



Herbs & Pregnancy

Herbs have been used throughout history and are trusted to be safe and effective. Even during pregnancy when most pharmaceuticals are off limits, 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, 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 (induce monthly menstruation.)

Heavy cathartic herbs (stimulate strong bowel action.)

Stimulating herbs such as coffee.

Hallucinogenic herbs

Anti-Parasitic herbs

Abortive herbs such as rue, tansy, cotton root bark, or thuja.

Any standardized extract (these are really drugs.)

Do not do the 3-Day Cleanse Routine

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

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| Pennyroyal | Used in the last 6 weeks of pregnancy only. |
| False Unicorn | Used in case of miscarriage only. |
| Blue Cohosh | Used to increase uterine contractions 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 casual use. |
| Wormwood and any artemisia species | Anti-worm use only when needed. |
| Licorice | Use in small amounts. No more than 2 capsules 3 times daily. |
| Ephedra | Use in small amounts, only never use standardized. |
| Dr. Christopher's Pre-Natal Formula | Used in the last 6 weeks of pregnancy only. |
| Goldenseal | Use in low therapeutic amounts only. |
| False Unicorn & Lobelia Combination | Used in case of miscarriage. |
| Vitex | Considered very strong for pregnancy and may lessen effectiveness of birth control pills. |
| Extended Herbal Cleanse | Only when needed. |

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Most herbs are safe, here is a list of herbs that are commonly taken during pregnancy in tonic amounts:

Red Raspberry (should be taken often)
Ginger
Chamomile
Echinacea
Cramp Bark
Vitalerbs (use in copious amounts)
Jurassic Green Powder (use in copious amounts)
Dr. Christopher's Pregnancy Tea
Catnip
Alfalfa
Evening Primrose Oil (EPO)
Cayenne
All Dr. Christopher's original Combinations not mentioned
Dandelion

Pregnancy Instructions

Vitalerbs

5 capsules 3x's a day with meals

Wheat Germ Oil

2 Capsules 2x's a day

Liquid Chlorophyll

1 Tbsp 2x's a day

Pregnancy Tea - 3 Parts Red Raspberry Leaf, 1 part

1 Quart daily

Alfalfa

Pure Water

2 Quarts a day

Herbal Aids

Stretch Marks: Wheat Germ Oil that you take orally will help to reduce stretch marks by supplying the skin with the right type of oil to help make it soft. You can also apply the wheat germ oil directly to the skin. Or you can use 100% Cocoa butter or Shea Butter.

Charley Horse: A dropper full of Herbal Calcium Extract 3 times a day. Rub Cayenne Deep Heating Ointment into the charley horse. Charley horses are usually due to a lack of the right kind of calcium in the system.

Insomnia: Lavender Oil - The first thing Dr Christopher would recommend is to go outside bare-footed and shuffle your feet through the grass for 20-30 min. Sometimes we build up static electricity in our systems that it can leave us feeling wired and we just need to ground ourselves again. The second thing that he recommends is taking a hot bath with some lavender oil in the bath water.

Nausea: Vomiting (especially during pregnancy): See formula using turkey rhubarb, spearmint, cinnamon and cloves. [SNH p.187]

♦ Strong Decoction of Wild Yam for Nausea of Pregnancy: See formula using wild yam, distilled water and glycerine. [SNH p.403]

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- ◆ **Homemade Ginger Ale for Morning Sickness:** We have discovered a wonderful recipe for Ginger Ale that is not only delicious, but it helps the nausea of pregnancy as well. Fortunately, it is a very pleasant remedy. Bring 2 gallons of water to a boil with 1 tablespoon ground Ginger. Allow to cool to lukewarm and strain. Add two cups of honey to the water-Ginger mixture and stir well. Add the juice of four lemons and just 1/4 teaspoon of dry baking yeast (wine yeast would work even better but is less available). Put into absolutely clean gallon jars and cover lightly. Allow to stand for two days. It should be nice and sparkly by now. If it gets too sparkly, refrigerate. This drink is popular with the whole family as well as a lady with morning sickness, and it is surely more wholesome than the sugared varieties purchased at stores. [NL 7-3]

Yeast Infection: Liquid Acidophilus, Bayberry tea. Keep the liquid acidophilus in the refrigerator and use cold on a sanitary pad. This will give a lot of relief for the itching and burning. Drink the Bayberry tea to flush out the yeast. The tea is pretty bitter so you can use 1 or 2 Tbsp every hour through out the day or 3 glasses per day. Stay away from sugar while you are clearing up this problem.

Bladder Infection: 2 Kidney Capsules, 1 Cranactin or 100% Cranberry ext. Take Capsules 3 times per day. Drink a gallon of water to flush out the infection. Be aware that within 24 hours of using these herbs you will probably burn when you urinate. This is because the infection is being flushed out.

Cramps from Pregnancy, Uterine Pains, or any Nervous Troubles During Pregnancy: See formula using cramp bark, squaw vine, wild yam and blue cohosh. [SNH p.333] Wild yam relaxes the muscular fibers, soothes the nerves, and gives positive relief from pains, especially those associated with bilious colic, gallstones, and uterus. It is of great value in nervousness, restlessness, nausea, and pains that are common to pregnancy. Wild yam has a potent tonic effect on the uterus when taken throughout the period of pregnancy. It is excellent for helping to promote the relief of cramps during pregnancy (especially during the latter stages), and will help greatly assist in preventing a miscarriage. Wild yam helps relieve flatulence of the stomach and bowels, and soothes any abdominal and intestinal irritations and spasms. [SNH p.402]

- ◆ **False Unicorn & Lobelia:** Dr. Christopher's Anti-Miscarriage Formula: False Unicorn, 3 parts, and Lobelia, one part, constitute this combination. Unless otherwise specified, teas are always made with one teaspoon of herbs to a cup of distilled water (if obtainable). If hemorrhaging starts during pregnancy, stay in bed, use a bed pan when needed, and use 1/2 cup of this tea each 1/2 hour until bleeding stops, then each waking hour for one day, while in bed as much as possible and then three times in a day for three weeks. If bleeding continues instead of decreasing, see a doctor. [SNH p.532]

- ◆ **Pre-Natal Tea:** Dr. Christopher's Pre-Natal Tea: Using this tea (or two or three capsules or tablets) morning and evening is an aid in giving elasticity to pelvic and vaginal area and strengthening the reproductive organs for easier delivery. Should be used only in the last six weeks before time of birth. These are the herbs used: Squaw Vine, Holy Thistle, Black Cohosh, Pennyroyal, False Unicorn, Raspberry Leaves, Lobelia. [SNH p.532]

- ◆ **Red Raspberry** is a great agent for cleansing a canker condition of the mucous membranes in the alimentary tract, leaving the tissue toned. In pregnancy the infusion, when taken regularly, will quiet premature pains, and will produce a safe, speedy and easy delivery. Raspberry leaves stimulate, tone and regulate (both the leaves and fruit are high in citrate

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of iron which is the active alterative, blood-making, astringent and contractive agent for the reproductive area) before and during childbearing, assisting contractions and checking hemorrhage during labor, relieving after-pains, then strengthening, cleansing, and enriching the milk of the mother in the post-delivery period. [HHH p.4] Dr. Christopher recommended taking at least a daily cup of Red Raspberry tea throughout pregnancy. He said that in addition to its good effects on the uterus it is also anti-nausea. A woman who was expecting her ninth child often experienced nausea during pregnancy. When she suspected that she might be pregnant again she began taking the tea even before she began to feel morning sickness. She never experienced any discomfort so she wondered if it might just be an unusual or unhealthy pregnancy, so she discontinued the tea. Not long after she began to feel nausea! She quickly began to take the tea again and felt no discomfort since then. [UW-Red Raspberry]

- ◆ Pregnancy Green Drink: Interestingly the [Red Raspberry] berries are said to provide many of the medicinal factors of the leaves. We have been encouraged by midwives to eat freely of the berries, if possible, for the same good effect during pregnancy--a lovely medicine! Since some people never get used to the taste of the tea a good way to use the leaves (aside from capsules or tablets) is to make a green drink. Our "pregnancy green drink", to which we have grown so accustomed that we can hardly imagine pregnancy without it, is made thus: To a cup or more of pineapple juice in a blender container, add a handful of Red Raspberry leaves, a handful of comfrey leaves and a few alfalfa leaves. Blend until the fibers of the leaves are broken down and drink immediately. You can add a couple of ice cubes or a little cold water if you want an icy or thinner drink. [UW-Red Raspberry]
- ◆ [Female Reproductive](#): Dr. Christopher's Herbal Aid for Female Reproductive Organs and [Hormonal Changease](#): Dr. Christopher's Herbal Hormone Formula: If the female organs are in a questionable condition, it is well before and during pregnancy (also in the post-delivery period) to use our female corrective formula [Female Reproductive] (an herbal food to strengthen and rebuild the entire reproductive area) and the estrogen hormone combination [Hormonal Changease] (herbal aid) to assist in supplying needed hormones and estrogens in the correct amount. The human body is computerized to a point that it will take from an herbal formula such as this one the different types of estrogens and hormones it needs, and easily discard the ones not used. These herbs can be not only accepted into the body, but also assimilated when needed and eliminated when not required. [HHH p.5]
- ◆ [Female Reproductive](#): Dr. Christopher's Herbal Aid for Female Reproductive Organs: This is an amazing combination of herbs to aid in rebuilding a malfunctioning reproductive system (uterus, ovaries, fallopian tubes, etc.). Over the years herbalists and patients have seen painful menstruations, heavy flowing, cramps, irregularity, etc., that have been helped and the patient now has a painless menstrual period, good menstrual timing, and a new outlook on life by using these aids to readjust the malfunctioning areas. The female corrective formula consists of three parts of golden seal root and one part of each of the following: blessed thistle, cayenne, cramp bark, false unicorn root, ginger, red raspberry leaves, squaw vine, and uva ursi.
- ◆ Recommended dosage is one cup or 2 capsules or tablets morning and evening or three times a day if desired, six days a week for as long as required to get results desired. We have seen many severe cases that have had many years of suffering cleared up in 90 to

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120 days. Some get relief sooner, some take longer--no two cases are alike. This is a food to rebuild the malfunctioning organs.

- ◆ [Hormonal Changease](#): Dr. Christopher's Herbal Hormone Formula: Here are herbs that are an aid to assist the function of developing the hormone and estrogen balance in both female and male. This combination consists of the following herbs: black cohosh, sarsaparilla, ginseng, blessed thistle herb, licorice root, false unicorn root, and squaw vine. Adult suggested amount is one to three number 0 capsules morning and evening, as desired. Hormonal Changease is an aid to youth going into puberty, for expecting mothers, as well as at menopause times.

These two combinations, the female corrective [Female Reproductive] and the hormone-estrogen combinations [Hormonal Changease] can be used during the entire time of pregnancy (and also before and following), as it is an herbal food like any other food and "is there to be used, if needed," but can do no harm in any way.

If there is yeast infection and or Herpes Simplex before or during pregnancy, add also, the [V.B.](#): Dr. Christopher's Vaginal and Rectal Herbal Bolus and the slant board routine [\[Yellow Dock Combination\]](#) included herein. These are very beneficial and yet are harmless to the mother and child-to-be. [HHH p.7]

- ◆ [Herbal Calcium Formula](#): Dr. Christopher's Calcium Formula: Another way to have a healthy child (one that is not a worry because of repeated sicknesses), a mother-to-be should use a good calcium formula during the entire pregnancy and also during the lactation period.

There is a good herbal formula that we use which is strictly an assimilable vegetable (herbal) type combination. It consists of six parts horsetail grass, four parts comfrey root, three parts oat straw and one part lobelia. The horsetail grass is almost pure silica but by biological transmutation, so says renowned scientist Professor Louis C. Kervran, the human body is able to make the molecular change to transform the silica into assimilated calcium. To aid this we have a number of trace minerals in the comfrey that speeds up the transformation.

It is a known fact that there is a lack of adequate calcium in the diet of the average adult today. One reason, of course, is the use of processed "foods" which have been robbed of much of the calcium they originally had. The next cause of calcium deficiency is the use of so much inorganic sugars and starches (the starches turn to sugars). This sugar leaches out the calcium from the body of the mother. The fetus is drawing on the calcium for self-preservation, as well as leaching out by sugars of more and more calcium. The young mother-to-be then wonders why the varicose veins (breaking and darkening of veins), the loss of teeth during pregnancy, and the "Charlie horses" (cramps) and muscle weakness, etc. etc.! [HHH p.11]

- ◆ Alfalfa: Many people consider Alfalfa an important herb to take throughout pregnancy. If an expectant mother is suffering from morning sickness, she can eat Alfalfa sprouts in her diet and can take from eight to sixteen tablets of Alfalfa until the condition is under control, then she can reduce the dosage (Mal:252). Many people consider that a daily green drink consisting of Alfalfa, comfrey and fresh red-raspberry leaves is an excellent pregnancy drink; it is preferred to a tea made of the same substances. After the birth, Alfalfa is sometimes taken to prevent hemorrhages. Some women have eaten Alfalfa tablets after their births like candy in order to shorten the postpartum bleeding time. Alfalfa is also thought to dramatically help bring the milk in for the nursing mother. It certainly enriches the

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quality of the milk and is much preferable to other hot beverages, such as regular tea, which can pollute the breast milk. It can be flavored with mint, orange peel, and honey. [UW-Alfalfa]

- ◆ Irritable Bladder of Pregnancy: When the mother-to-be needs to urinate every few hours due to irritation and pressure; often when a mother sneezes or coughs or even walks, urine is expelled. Gravel Root will help alleviate this condition, as long as it does not result from actual fetal pressure on the bladder itself. [UW-Gravel Root]
- ◆ Toxemia and Kelp: Kelp, as might be expected, is also of use in the female organs. It will tone up a weak uterus and help produce a healthier baby, as the balanced minerals will be supplied fully with the use of Kelp. Some women who had lost babies in childbirth and others who had not been able to carry babies were helped by the use of Kelp by Dr. Powell's prescription of Kelp to carry healthy babies full term. Especially when toxemia threatens during the last stages of the pregnancy, Kelp, being a carrier of important minerals and a toner and an antiseptic, can help clear up an otherwise dangerous condition. [UW-Kelp]
- ◆ Onions: To help build the blood or to help prevent obesity, to help provide strength during pregnancy or to help prevent toxemia, take Onions three times a week cooked, two times a week raw. [UW-Onions]
- ◆ Heartburn during Pregnancy: Many women experience indigestion and heartburn, and sometimes gas, during pregnancy. This may be caused by the stomach having less room to do its work, nervous tension that inhibits good digestion, too many stomach acids, or a relaxed stomach, which allows foods to back up. Be sure that you do not take antacids during pregnancy. They further inhibit digestion, and they may cross over the placenta into the baby. To deal with these symptoms, Dr. Christopher first emphasized that we must chew our food. Many of us just gulp it down, and the large particles cause gas, fermentation, and pain. Chew well; even juices should be swished in the mouth to mix them with saliva and begin digestion. Don't drink with your meals; water or other liquids dilute the digestive fluids; you may, however, want to take broth or juices with the meal, but you should "chew" these, too. Increase your B-vitamin foods, including whole grains, brewer's yeast, wheat germ, yogurt, and perhaps acidophilus. Don't smoke or drink tea or coffee; these irritate the stomach and increase heartburn. Eat small meals frequently; if you must be away from home, take juice, fruit and nuts with you to prevent your blood sugar going down and stomach acids overproducing. Papaya can aid digestion--fresh, dried or in tablets. Some women take tablets of activated charcoal to absorb gases in the system. Slippery elm gruel will alleviate heartburn and absorb gases and toxins. [EWH p.41]

Testimonials

1. Scars from Caesarean Section Almost Prevent From Having More Children: A lady who had had three children by Caesarean section came to Dr. Christopher because she was "baby hungry." Medical doctors had told her that her scars were so bad that if she dared become pregnant again, the strain on her system would kill both her and her baby. Another section, they insisted, was totally impossible; one doctor crudely said that they couldn't even crochet her back together again if she attempted another pregnancy.

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But she wanted another child. Dr. Christopher advised her to begin the usual program with [Dr. John R. Christopher's "Three Day Cleansing Program"](#) once monthly, [Dr. John R. Christopher's "Mucusless Diet"](#), the hormone-balancing [[Hormonal Changease](#)] and female corrective formulas [[Female Reproductive](#)]. In addition, he told her to do the [Three Oil Massage](#), which is detailed in our section on Hair Loss, [EWH p.136]. The lady was to sunbathe as well, and to exercise.

Time passed, and Dr. Christopher had pretty much forgotten about this case. But the lady came to him with a baby in her arms. The scar tissue had begun to soften, and eventually became healthy tissue. She had an easy home birth vaginally, with no complications. This lady went on to have other children, grateful to Dr. Christopher for her healing with herbs. [EWH p.114]

2. [Pre-Natal Tea](#): Dr. Christopher's Pre-Natal Tea: Amateur herbalists, after reading that Pennyroyal must not be taken during pregnancy because it is an abortive, criticized Dr. Christopher for including it in his five-week formula which is taken by expectant mothers during the last five weeks of their pregnancy to facilitate an easy labor and delivery. Dr. Christopher explained that the Pennyroyal is included there to help prepare the uterus for easy delivery and that the quantity is quite small compared to the rest of the formula. Also during the last five weeks his small amount acts as a tonic and regulator rather than a strong abortive. He told many stories of how women received great relief during their labors because of the use of the five-week formula. One woman who had had two very difficult and long labors before was questioning whether she wanted to have another baby. The ordeal seemed to her too difficult. She began to take the five-week formula for the third pregnancy and to her delight her labor was just a few short hours and the delivery extremely easy.

Another woman took the formula routinely with each of her pregnancies proceeding the last five weeks with daily doses of red raspberry, comfrey, and alfalfa. Her labors were extremely short and easy. The first baby came within two hours, the second within an hour, the third within a half hour, and so on!

Pennyroyal is not a particularly trustworthy herb. It only works a quarter of the time anyway, and could cause problems with a fetus if it were taken during the first part of a pregnancy. Recently a woman took a large dose of Pennyroyal in order to induce an abortion and died, although it was found later that she intended to commit suicide. Instead of taking the herb, she took the essential oil, which contains the very concentrated medicinal factors. Three women were involved in this case. Two ingested a quarter ounce each and lived, while the third consumed a full ounce of the herb oil and died painfully. It was thought that all three women were trying to induce abortion although a subsequent investigation revealed that the woman had been despondent and had talked of suicide and that she probably knew from her former experience with herbs that the ounce of the oil would be lethal. However, the story was widely published and prompted the director of the Rocky Mountain Poison Control Center to label the health food industry "murderers". Many people take herbs without knowing the full risk. In all cases they should follow the advice of Dr. Christopher who recommended that we do not generally take herbs in extracted or concentrated forms but that we take the herb in its natural form or at the most, in a tincture, so that we have the balanced elements needed for proper use. [UW-Pennyroyal]

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3. Red Raspberry: Dr. George Zofchak reported that almost forty years ago he and his wife had their first son and after a few years they decided they wanted more children. But his wife Irene had trouble carrying the babies and there were several miscarriages. Finally Dr. Zofchak learned that Red Raspberry leaves helped a woman in many ways throughout her pregnancy, strengthening the attachment of the fetus and easing delivery at the time of the birth. Although he had been selling herbs for some years he had overlooked the use of the Raspberry leaf tea. When his wife became pregnant again she began drinking a few cups of the tea during the pregnancy, which proceeded normally even though ten years had passed since the birth of their first son. They had two other children through the use of the Red Raspberry leaf tea (Bri:233). [UW-Red Raspberry]

4. Sickly Girl Gets Well and is Able to Get Pregnant: The Female Corrective Formula [[Female Reproductive](#)] will strengthen the reproductive system of the female, while the Prostate Formula [[Male Urinary Tract](#)] will help the prospective father. Both parents will benefit by the Hormone and Estrogen Formula [[Hormonal Changease](#)]. Both parents should begin these detoxification procedures before conception. During pregnancy, the mother should drink plenty of red raspberry leaf tea; approximately one quart a day. One may find a more detailed discussion on preparation for pregnancy in the volume Childhood Diseases, by John R. Christopher. People could do much to correct high-risk pregnancies with the Creator's available remedies if only they would take the time to learn about how to care for the body.

I well remember an incident a number of years ago, of spending some time counseling with a young lady and her boy friend. They had brought the girl's parents with them. They were deeply in love and wanted to get married. However, the girl, as much as she loved this young man, had begged him not to pressure her to marry him because of her present physical condition. Her whole system was in such a deplorable condition that there was no menstrual cycle to be detected in any accuracy at all. The menstrual period would start; then shortly she would stop flowing and in several days might start again and continue for several weeks of heavy flow. Other times she would go six or eight weeks, or more, without another menstrual period. When her mother had come to see me a few days earlier, the girl had menstruated for so many weeks, she was anemic. Her period had been so long and frequent that she was so weak and run down, she spent much of her time in bed. This weak condition was so bad, her doctor had told her that she could never have children if she did get married or planned to; but she would be better off to remain single.

Her fiancé insisted that they should get married and he would take care of her throughout her life, not worrying whether or not she could bear him children. But, she did not want to spend the rest of her life a sickly woman.

I advised them to follow a blood-rebuilding program and both assist and encourage each other. The program started with [three-day cleansing cycles](#) and then included a mostly vegetarian (and [mucusless](#)) diet with lots of fresh fruits and vegetable salads, pure fruit and vegetable juices (especially carrot) and the use of Dr. Christopher's Female Corrective herbs [[Female Reproductive](#)] as well as our special formula for the glands. (Read his book "[The Incurables](#)" as well as "[Three Day Cleanse](#)" pamphlets, etc.) We promised that if they

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would cooperate and follow instructions, her bloodstream could be rebuilt and her system strengthened before the year was over.

They got married and he nursed her at home, watching her diet carefully, and helped her step by step to follow the mucusless diet and to use various herbs to assist in the rebuilding of her reproductive organs. They watched her blossom out over the next few months. In a little over a year of married life, the young lady became the proud mother of a healthy baby boy. How much nicer it is to be a healthy happy mother instead of an invalid! This couple proved that an "ounce of prevention" is better than a "pound of cure." [NL 2-5]

5. Rh Factor: Up in the Brigham City, Utah area I had an extremely interesting case come to our study group to see if we had a program that could be of some assistance. The lady wanting help had had three children and all three had Rh negative factor problems. (Each of the three children had to have their blood drained out and different blood filled in). All had a difficult time pulling through the ordeal and staying alive.

Any mother having this condition Rh factor, and having three children, one right after the other with the same problem, if she is an average woman, would say "no more"! But the good Lord made brave women from the beginning for a lot of us to have as valiant mothers who love holding and caring for another new baby so much that they will still take the chance! Anyway, to add insult to injury, this lady did not only have the Rh factor problem, but had just had open-heart surgery. The obstetrician warned her that if she became pregnant again, she and/or the baby could die. But she wanted a large family.

The first thing we had her do was go on the "basics"; for instance, to use the lower bowel formula [[Lower Bowel](#)] and clean out the bowels, and drink a gallon of steam distilled water each day to keep flushing the system. She drank no less than a quart of red raspberry leaf tea, using two capsules of [Blood Stream Formula](#): Dr. Christopher's Blood Purifying Formula and followed [Dr. John R. Christopher's "Three Day Cleansing Program"](#) and [Dr. John R. Christopher's "Mucusless Diet"](#).

This woman's program was watched carefully during the entire nine months and the progress was excellent. When the next baby came it was with no Rh factor problem (no blood pumped out and replaced).

This woman and her husband became parents of two more babies born a few years later, and both of them were free of this Rh negative factor.

It has been very satisfying to the parents, as well as to us who helped guide them, to know that this serious condition can be cured if we will but do something about it "naturally" as explained herein.

Good common sense, knowledge of right foods, and the Lord's good herbs can make life better for all of us if we will just use these methods. [NL 2-5]