

# Raspberry Leaf Tea



**Raspberry leaf preparations** have been used since ancient times to prepare the uterus for birth in an attempt to facilitate a complication free labour. It's traditionally taken as a partus preparatory to prepare the uterus for delivery and to facilitate labour. It doesn't induce labor but increases the strength and amplitude of contractions. It helps to bring the uterus down quickly therefore reducing the risk of infection. Research suggests that Raspberry leaf may increase the regularity and decrease the frequency of uterine contractions. Other studies have shown it to shorten the second stage of labour and; Reduce the likelihood of preterm and posterm labour. Most women who take raspberry leaf tea go into labour on or before their due date.

Raspberry leaf can also help with the production and maintenance of breast milk.

GOOD LUCK :) MELISSA KHONSAVANG / BHSC - NATUROPATHY



## IMPORTANT

Avoid taking it in the first trimester of pregnancy.

It may reduce the absorption of some vitamins and minerals so it's very important to consult your naturopath before taking this tea.

Raspberry leaf tea should be started in your second trimester (around 20 weeks) and the dosage increased until 1 week post partum. Taking raspberry leaf a week before you are due doesn't have any effect. Research has indicated it needs to be gradually increased well before your due date.

## HOW TO TAKE

Start drinking 1 cup (500 mg) per day at 20/40 weeks and increase every few weeks until drinking 4 cups per day. Continue drinking 4 cups until 1 week after delivery

*An example of this is:*

20/40-25/40 - 1 cup (500mg/d)

25/40 to 30/40 - 2 cups (2x500mg)

30/40 to 34/40 - 3 cups (3x500mg)

34/40 to delivery - 4 cups (4x500mg)

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