



## PREGNANCY TEA INFUSION

- 2 parts red raspberry leaf (uterine tonic, rich in vitamin C, easily absorbed calcium & iron)
- 2 parts nettle leaf (has almost every vitamin and mineral needed for human health, especially supports kidneys)
- 1 part dandelion root and leaf (rich in potassium, sodium, calcium, phosphorus, iron and Vitamin A, especially supports liver)
- 1 part alfalfa (protein, vitamins – esp. vitamin K & minerals, digestive enzymes)
- 1 part oatstraw (rich in calcium & magnesium)
- ½ part rose hips (vitamin C)
- ¼ part spearmint leaf or 1/4 part chamomile, or both (mainly for flavor, but chamomile eases digestion, promotes relaxation and prevents constipation)

You can buy the dried herbs (organic is best) from the health food store and mix them together, or bring this recipe with you to a local herb shop, like Lhasa Karnak in Berkeley (on Telegraph or Shattuck) and they will mix it up for you. Store in an airtight container away from heat and light. To make the infusion, put a handful of herbs in a glass quart jar (or a few handfuls in a gallon jar), fill with boiling water and cover. Let it steep at least 8 hours (or overnight), then strain out the herbs and store the tea in the jar in the refrigerator. In the first trimester, drink 1-2 cups per day, increasing to 3-4 cups daily in the third trimester. It's good hot or cold, sweetened, or mixed with juice. A splash of unsweetened cranberry gives a nice tartness and also protects against urinary tract infection. If you heat the tea, do it on the stove, not in the microwave.