



## Pregnancy Tonic

A strong, tasty herbal infusion (a very strong tea) is a great way to get important vitamins and minerals and some medicinal benefits. Make a quart of infusion and sip it throughout the day, either chilled or hot.

### Making an infusion:

1. Bring one quart of fresh water to a boil.
2. Remove from the fire.
3. Add 3-4 tablespoons of herbs. See below for suggestions.
4. Cover the pan.
5. Let the herbs and water sit for at least four hours.
6. Strain the herbs and discard them.
7. Chill the infusion, drink as is, or heat gently.
8. Refrigerate leftovers; discard after 24 hours.

### Suggested herbs:

Choose any combination of these herbs as you like and need. Rose hips and mint taste especially good as they have a little inherent sweetness and combine well with the other herbs.

Herb	Benefits
Nettles	Calcium, iron, protein. Excellent for general nourishment.
Red raspberry leaf	Many nutrients including iron. Tones the uterine muscles. Soothes nausea, eases labor pain, builds milk supply.
Oat straw	Calcium, magnesium. Calms nervous stress and tension. Reduces yeast infections.
Alfalfa	Vitamins A, D, E, K; enzymes; trace minerals.
Chamomile	Calcium. Anti-inflammatory, improves digestion, reduces nausea, calms frazzled nerves.
Rose hips	Vitamin C. Fights infection and exhaustion.
Mint	Many minerals. Improves digestion, reduces nausea, relieves anxiety and tension