



Herbs NOT Helpful in Pregnancy

Herbs have properties that affect how our bodies function. Some are helpful during pregnancy; others are not. Never take any essential oil internally. Always consult a trained specialist before taking herbs. Avoid the following or use with extreme caution if you are pregnant.

Herb	Properties
Angelica; dong quai, archangelica	Uterine stimulant
Black cohosh	Uterine stimulant; hormone stimulant
Blue cohosh	Uterine stimulant; oxytocic
Buckthorn bark	Laxative – too strong in pregnancy; hormone precursor
Cascara sagrada	Laxative – too strong in pregnancy; hormone precursor
Castor oil	Laxative – too strong in pregnancy; hormone precursor
Cottonroot bark	Abortifacient; oxytocic
Comfrey root	Affects liver chemistry.
Ephedra	Nervous system stimulant.
Ginseng	Steroid-like properties
Golden seal	Strong immunostimulant.
Hops	Steroid-like properties
Juniper berries	Strong diuretic
Licorice root	Steroid-like properties
Lobelia	Causes nausea or symptoms of stupor
Mistletoe	Uterine stimulant
Osha	Dilates capillaries
Poke root	Strong immunostimulant
Sage	Hormone stimulant. Culinary use is fine.
Spikenard	Cervical relaxant.
Tansy	Uterine stimulant
Trillium; birthroot	Uterine stimulant; oxytocic
Yarrow	Uterine stimulant