

Aromatic Herbs for Pregnancy & Birth



Lemon:

A great help for nausea. Cut a lemon in half, mmm...smell the freshness. Use lemon aromatherapy or lemon extract to smell when you feel queasy. Lemon drops are also great to suck on during labor.

Peppermint:

Works well as a pick-me-up if you are tired and low on energy, especially during labor. Use peppermint aromatherapy or peppermint extract to smell when you need to wake up and focus. A few drops of peppermint oil or extract in the toilet, after the birth, will help a mother to relax and pee. **Use with caution postpartum, as it can reduce milk supply when taken internally (infusion).**

Ginger:

Especially helpful during pregnancy, in small doses, to control nausea. Very good for mothers with morning sickness. Candied ginger is a wonderful way to take this herb, placing a small piece under the tongue. Ginger also helps to revive your energy during labor. **Use with caution in pregnancy, due to the potential for stimulating menstrual flow (infusion or tincture).**

Lavender:

A wonderfully relaxing and soothing herb. Good for pregnancy and birth in helping mothers to relax and sleep. Very nice as a massage oil.

Please note:

The above includes general information on aromatic herbs for pregnancy & birth. It is not a substitute for consultation with an herbalist, a naturopathic doctor, or your care provider. Please seek your own intuitive guidance or the advice of a qualified professional before using the above herbs for your specific pregnancy and birth.