



Supporting the birth that is right for you!

Rebecca M. Pugh, RM • CPM • Doula
970 708 1298
Rebecca@MountainBirth.com

Why Red Raspberry Leaf Should Be In Your Tea!

By Rebecca Pugh

Red Raspberry Leaf is the “herb supreme” for pregnant women. It is a must for pregnancy and should be added to any pregnancy tea combination. Its vibrancy is uplifting emotionally, physically, and nutritionally!



Rubus idaeus-cultivated variety **Rubus strigosus-wild variety, stronger potency**

- Tones and relaxes the pelvic and uterine muscles.
- High in calcium, iron, phosphorus, potassium and Vitamins B, C, and E. The iron in this herb is naturally chelated making it easy to assimilate, without constipation.
- Astringent properties are beneficial in reducing excessive bleeding during menstruation and post-partum.
- Relieves fevers and lowers blood sugar levels.
- High levels of tannins are beneficial for relieving diarrhea.
- Calcium content helps build strong bones and teeth.
- Acts as a uterine tonic with adaptive qualities. The herb simultaneously relaxes and stimulates the uterus without causing contractions, making it safe for pregnancy. It has a tonifying quality that is balancing to the female reproductive system. Its anti-abortive and anti-spasmodic qualities facilitate delivery while preventing miscarriage. These actions also aid in the removal of afterbirth.
- Acts as a galactagogue.
- Has an uplifting, fruity taste!