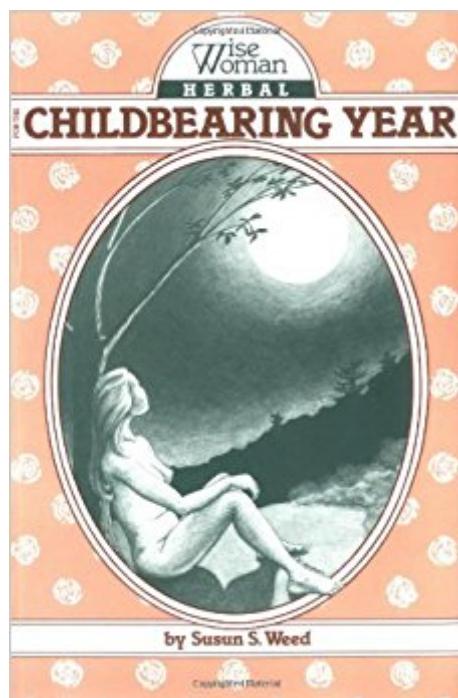


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# Wise Woman Herbal For The Childbearing Year



## Synopsis

Simple, safe remedies for pregnancy, childbirth, lactation, and newborns. Now in its 24th printing. A confirmed favorite with pregnant women, midwives, childbirth educators, and new parents. Packed with clear, comforting, and superbly helpful information. Beginning with the two months before pregnancy, herbs are enlisted to provide safe, effective birth control, or to help ensure pregnancy, even in the most difficult of situations. A special list of teratogens, including herbs to avoid before pregnancy, is included, as is a section on herbs to improve the father's fertility and reduce the risk of birth defects. Once pregnancy has occurred, herbs are safe and beneficial allies in reducing the distress of pregnancy, including hemorrhoids, high blood pressure, morning sickness, emotional changes, anemia, muscle cramps, bladder infections, and preclampsia. Tasty recipes and clear directions make use easy and fun. Herbs take a starring role in labor and delivery -- whether initiating labor, increasing energy, diminishing pain, or staunching postpartum bleeding -- and in postpartum care of the mother's perineum, breasts, and emotions, and the infants umbilicus, skin, scalp, digestive system, and immune system. Humorous, tender, and detailed, this classic text is supported by illustrations, references, resource lists, glossary, and index. Includes herbs for fertility and birth control. Foreword by Jeannine Parvati Baker. (Susun Weed)

## Book Information

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## Customer Reviews

You've heard of the "For Dummies" books? This should have been called "Herbal Medicine for

Pregnant Dummies." *The Wise Woman Herbal: The Childbearing Year* is an excellent resource for any pregnant women, whether she has never considered herbal remedies before, dabbles in them occasionally, or is a full-fledged herbal practitioner, but it is very friendly to the newcomer to herbal medicine. The book includes simple prescriptions for those who don't want to get deeply involved in herbal medicine, such as drinking raspberry leaf tea daily throughout the pregnancy to strengthen the uterus. However, for those who are interested in more complex remedies, the author explains in great detail how to make infusions, tinctures, oils, etc., more so than any other herbal medicine book I've read. This is very helpful to people who have dabbled a little in herbology but have not found a mentor to teach them the ropes. Included in the book is everything from herbal birth control to remedies for the newborn. Especially helpful is the listing of teratogens, or substances that can cause birth defects -- unlike other books on pregnancy, this book lists some common cooking herbs that should be avoided. Appendices include a listing of herbal sources for vitamins and minerals, and recipes for herbal tonics and medicines. A glossary is also included. The author's interesting New Age spirituality and suspicion of technology (such as ultrasound) does not detract from the practical aspects of the book, but adds a sort of charm to the whole process. If asking a plant's permission before picking it isn't your cup of tea, just read those paragraphs with a grain of salt and take the information you need from the book.

I came to my midwifery career (see my memoir, *BABY CATCHER*, Scribner 2002) via the traditional route of nursing school, working in hospital delivery rooms and alternative birth centers, then going to midwifery school, graduating as a CNM. Nowhere along the way was I taught anything about herbs. When I found myself doing home births in Berkeley, CA, many of my clients assumed I was an herbalist. Although I never once claimed to have a knowledge base in that field, I learned enough from *Wise Woman Herbal* to talk intelligently on the subject. Many women who choose home birth shun not just hospitals but also traditional Western medications. *Wise Woman Herbal* was always the resource to which I turned when I needed to know if a particular herb a woman wanted to use was safe and/or efficacious in pregnancy. And eventually I carried and recommended certain ones with confidence, especially blue and black cohosh, ginger, and oil of evening primrose. From me and from all midwives when they were new: Thank you, Susan Weed.

Hate to say it because this book is so well-loved, but as a trained herbalist myself, I disagree with a number of the recommendations made in this book. The contraindications are not up to date or well researched. As one example, please do not use blue cohosh at any time during your pregnancy- the

ONLY appropriate time is during labor itself- it can cause tachycardia in your baby. Always a good idea to talk with an actual herbalist during pregnancy, instead of trusting websites and out of date books!

I got this book in my last month of pregnancy. My hopes were to find some help in getting labor started. My first child was two weeks late and it drove me nuts. I loved it and I also had a problem with infertility and this gave me some good ideas to try next time. I loved it and the labor tips and herbal helpers worked well to ease the labor and seem to be much calmer than the first. Even if you don't think the herbal way is best this book is a must read for the pregnant woman/ couples. And the after care info is a goddess sent book of gold. The diaper rash treatments really work. And the nursing formula kept my milk flowing even when I had to go back to work and could not pump that much. Hope everyone enjoys the book as much as I did.

Ok, if you aren't a newage-y type you have to skip all the flakey goddess-type stuff in the intro. You get past that and you have an excellent reference for pregnant women. I am a Christian who is interested in holistic approaches to health, esp when pregnant and this is a must have reference in my opinion. You will find stuff in here that no conventional doctor can tell you. For example, the only thing that saved me from heartburn and acid reflux attacks at night when pregnant was to nibble on almonds. What doctor is going to tell you that??? It works like a charm when you feel one coming on and it's good for you. Just one example of many. Anyone interested in herbs will love this book as well. If you want to safely use herbs while pregnant, this book will educate you. This book is a favorite of mine because it has the kind of wisdom that women used to know and share with each other, the kind of wisdom we have begun to lose. It is recaptured here. You and your baby will be healthier for having read it.

I used this guide through two births, and I only wish I'd known about it for my first one. It proved invaluable for remedying problems during pregnancy, making childbirth much easier, and alleviating colic in newborns. Most of the herbs are easy to find for purchase and simple to prepare. I have lent it to friends who also found it wonderfully helpful.

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