

Herbs to Avoid During Pregnancy

We highly recommend that before taking any herbal remedy, you consult with a Certified Herbalists. They will help you decide what herb is the best choice for you and to obtain the proper dosage.

DURING THE FIRST AND SECOND TRIMESTERS, AVOID THE FOLLOWING:

- Black cohosh (*use during the last six weeks only if needed*)
- Blue cohosh (*use during the last four weeks only if needed*)
- Comfrey (*externally only*)
- Cotton root bark
- Goldenseal
- Suma
- Yellow dock (*1/2 cup tea in combination with bulk fiber or carminatives is okay to relieve constipation, but may be stimulating to lower intestines early in pregnancy*)

<i>Throughout The Pregnancy Avoid:</i>				
Aconite	Elecampane	Juniper	Pleurisy root	Wormseed
Aloe (<i>externally only</i>)	False hellebore	Lad's love	Poke root	Wormwood
American ginseng	Fenugreek	Licorice	Poppy	Yellow Jasmine
American mandrake	Feverfew	Lobelia	Quassia	Yucca
American mistletoe	Gentian	Lomatium	Red sage	*Arnica
Astragalus	Ginko	Ma huang	Rue	**Sage
Barberry	Ginseng	Male Fern	Sassafras	***Thyme
Bloodroot	Greater celandine	Meadow saffron	Saw Palmetto	****Vervain
Bogbean	Hops	Mistletoe	Senna	
Broom	Horehound	Mugwort	Siberian Ginseng	
Bryony	Hyssop	Nasturtium	Tansy	
Celery seed	Ipecac	Oregon grape root	Thuja	
Chaparral	Jamaican dogwood	Pennyroyal	Wild Carrot	
Coltsfoot	Jimsonweed	Peruvian bark	Wild Indigo	

** except homeopathically or externally*

*** Small amounts in cooking or mouthwashes are fine; safe to consume during lactation, even helpful for drying up excess milk when baby is ready to be weaned.*

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*****fine after delivery*