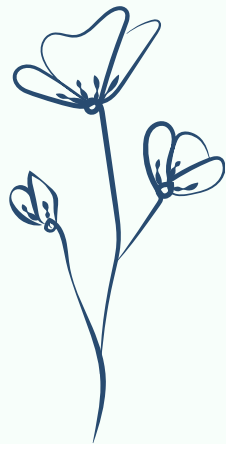




# ripple postpartum care

## HERBAL SUPPORT INFO



*Disclaimer: I am not a certified herbalist*

Herbal support can be implemented in a few ways. Most call for starting with an infusion or decoction of herbs which is done by allowing the herbs to steep or simmer in water for a prolonged period of time. From there you can either use the herbs internally or externally. Internally you can drink the herbs as a tea or decoction, allowing them to support you from the inside out. You can also purchase tinctures which are extracts of herbs suspended in either alcohol or glycerin. Externally you can soak in the infusion either all the way submersed in the tub, or just your lower bits in a sitz bath. You can also use the infusion as a wash after using the restroom. This way allows the herbs to promote healing from the outside in! You can also choose to use herbs in a salve. To do this the herbs are steeped in oil for about a month (I usually go full moon to full moon) and are then mixed with beeswax and shea butter or another emollient to provide a smooth, creamy, nourishing texture that can be used on nipples or any wounds that are closed and still healing. *\*If you choose to have me craft you a personalized salve I will need a month's notice\** Some herbs that we can rely on during the postpartum healing period are listed here, along with some of the reasons why they are a great choice:

- Yarrow: antispetic, promotes healing, uterine aid
- Raspberry leaf: uterine tonic, high in calcium
- Oatstraw: promotes milk supply, calming
- Skullcap: calming, promotes easeful sleep
- Motherswort: may prevent hemorrhage, beneficial for nervous system regulation
- Valerian: calming, uterine tonic
- Lavender: calming, may help during birth
- Nettle: high in iron and calcium, energy building, beneficial for reproductive system
- Comfrey: may promote milk supply, aids in healing tears, anti-itch
- Plantain: aids in healing tears
- Thyme: disinfectant, anti-fungal, high in antioxidants
- Rosemary: anti-inflammatory
- Burdock: heals dry, itchy skin

### *Resources*

*Books: Wise Woman Herbal for the Childbearing Years, Susun S. Weed; Rosemary Gladstar's Medicinal Herbs*

*Purchasing: Awesome Herbs, [awesomeherbsmt.com](http://awesomeherbsmt.com), Starwest Botanicals, [starwest-botanicals.com](http://starwest-botanicals.com), Frontier Coop, [frontiercoop.com](http://frontiercoop.com), Mountain Rose Herbs, [mountainroseherbs.com](http://mountainroseherbs.com)*