



## Raspberry Leaf Tea

The herbal medicine, *Rubus idaeus* is commonly known as Raspberry Leaf and is widely used in preparation for birth.

### **Why its used so widely:**

- Strong tradition in helping facilitate delivery
- May increase the efficiency of uterine contractions
- May shorten the duration of labour
- May reduce the risk of haemorrhage during labour
- May prevent post-term pregnancy and induces labour
- Contains flavonoids to strengthen, tone and relax the uterus and pelvic muscles
- Tannins assist in reducing post-partum haemorrhage, bleeding gums, relieving Braxton Hicks or after-birth pains
- Nutritive containing calcium, iron, zinc, magnesium, vitamins B & E

### **Instructions:**

To make a cup add 1 tablespoon of tea mix to 1 cup of filtered boiling water, cover & leave to infuse for 10 minutes. Start at 25 weeks.

25-28 weeks 1 cup /day – 1 tbspn

28-32 weeks 2 cups /day – 2 tbsps.

32-36 weeks 3 cups /day – 3 tbsps.

37-40 weeks 4 cups /day – 4 tbsps.

40-42 weeks (or 2 weeks post-partum) 2 cups /day until bleeding stops – 2 tbsps.

In the hotter months, can be cooled and iced.

### **Safety:**

Raspberry leaf is considered safe in pregnancy when used at recommended doses. It is great when combined with nettle leaf. Nettle leaf is highly nutritive herb and contains both iron and vitamin C. It also has two valuable effects, the ability to stimulate milk production in nursing mothers and is one of several plants or foods to show experimental lowering of blood-sugar levels in hyperglycaemics.