

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Herbs and Pregnancy

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Herbs have been used throughout history and are trusted to be safe and effective. Even during pregnancy when most pharmaceuticals are off limits, most herbs have a safe track record.

There is, however, a rule that should be followed when using herbs during pregnancy: **“Take only what is necessary when it is needed.”** This means to avoid herbs that have a specific action unless otherwise directed. Herbs that are nutritive or tonic are always indicated during pregnancy.

Herbs to avoid during pregnancy:

- Emmenagogue herbs (these herbs induce monthly menstruation – see pg. 657 of Dr. Christopher’s book School of Natural Healing)
- Heavy cathartic herbs (stimulate strong bowel action pg. 650 SNH)
- Stimulating herbs such as coffee
- Hallucinogenic herbs
- Anti-parasitic herbs
- Abortives such as rue, tansy, cotton root bark, or thuja
- Any Standardized extract (these are really drugs)

Herbs used only under special circumstances (in small amounts if at all)

- Pennyroyal (used in the last 6 weeks of pregnancy only)
- False Unicorn (used in case of miscarriage only)
- Blue Cohosh (used to increase uterine contraction just before birth)
- Dong Quai (considered too strong to use for pregnancy in most cases)
- Black Cohosh (used in the last part of pregnancy to help with cramps)
- Male Fern (anti-parasite herb not to be used in large amounts)
- Poke Root (used as a cleanser especially the lymph - too strong for causal use)
- Wormwood and any artemisia species (anti-worm use only when needed)
- Licorice (use in small amounts - no more than 2 capsules 3 times per day)
- Ephedra (use in small amounts only - never use standardized)
- Dr. Christopher’s Pre-natal combination (used in the last 6 weeks of pregnancy only)
- False Unicorn and Lobelia combination (used in case of miscarriage)
- Vitex (considered very strong for pregnancy)

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Most herbs are safe; here is a list of herbs that can be taken during pregnancy in tonic amounts:

- Red Raspberry (should be taken often)
- Alfalfa
- Ginger
- Evening Primrose
- Chamomile
- Cayenne
- Echinacea
- All Dr. Christopher Combinations not mentioned above
- Cramp bark
- Dandelion
- **Vitalerbs (use in copious amounts)**
- Dr. Christopher's Pregnancy tea
- Goldenseal
- Catnip