands and squeeze. Do this for about 5 mins.
- \* Nursing will help to stimulate contractions which helps to stop bleeding.

## NUTRITIONAL CONSIDERATIONS

- \* Give LOTS of FLUIDS!!
- \* Lots of Vit K in the last 2 months of pregnancy will help to decrease chances of haemorrhaging

## HERBAL CONSIDERATIONS

- \* A good source of Vit K is *Urtica dioica* or *Medicago sativa* made into a standard infusion, t.i.d. This is to be done a few weeks before due date.
- \* *Capsella bursa pastoris* tincture; give 3 mls every 3 mins max. 4 times. An infusion can be made during transition to be drunk immediately after birth. The tea can also be drunk for the first few days after delivery to slow bleeding; t.i.d. It is one of the best known styptics and vasoconstrictors.
- \* *Alchemilla vulgaris* when used in a tincture form giving 2 - 3 mls as needed, help with haemorrhaging. *Hamamelis virginiana* can also be used.
- \* *Myrica cerifera* can be taken in tincture form immediately after birth; 10 to 30 drops in a little water. This herb contracts the uterus which stops the bleeding.

## 17.2 FATIGUE

### NUTRITIONAL CONSIDERATIONS

- \* Fresh fruit and vegetable juices can be a nutritious drink to help rejuvenate the mother by keeping the blood sugars up.
- \* Miso soup to sip on is highly nutritious.
- \* Yogurt is high in protein (for energy) and calcium (to decrease pain from tense muscles). It also will help to keep the blood sugar up.

### AROMATHERAPY CONSIDERATIONS

- \* Refreshing oils such as all the citrus oils can be used in a diffuser.
- \* Cool compresses using *Mentha piperita* essential oil is very refreshing and stimulating.

### HERBAL CONSIDERATIONS

- \* Zingiber off. infusion is both stimulating and refreshing and can be sipped on.
- \* Melissa off infusion can be both relaxing or refreshing. This infusion can be sipped on all through labour.

## 17.3 ELEVATED BLOOD PRESSURE

## GENERAL CONSIDERATIONS

- \* Lying flat can help to decrease blood pressure.
- \* Visualize the blood pressure lowering.
- \* Relax and try not to worry or get tense.

## NUTRITIONAL CONSIDERATIONS

- \* Allium sativum taken daily prior to labour can help to keep blood pressure regulated. Garlic can also be taken during labour.

## HERBAL CONSIDERATIONS

- \* Relaxing herbs such as Valeriana off, Scutellaria laternifolia, Humulus lupulus and Leonarus cardiaca all help to relax. Sipping on an infusion of one or a combination of all, can be done throughout labour. The tincture of these herbs can also be used.

## 17.4 PERINEUM DAMAGE

### GENERAL CONSIDERATIONS

- \* The first few pees can be done in the shower with warm water spraying on the affected area.
- \* Place crushed ice on the area. Peel the end of the first layer of a diaper back and fill with ice. Close the top layer again. The diaper can then be held into place with underwear. This works AMAZINGLY well!!!

### NUTRITIONAL CONSIDERATIONS

- \* Eat lots of fibre and soft foods to keep stools soft.

### AROMATHERAPY CONSIDERATIONS

- \* Put 2 to 3 drops of Lavendula off. essential oil in a perineum rinse bottle with very warm water and spray on. This is a very nice antiseptic and anti-inflammatory spray.
- \* Add the Lavendula off. oil to a bath can also be helpful.

### HERBAL CONSIDERATIONS

- \* Calendula off, Plantago spp, Stellaria media and Symphytum off are all helpful herbs to promote healing. One or a combination of these herbs can be made into an infused oil or in a cloth bag and place in a hip bath to aid healing. This can be done as needed.
- \* Hypericum perforatum oil can be made to help heal the nerves and decrease the pain.
- \* Frozen diapers with an infusion of the above mention herbs can be applied as needed.

## 17.5 POST PARTUM DEPRESSION

### GENERAL CONSIDERATIONS

- \* Talk to your partner and family about giving more support and help.
- \* Reassure mother that she is still loved and attractive.
- \* Exercise and get outside or out of the house. Walking is the best.
- \* Get plenty of rest and proper sleep.
- \* Spend time away from baby with partner and friends.
- \* Breastfeeding helps to balance out mood swings.

### NUTRITIONAL CONSIDERATIONS

- \* Eating healthy is a key factor for depression. Be sure to eat the required amounts for a nursing mother.
- \* B complex is important to help with nourishing the nerves; 50 mg/b.i.d.
- \* Figs and sprouts help to balance hormones.
- \* Drink lots of liquids to help keep the system flowing and preventing stagnation in the whole body in general.

### AROMATHERAPY CONSIDERATIONS

- \* Use up lifting oils such as Mentha spp. and all citrus oils in a diffuser.
- \* Have the partner give a nice loving massage and reassure her that she is still loved and attractive.
- \* Have a nice Ylang Ylang bath.

### FLOWER ESSENCES

Olive for depression from exhaustion;

Elm when from responsibilities and expectations;

Mustard from unknown reasons and being overwhelmed;

### HERBAL CONSIDERATIONS

- \* Hypericum perforatum is fine for nursing mothers. 5 mls t.i.d.
- \* Piper methysticum is also fine for nursing mother but needs to be in low doses such as 2 - 3 mls b.i.d.
- \* Melissa off. with Scutellaria laternifolia infusions are uplifting and anti-depressants.



## 17.6 RETAINED PLACENTA

### GENERAL CONSIDERATIONS

- \* Nipple stimulation (baby or partner if need be) helps to stimulate contractions to release placenta.
- \* Visualize letting it go.
- \* Squatting to help open up and release it.

### HERBAL CONSIDERATIONS

- \* *Angelica archangelica* as a strong infusion. 3 tsp per cup of water.
- \* *Glechoma hederacea* tincture in 3 to 5 ml doses.
- \* *Rubus* spp (infusion or ice chips) all through labour will help in eliminating such problem from occurring.

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