

Recommended Herbs and Supplements for the last 4 weeks

The items below are frequently needed during the last few weeks of your pregnancy and/or during labor itself. It is advisable for you to purchase them somewhere around your 36th week and have them on hand.

Liquid Calcium - This can be used for leg cramps in the latter part of pregnancy. It also helps soothe Braxton-hicks contractions which sometimes can become very annoying during the end of your pregnancy.

Red Raspberry Leaf Tea - You should drink this very female-friendly herb all throughout your pregnancy, but especially during the last few weeks. We often make a pot or two of red raspberry tea during your labor for you to drink. It helps to revive lagging contractions and eases the intensity of the contractions.

Vitamin C - (250 mg. bioflavonoids) - This is again needed during your entire pregnancy. Vitamin C is necessary for adequate usage and absorption of iron. It also helps ward off infections during pregnancy. During the postpartum period it is to be taken every 2 hours with the liquid calcium to reduce engorgement.

Echinacea - This herb is very handy to have on hand for the "just in cases". It is an excellent infection fighter. I recommend it be taken by the mom and often times the entire family if there have been infections in the home during the prenatal period (colds, sore throat etc.). It is also used for infections in the newborn, which otherwise could lead to the need for hospitalization. I recommend the glycerin based Echinacea, as it is taken by infants and children better than the alcohol based ones. It is also easier on the fetus when taken by the mother during pregnancy.

Shepherd's Purse Tea - Some midwives recommend that you drink this during the last 4-6 weeks of your pregnancy. It is an excellent blood builder and it has been known to help prevent postpartum hemorrhage. It may also be taken during labor, if you have a history of postpartum hemorrhage.