

Red Raspberry Leaf

Rubus idaeus



What are the benefits?

Raspberry leaf is perhaps one of the best known, safest, and most widely used pregnancy tonics. It is known for its ability to increase fertility in men and women, prevent miscarriage and hemorrhage, reduce painful menstrual cramps, and relief of gastric pain.

In labor, this tonic is used for pain reduction, to facilitate placenta delivery, and to encourage the uterus to function without tension so the contractions work efficiently to make the birth experience easier.

Common Concerns:

Is it safe for early pregnancy?

- ∞ In small doses (1 cup per day), raspberry leaf tea is generally fine. Discontinue use if you notice contractions. We recommend waiting until the second trimester to begin drinking raspberry leaf tea.

I don't like the taste.

- ∞ That's ok! You can take it in capsules or add honey to your tea.



What is it used for?

- ∞ Use as a digestive remedy
- ∞ Tone and strengthen the uterus
- ∞ Relief for diarrhea
- ∞ Reduce painful uterine cramps
- ∞ It is the source of many minerals and vitamins: calcium, iron, phosphorus, potassium and vitamins A, B, C, and E.
- ∞ Levels blood sugar
- ∞ Builds healthy bones and teeth

*Always consult your midwife
before taking any herbs.*



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How to use Red Raspberry Leaf

"To ease childbirth" - Penelope Ody

- ∞ Drink 1-2 cups, daily in the last 6-8 weeks of pregnancy
- ∞ Drink plenty during labor
- ∞ Drink postpartum to cleanse the uterus and encourage healthy breastmilk production

Common preparation:

1 quart glass canning jar, with lid
1 ounce red raspberry leaves, dried
OR

2-3 handfuls of fresh leaves

Boiling water

1. Place leaves in jar.
2. Fill jar to top with boiling water.
3. Cap jar.
4. Steep for 4 hours.
5. Drink warm or cool.
6. Store in refrigerator for up to 3 days.



Red raspberry leaf tea may be enjoyed throughout your pregnancy.

For more information:

The Natural Pregnancy Book:

Your complete guide to a safe, organic pregnancy and childbirth with herbs, nutrition, and other holistic choices – *Aviva Romm*

Wise Woman Herbal for the Childbearing Year –
Susun Weed

Reference:

- Foster, S., & Duke, J. (2014). *Peterson field guide to medicinal plants and herbs of eastern and central North America*. (Third ed.). New York, New York: Houghton Mifflin Harcourt Publishing Company.
- Romm, A. (2014). *The natural pregnancy book: Your complete guide to a safe, organic pregnancy and childbirth with herbs, nutrition, and other holistic choices* (Third ed.). Berkeley: Ten Speed Press.
- Weed, S. (1986). *Wise woman herbal for the childbearing year*. Woodstock, New York: Ash Tree Pub.