

How to use this document - Every section is color-coded to a category pertaining to your pregnancy journey from Fertility through Postpartum and Lactation. Products and information under “Essential” are very important for a healthy pregnancy. Products and information under “Helpful” are for suggestions for items that could be helpful if a solution to a problem is needed. Products and information under “Planning Ahead” are for items that will be useful to have on hand at the beginning of or through the next phase. **For more information, visit www.herblore.com**

Birth & Immediate Postpartum - For Mom

Essential

Postpartum Sitz Bath Herbs: Helps to soothe and calm the perineal area after birth. Helps keep the area healthy and alleviates pain and swelling. Winner of the Essential Postpartum Products for Mama and Baby 2015 award.

After Birthing Ease Tincture: Usually you only need After Birthing Ease Tincture if you’re having your second or subsequent baby. Eases after birth pains and cramping while allowing the uterus to clamp down and regain its normal shape and size. After pains commonly happen for women having their second or subsequent baby.

Helpful

Booty Salve: An herbal salve used to soothe painful and itchy hemorrhoids.

Dandelion & Nettle Tincture: Helps lessen water retention and swelling. Also may help prevent or lessen allergies.

Happy Day Tincture: This is a formula that may be used to help people dealing with depression, including pregnancy depression, Postpartum Depression (PPD), Seasonal Affective Disorder (SAD), or any kind of depression. Safe for use by those on anti-depressant medications.

Healing Salve: Helps to soothe and clear diaper rash, cracked nipples, vaginal abrasions caused by birth, tight pregnant belly skin, burns, or any skin irritation or discomfort. Helps with easy removal of meconium (newborn baby's first poops), which can be sticky and difficult to remove.

Birth & Immediate Postpartum - For Mom

Helpful - cont.

Hem Stopper Tincture: Used to help staunch bleeding after a birth. (Midwifery Use Only)

Iron Tonic Tincture: Helps support healthy blood levels naturally and may help with anemic-type situations without causing constipation like a pharmaceutical iron supplement would.

Itch Soother Tincture: Helps alleviate itchy skin, including pregnancy and postpartum itchiness. Helpful for any type of itching or rashes for anyone.

Nursing Mother's Liver Tonic Tincture: These herbs have traditionally and successfully been used as gentle liver cleansers, and are all safe for use while breastfeeding. This is especially helpful for moms who received medications during birth.

Placenta Release Tincture: These herbs are traditionally used at birth to help expel the placenta (Midwifery Use Only)

Pregnancy Tea (or) Pregnancy Tea Tincture: Helps with postpartum recovery and uterine recovery after birth. Loaded with readily available vitamins and mineral to help enrich breastmilk and to provide nutrition to both mom and baby. The tincture is the same blend as the Pregnancy Tea but in the convenient liquid extract form.

Res-Q Blend: A flower essence combination used to ease stress, anxiety, panic attack, trauma, or fear. Helps to balance the emotions. Typically mom will cry on day 3 postpartum, due to shifting hormones, and this really helps. It's also helpful if nursing is difficult, especially due to emotional upset. Mom can take the drops orally as well as apply to her nipples. This soothes any pain and gives the baby a wet target to go for in finding the nipple. The baby will get the soothing of the Res-Q Blend as well and will calm them enough to have a successful nurse.

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Birth & Immediate Postpartum - For Baby

Essential

Healing Salve: Helps to soothe and clear diaper rash, cracked nipples, tight pregnant belly skin, burns, or any skin irritation or discomfort. Helps with easy removal of meconium (newborn baby's first poops), which can be sticky and difficult to remove.

Helpful

Iron Tonic Tincture: Moms can take this and the benefits get passed to the baby through the breastmilk. Helps support healthy blood levels naturally in both mom and baby and may help with anemic-type situations without causing constipation like a pharmaceutical iron supplement would. If the baby is not breastfeeding, you can include the drops into the baby's formula. Please see our Children's Dosage Guide on our website www.herblore.com under Resources --> Articles & Information.

Res-Q Blend: A flower essence combination used to ease stress, anxiety, panic attack, trauma, or fear. Helps to balance the emotions. If nursing is difficult, especially due to emotional upset or a baby that is inconsolable, the drops can be given directly to the baby. Mom can take it too - having an inconsolable baby is not easy! If you give the drops directly to the baby, make sure they don't suck on the dropper because they will want to! Mom can also apply the drops to her nipples. This gives the baby a wet target to go for in finding the nipple and helps with nipple pain.