Natural Herbal Remedies for Postpartum

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INTRODUCTION

Hi, I'm Olivia.

My journey with herbal support began long before I ever thought about offering it to families—I first experienced it myself. Through fertility, pregnancy, and postpartum, herbs became an anchor for me. They supported my body through hormonal shifts, helped me heal after birth, and gave me practical, gentle tools to care for myself in a way that felt deeply nourishing.

Over the years, I've also witnessed how powerful herbal remedies can be for other moms and their little ones. I've seen herbs bring comfort for digestive troubles, soothe big emotions, ease teething discomfort, and strengthen overall well-being in ways that are simple, safe, and effective. These experiences have affirmed for me that herbal care isn't just "extra"—it's a valuable resource that has been trusted for generations.

Modern postpartum care often overlooks these kinds of supports, focusing only on the medical side of healing. But moms deserve more than that. We deserve holistic tools that nurture the whole person—body, mind, and spirit. Herbs are one of the most accessible ways to fill that gap, offering everyday support for energy, healing, and balance.

This guide is my way of bringing those benefits forward. It blends my personal experience, practical wisdom, and holistic training into something you can actually use in your day-to-day life as you move through pregnancy, postpartum, and early motherhood.

If you've ever wished for gentle, effective ways to support yourself and your baby, I hope this opens the door for you. Herbs have carried me, and countless other women, through some of the most tender seasons of life—and they can do the same for you.

CHAPTER I

Understanding Herbal Actions: The Essential Categories of Postpartum Herbs

Postpartum recovery is a complexand multi-layered process, requiring support for hormonal balance, tissue healing, mental well-being, digestion, and milk production. Different herbs have different therapeutic actions, and understanding these categories can help postpartum mothers use herbs safely and effectively.

This chapter will explore the key herbal categories that support postpartum healing, breaking down how they work and why they are essential.

Nervines

For Calming the Nervous System & Reducing Anxiety

After birth, the nervous system is in a heightened state, responding to the demands of healing, newborn care, and hormonal shifts.

The sudden drop in estrogen and progesterone can trigger mood swings, anxiety, and difficulty sleeping. Add in sleep deprivation, overstimulation, and the mental load of new motherhood, and it's no surprise that many women feel emotionally fragile.

Nervine herbs work by supporting the nervous system, promoting relaxation, reducing stress hormones like cortisol, and balancing neurotransmitters like serotonin and GABA, which help regulate mood and sleep.

These herbs don’t sedate like pharmaceuticals; instead, they work gently to restore equilibrium, soothing an overworked nervous system without numbing emotions. They can be particularly useful for postpartum anxiety, intrusive thoughts, and difficulty unwinding/sleeping.

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Uterine Tonics

For Womb Healing & Postpartum Bleeding

The uterus undergoes massive changes during pregnancy, expanding up to 500 times its normal size. After birth, it needs to contract and shrink back down—a process called involution. During this time, postpartum bleeding (lochia) occurs as the body sheds the excess tissue and blood built up during pregnancy.

Uterine tonic herbs help by:

- Encouraging uterine contractions to support a healthy and complete involution.
- Regulating postpartum bleeding, ensuring it follows a normal course.
- Aiding tissue repair and preventing infection.

These herbs can be especially helpful for women experiencing excessive bleeding, slow uterine recovery, or discomfort in the womb postpartum. Some also have mild hormonal balancing effects, helping to regulate postpartum estrogen levels naturally.

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Galactagogues
For Supporting Milk Supply

Breast milk production is primarily driven by the hormones prolactin and oxytocin, but many factors, including stress, hydration, and nutrition, can influence supply. If a mother is struggling with low milk production, galactagogue herbs can help by:

- Encouraging prolactin release, supporting natural milk production.
- Providing essential nutrients that are often depleted postpartum.
- Supporting digestion, as poor gut health can impact nutrient absorption and milk quality.

Some galactagogues also have hormonal and circulatory benefits, which can be useful in cases where thyroid function, stress, or anemia are impacting lactation. They work best when combined with frequent nursing, skin-to-skin contact, and proper hydration.

If breastfeeding issues are causing issues, please consult with an IBCLC

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Digestive Herbs

For Gut Healing & Reducing Postpartum Bloating

Digestion slows down significantly during pregnancy due to hormonal shifts and pressure on the digestive organs.

Postpartum, many women experience bloating, constipation, and sluggish digestion, which can be worsened by stress and inflammation.

Digestive herbs help by:

- Stimulating digestive enzymes to get the gut moving again.
- Easing bloating and gas, which are common in the early postpartum days.
- Supporting gut flora, important since gut health plays a role in postpartum mood, energy, and even milk supply.
- Warming and strengthening digestion, which is especially important in traditional postpartum healing practices that emphasize keeping the mother warm and nourished.

Many cultures incorporate warming spices and herbs into postpartum meals to aid digestion, reduce bloating, and support overall recovery.

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Nootropics

For Cognitive Function, Mental Clarity & Memory Support

The maternal brain undergoes structural and functional changes, enhancing bonding, emotional processing, and multitasking, but often at the expense of memory and cognitive sharpness. Many new mothers experience postpartum brain fog, forgetfulness, and difficulty concentrating, largely due to hormonal shifts, sleep deprivation, and nutrient depletion.

Nootropic herbs, also known as cognitive enhancers, support brain function, neuroplasticity, and mental clarity by:

- Increasing cerebral circulation, delivering more oxygen and nutrients to the brain.
- Reducing neuroinflammation, which can be heightened postpartum due to hormonal fluctuations and stress.
- Modulating neurotransmitters like dopamine, serotonin, and acetylcholine, which are critical for mood, memory, and focus.
- Acting as adaptogens, helping the brain and body better cope with the mental load of new motherhood.

These herbs are particularly beneficial for postpartum mothers who feel mentally foggy, struggle with focus, or experience forgetfulness. They can be taken as teas, tinctures, or capsules and are often combined with nutrient-dense postpartum diets to support optimal brain function.

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Adaptogens

For Stress Resilience,HormonalBalance & Energy

Adaptogens are a unique class of herbs that help the body adapt to stress, support hormonal recalibration, and enhance energy and resilience without overstimulation.

Adaptogens are particularly useful for:

- Regulating cortisol & preventing postpartum burnout
- Supporting emotional stability & reducing mood swings
- Boosting energy levels without caffeine or stimulants
- Strengthening adrenal function & immune health

This is where adaptogens come in. Unlike stimulants (which push the body to expend more energy), adaptogens nourish and regulate the stress response, supporting the adrenal glands, immune system, and hormonal balance without overstimulation or depletion.

Adaptogens have been used for centuries in traditional medicine systems like Ayurveda, Traditional Chinese Medicine (TCM), and Indigenous healing practices to help the body maintain equilibrium in times of stress, recovery, and transformation.

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Hair & Skin Rejuvenating Herbs

For Postpartum Hair Loss & Skin Recovery

Postpartum hair loss (telogen effluvium) is one of the most common concerns new mothers face, typically peaking around 3-4 months postpartum. This happens because high pregnancy hormones kept hair in the growth phase, and after birth, those hormones drop, causing a sudden shedding of hair that would have naturally fallen out over time.

Skin can also suffer postpartum, due to collagen depletion, dehydration, and hormonal changes. Many women experience dryness, pigmentation (melasma), or breakouts as their body adjusts.

Herbs for hair and skin help by:

- Boosting circulation to the scalp, stimulating hair regrowth.
- Providing essential minerals like silica and iron, which support healthy hair and skin.
- Reducing inflammation, preventing excess shedding.
- Supporting collagen production, keeping skin firm and resilient.

Herbs in this category are often applied topically as oils, rinses, and masks in addition to being taken internally for a whole-body approach to postpartum recovery.

Postpartum Herbal Guide: Categories & Their Herbal Allies

	Nervines – For Calming the Nervous System& Reducing Anxiety	Brahmi (BacopaMonnieri),LemonBalm,Oatstraw, Chamomile, Passionflower, Lavender, Skullcap, Tulsi (Holy Basil),
	Uterine Tonics – For Womb Healing & Postpartum Bleeding	Shatavari, Uva Ursi, Raspberry Leaf, Yarrow, Motherwort, Shepherd's Purse, Mugwort, Black Cohosh, Nettle Leaf
	Galactagogues – For Supporting Milk Supply	Fenugreek, Fennel Seeds, Moringa, Goat's Rue, Blessed Thistle, Anise, Cumin, Shatavari, Alfalfa, Brewer's Yeast
	Digestive Herbs – For Gut Healing & Reducing Postpartum Bloating	Ajwain Seeds, Ginger, Cinnamon, Peppermint, Cardamom, Clove, Fennel, Licorice Root, Coriander, Turmeric
	Nootropics – For Cognitive Function, Mental Clarity & Memory Support	Brahmi (Bacopa Monnieri), Lion's Mane Mushroom, Ashwagandha, Gotu Kola, Tulsi (Holy Basil), Schisandra, Rosemary, Maca Root, Siberian Ginseng
	Hair & Skin Rejuvenating Herbs – For Postpartum Hair Loss & Skin Recovery	Rosemary, Bhringraj, Castor Oil, Amla (Indian Gooseberry), Gotu Kola, Nettle, Calendula, Black Sesame Seeds
	Adaptogens – For Stress Resilience, Hormonal Balance & Energy	Shatavari, Tulsi (Holy Basil), Maca Root, Lion's Mane Mushroom, Reishi Mushroom, Cordyceps Mushroom

Safety First with Postpartum Herbs

- **Most culinary herbs (used in normal food amounts) are safe. The issue arises with concentrated doses (tinctures, capsules, strong teas).**
- **If you're breastfeeding, always introduce one herb at a time and observe both your own body and your baby's response (e.g, fussiness, digestion changes, sleep issues).**
- **High-dose detox or stimulant herbs should be avoided postpartum—the body is already naturally detoxing from pregnancy and birth.**
- **When in doubt, consult a local herbalist, lactation consultant, or holistic healthcare provider.**

CHAPTER 2

The Energetics of Herbs: A Forgotten Language of Healing

Okay, before you read on, I'd like you to keep an open mind with me here.

In a world dominated by symptom based medicine, we've largely forgotten that herbs aren't just biochemical substances.

They're energetic entities—living, breathing forces of nature that interact with our bodies beyond the level of molecules.

While Western medicine seeks to isolate and quantify, traditional herbalism teaches us something deeper: herbs carry qualities, temperaments, and even personalities.

They have an energy, a presence, a wisdom. And the more we learn to work with them as allies rather than just "remedies," the more profound their healing potential becomes.

Herbs as Living Beings, Not Just Compounds

Modern pharmacology is obsessed with breaking plants down into their active ingredients - curcumin in turmeric, allicin in garlic, saponins in ashwagandha. But in doing so, we strip them of their wholeness.

Traditional herbalism understands that plants work holistically; their effectiveness isn't just about their chemistry but also about their energy - how they feel, how they move, and how they interact with the body's own vital force.

Think of it like this:

Take ginger, for example. Science tells us it reduces inflammation, supports digestion, and increases circulation. But energetically?

Ginger is hot, stimulating, and moving, it brings warmth to a cold, depleted postpartum body, ignites digestion after birth, and helps blood circulate, preventing stagnation.

A mother's postpartum needs are not static. Some days she will feel cold and hollow, needing warmth. Some days she will feel tense and wired, needing softness. Some days she will feel sluggish and stagnant, needing movement.

This is why understanding the energetics of herbs, rather than just their "uses", is key to truly supporting postpartum recovery.

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The Energetics of Herbs: A Forgotten Language of Healing

TheFour Qualities: Hot, Cold, Dry, and Moist

Traditional postpartum wisdom follows a simple but vital principle: keep the mother warm, nourished, and deeply held. This aligns with the energetic understanding of herbs, which are classified as hot, cold, dry, or moist.

Hot (stimulating, warming, increasing circulation) –

Essential in postpartum recovery, as warmth encourages blood flow, digestion, and hormonal balance. Herbs like ginger, cinnamon, turmeric, and cardamom rekindle the digestive fire and bring warmth back to the womb.

Cold (cooling, sedating, anti-inflammatory) –

While cooling herbs should be used carefully in the immediate postpartum period, they can be useful when inflammation, heat, or anxiety is present. Chamomile & peppermint can help with postpartum headaches, hormonal shifts, and stress, but should be balanced with warming foods and teas.

Dry (astringent, tightening, reducing excess moisture) –

After birth, the body needs some astringency to help tone the uterus and regulate postpartum bleeding. Herbs like raspberry leaf and nettle support this phase of healing.

Moist (nourishing, softening, replenishing) –

Postpartum is a time of depletion, and the body often needs deeply hydrating, moistening herbs like oats, licorice root, marshmallow root, and shatavari. These herbs restore fluids, soothe the nervous system, and support milk production and tissue healing.

Understanding these qualities is crucial because healing isn't just about taking "the right herb" but about bringing the body back into balance. A postpartum mother should be kept warm, nourished, and replenished - never left cold, dry, or depleted. The herbs chosen for her should reflect this.

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Movement: How Herbs Act in the Body

Beyond temperature and moisture, herbs also move in different ways. This is why one-size-fits-all herbalism doesn't work. A sluggish, exhausted postpartum mother might need deeply nourishing, building herbs like shatavari or nettles, while an anxious, overwhelmed mother with spiraling thoughts might need grounding, nerve-settling allies like motherwort.

Stimulating herbs: Encourage circulation, digestion, and recovery.
Think of ginger, cinnamon, cardamom, which help restore digestive fire, warm the body, and move blood to prevent stagnation.

Relaxing herbs: Ease nervous tension, calm overstimulation, and support sleep.
Chamomile, motherwort can regulate her nervous system, and rest amidst the intensity of newborn care.

Building herbs: Replenish what has been lost—blood, hydration, strength.
This is where nettles, shatavari, and red dates come in, rebuilding the body after birth.

Dispersing herbs: Move stagnation and break up stuck energy—whether that's sluggish digestion, emotional heaviness, or post-birth fluid retention.
Herbs like turmeric, and mugwort help keep things flowing.

A mother who is weak and depleted does not need dispersing herbs - she needs building ones. A mother who is anxious and restless does not need stimulating herbs - she needs soft, calming ones. Every herb should be chosen not just for its "benefits" but for how it moves in the postpartum body.

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The Energetics of Herbs: A Forgotten Language of Healing

Herbs and the Emotional Body Here's where it gets even more interesting: herbs don't just affect the physical body—they interact with emotions, memories, and even our spiritual state.

- Rose isn't just good for inflammation; it's an emotional heart tonic, softening grief and opening the heart to love.
- Mugwort doesn't just aid digestion; it's a dream herb, heightening intuition and bringing subconscious wisdom to the surface.
- Lavender doesn't just calm the nervous system; it carries a light, purifying energy that clears emotional residue, like an herbal smudging stick.

Traditional medicine never separated the mind from the body, and herbs were always seen as allies in emotional and spiritual healing. There's a reason people have turned to holy basil (tulsi) for clarity, to cacao for opening the heart, and to lemon balm for lifting the spirits - it's because these plants carry energies that resonate with our own.

Relearning the Language of Herbs

To truly support postpartum healing, we need to move beyond "this herb for that symptom" thinking and instead embrace herbal energetics - tuning into how a plant feels, how it moves in the body, and what it offers in the grander rhythm of postpartum recovery. Questions to ask when you're making a postpartum herbal concoction:

- How does this herb make me feel?
- Is it warming or cooling? Drying or moistening?
- Does it move energy outward, or does it ground and settle?

When we begin to understand herbs in this way - as living, moving, energetic forces rather than just lists of medicinal properties—we rediscover the ancient wisdom of postpartum care. We begin to see herbs not as remedies, but as companions on the postpartum journey—offering warmth, nourishment, and deep, grounded support in the sacred process of recovery.

Chapter 3: The Essential Herbs for Postpartum Recovery

Postpartum recovery requires deep nourishment, physical restoration, and emotional resilience. The following essential herbs and botanicals are my most frequently used for postpartum healing. These herbs have been carefully selected for their scientifically supported benefits and traditional postpartum use, covering everything from womb healing, perineal comfort, digestion, and milk supply to stress relief, energy restoration, and hair regrowth.

Shatavari – The Rejuvenator for Mothers

Restores hormonal balance, supports milk supply, and strengthens the reproductive system.

How I Use It: Powder in warm milk, smoothies, tea & oat energy balls.

Uva Ursi – The Womb & Bladder Healer

Supports postpartum urinary tract health, prevents infections, and aids in perineal healing.

How I Use It: Tea, sitz bath, & infused tonic.

Nettle - The Nutrient Powerhouse

Rich in iron, calcium, and minerals, supports blood rebuilding and adrenal function postpartum.

How I Use It: Tea, infusions, added to soups or as an oxymel.

Brahmi – The Nervous System Restorer

Enhances mental clarity, reduces brain fog, supports stress adaptation and mood balance.

How I Use It: Tea, tincture, or infused honey

Chapter 3: The Essential Herbs for Postpartum Recovery

Fenugreek & Fennel–The Milk Supply Boosters

Supports prolactin production, improves milk flow, and eases digestion for both mother and baby.

How I Use It: Tea, capsules, or added to meals

Ginger & Cinnamon – The Digestive & Circulatory Power

Stimulate digestion, circulation, and postpartum warmth, help balance blood sugar.

How I Use It: Teas, warm broths, desserts or golden milk

Moringa – The Iron-Rich Superfood for Milk Supply & Energy

Increases milk production, replenishes iron and calcium, combats postpartum fatigue.

How I Use It: Powder in smoothies, soups, or lactation cookies

Oatstraw – The Nervous System Nourisher

Deeply nourishes the nervous system, supports calmness and restful sleep, rich in magnesium.

How I Use It: Infusions, tea, or herbal baths.

Rose – The Emotional & Womb Healer

Promotes emotional balance, soothes the heart and nervous system, supports womb healing.

How I Use It: Tea, rosewater in food, desserts and sitz bath

Chapter 3: The Essential Herbs for Postpartum Recovery

Alfalfa –The Milk & Nutrient Booster

High in phytoestrogens, promotes milk supply, strengthens blood, and supports hormonal balance.

How I Use It: Tea, infusions, or powder in smoothies

Ajwain Seeds – The Digestive & Respiratory Supporter

Aids digestion, reduces bloating, clears mucus, and warms the postpartum body.

How I Use It: Tea, sprinkled in foods, herbal ghee, herbal respiratory compress.

Bhringraj & Rosemary - The Ultimate For Hair Growth

Stimulate scalp circulation, prevent postpartum hair loss, and promote new hair growth.

How I Use It: Scalp massage oil, hair rinse, spray or tea

The 3 C's - For Perineal Healing & Tissue Repair

Comfrey, Calendula, Chamomile soothe soreness, reduce inflammation, and promote healing after birth.

How I Use It: Infused into warm sitz baths or perineal sprays

Castor Oil – The Multi Purpose Postpartum Healer

Supports hair regrowth, digestive health, and muscle recovery, great for castor oil packs.

How I Use It: Head Oil Massage & Castor Oil Packs

CHAPTER 3 CONTINUED

I didn't just pick these herbs out of thin air. They've earned their place in my postpartum essentials list through working with mothers, witnessing what actually makes a difference, and using them myself.

These are the herbs I keep coming back to because they consistently deliver results, for healing, energy, milk supply, emotional support, and everything in between. Some may be new to you, or some you may never have heard of, but this is how these became my go to's in postpartum care.

When I first started supporting postpartum women, I leaned on traditional herbal wisdom, time-tested remedies passed down through cultures that have actually cared for new mothers properly. And as I experimented, tweaked, and paid attention to what truly worked, certain herbs kept standing out.

- Some herbs sounded good on paper but didn't deliver much in real life.
- Others had an instant impact, boosting milk supply, calming anxiety, or getting digestion back on track.
- And some just became non-negotiables because they supported so many aspects of healing at once.

What I love the most about herbal medicine is that, unlike pharmaceuticals, they don't just mask symptoms; they work with the body to restore balance, nourish deeply, and create long term resilience.

So whether you're using these for your own postpartum healing or supporting other women, know that these are not just theoretical remedies—they are real, reliable, and deeply effective.

Ready to integrate these herbs into postpartum healing? Keep reading to learn how to use them for maximum impact. 🌿✨

CHAPTER 4

Chapter 4: How to Use Herbs for Maximum Postpartum Healing

Now that you've got your postpartum herbal essentials, it's time to put them to work. The key to effective postpartum healing isn't just knowing which herbs to use but how to use them in ways that actually fit into real life (because let's be honest, new mothers don't have time for complicated herbal routines).

This chapter is all about making herbs easy, effective, and realistic for postpartum recovery.

Postpartum healing relies on taking herbs but incorporating them into daily life in ways that actually make sense for a recovering mother.

Across cultures, traditional postpartum care has relied on herbal infusions, warming foods, and external applications to help new mothers restore strength, heal faster, and prevent long term depletion.

Here are some traditional ways I incorporate herbs into postpartum healing with time tested methods that have supported generations of mothers, including myself.

CHAPTER 4

Traditional Ways to Use Herbs for Postpartum Healing

Herbal Infusions (Deep Nourishment & Blood Building)

A herbal infusion is basically a super-strong tea that extracts more vitamins and minerals than a quick brew. It's perfect for replenishing blood, minerals, and energy levels after birth.

✓ **Best for: Nettle, Oatstraw, Raspberry Leaf, Alfalfa, Moringa**
✓ **Targets: Nutrient depletion, milk supply, adrenal fatigue, overall postpartum recovery**

How to Make It:
🌿 Add 1 cup of dried herbs to a jar.
💧 Pour boiling water over them, cover, and let sit for 4-8 hours (overnight is best).
🥤 Strain and drink throughout the day—hot or cold.
🔥 Postpartum Infusion Blend for Strength & Energy:
🌾 2 parts Nettle (iron & minerals)
🌿 2 parts Alfalfa (milk supply & digestion)
🌿 1 part Moringa (calcium & energy)
🌾 1 part Oatstraw (nervous system support)

CHAPTER 4

Traditional Ways to Use Herbs for Postpartum Healing

Herbal Teas (Everyday Postpartum Support)

Lighter than infusions, herbal teas are perfect for daily sipping to gently support digestion, stress relief, and hormone balance.

✔ Best for: Brahmi, Tulsi, Lemon Balm, Ginger, Cinnamon, Fennel, Fenugreek
✔ Targets: Mood swings, anxiety, digestion, bloating, sleep support

How to Make It:
🌿 Basic Herbal Tea (Single Herb Method)
Add 1 tsp of dried herbs per cup of hot water
Pour hot water over herbs in a french press, teapot, or mug
Cover & steep for 5-10 minutes
Strain, sip, and enjoy!

Power Tea Blends for Postpartum Healing:

🍵 For Milk Supply & Digestion:
🌿 Fenugreek + Fennel + Alfalfa + Moringa
✔ Boosts milk production & supports gentle digestion for mum & baby.

🍵 For Stress & Emotional Support:
🌿 Tulsi + Rose + Oatstraw
✔ Calms the nervous system, supports adrenal recovery, & lifts the mood.

🍵 For Digestion & Bloating:
🌿Fennel + Ginger + Cinnamon
✔ Soothes bloating, supports digestion, and improves circulation.

🍵 For Rest & Sleep:
🌿 Brahmi + Lemon Balm + Chamomile
✔ Relaxes the nervous system and promotes deep rest.

💡Drink 1-2 cups per day, depending on your needs.
✨ Sweeten with honey

CHAPTER 5

Traditional Ways to Use Herbs for Postpartum Healing

Herbal Sitz Baths (Perineal & Womb Healing)

A sitz bath is one of the most effective ways to support postpartum recovery, easing discomfort and helping tissues heal faster.

✔ Best for: Comfrey, Calendula, Chamomile, Uva Ursi, Rose, Rosemary, Oats
✔ Targets: Perineal healing, stitches, hemorrhoids, swelling, postpartum infections

💡 How to Make It:
🌿 Steep a handful of herbs & epsom salts in boiling water for 30 minutes.
💧 Strain and pour into a shallow sitz bath or add to a full bath.
🛁 Soak for 10-15 minutes, 1-2 times per day in the first week postpartum.
🔥 Healing Sitz Bath Blend:
🌼 2 parts Calendula (anti-inflammatory, promotes skin repair)
🌿 2 parts Comfrey (tissue healing, reduces swelling)
🌿 1 part Uva Ursi (antibacterial, prevents infection)
🌸 1 part Chamomile (calming, anti-inflammatory)
🌹 1 part Rose petals (gentle astringent, promotes circulation)

CHAPTER 4

Traditional Ways to Use Herbs for Postpartum Healing

Herbal Oils – For Hair, Skin & Massage

Herbal oils are a deeply restorative way to support postpartum hair growth, nourish the skin, and encourage abdominal healing through gentle massage.

✔ Best for: Rosemary, Bhringraj, Castor Oil
✔ Targets: Postpartum hair loss, dry skin, muscle recovery, womb healing

Postpartum Hair & Body Oil Blend:
🌿 2 parts Rosemary oil (stimulates scalp circulation)
🌿 2 parts Bhringraj oil (nourishes follicles, prevents shedding)
🌰 1 part Castor oil (strengthens hair, promotes thickness)

💡 How to Use It:
Scalp Massage: Stimulate hair regrowth.
🤲 Belly & Lower Back Massage: Support abdominal healing.
🌙 Breast Massage: Improve lymphatic flow & prevent engorgement.

Carrier Oil: Coconut, Olive, Sesame, or Castor Oil
Herbs:

- Hair Growth: Rosemary, Bhringraj
- Womb Healing: Ginger, Clove, Motherwort
- Perineal Healing: Calendula, Comfrey, Chamomile
- C-Section Scars: Gotu Kola, Rose

How to Make It
🌞 Slow Infusion (2-4 Weeks, Best for Potency)
Fill a jar halfway with dried herbs and cover with carrier oil.
Seal and place in a warm, sunny spot for 2-4 weeks, shaking daily.
Strain and store in a dark glass bottle.

🔥 Quick Heat Infusion (2-4 Hours, For Immediate Use)
Combine herbs & oil in a double boiler or slow cooker on low heat.
Warm for 2-4 hours, stirring occasionally.
Strain and store in a clean, dry bottle.

CHAPTER 4

Thai Herbal Compress for Postpartum Healing

A Thai herbal compress (also known as Luk Pra Kob) is a deeply restorative postpartum practice used in traditional Thai healing. It combines warming herbs wrapped in cloth, which are then steamed and pressed onto the body to relieve muscle tension, promote circulation, and support womb healing.

✔ Best for: Abdominal recovery, lower back pain, postpartum swelling, womb healing
✔ Targets: Uterine contraction, muscle relief, digestion, C-section recovery

Ingredients for a Postpartum Thai Herbal Compress

🔥 Herbs (Choose Based on Needs):

- For Womb Healing & Circulation: Ginger, Turmeric, Clove, Lemongrass
- For Muscle Relief & Relaxation: Camphor, Kaffir Lime Leaves, Eucalyptus
- For Skin & C-Section Healing: Gotu Kola, Calendula, Chamomile

🛁 Extras: Rice or Epsom salt (helps retain heat)
🌿 Supplies Needed:

- A clean muslin cloth or cheesecloth
- A string or rubber band to tie the compress
- A steamer, rice cooker, or pot for heating

How to Make & Use a Thai Herbal Compress

Fill a cloth with your herbs and tie it securely into a round bundle.
Steam the compress over hot water for 10-15 minutes until warm and fragrant.
Test the temperature on your wrist before applying.
For Womb Healing: Press onto lower belly to support uterine contraction.
For Muscle Tension: Apply to shoulders, neck, and back for postpartum aches.
🛁 For C-Section Healing: Use around, but not directly on, the scar to reduce inflammation.
🌙 For Relaxation: Inhale the aromatic steam to calm the nervous system.

CHAPTER 4

Traditional Ways to Use Herbs for Postpartum Healing

Herbal Steams – For Womb Healing & Pelvic Recovery

Yoni steaming (also known as vaginal steaming) is a traditional practice used in postpartum recovery across many cultures, including Thai, Mayan, Korean, and African traditions. It involves sitting over warm, herb-infused steam to increase circulation, encourage postpartum healing, and release tension in the pelvic area.

✓ Best for: Mugwort, Rose, Raspberry Leaf, Calendula
✓ Targets: Targets: Pelvic circulation, womb healing, emotional grounding

How to Do a Yoni Steam Safely

Steep herbs in a bowl of hot water for 5-10 minutes.
Sit over the steam, wrapped in a blanket to trap warmth.
Relax for 10-20 minutes, breathing deeply.
Listen to your body—if you feel too hot or dizzy, stop.
Use 1-2 times per week postpartum, once bleeding has slowed.

✓ Encourages Pelvic Circulation – Steam increases blood flow to the uterus, supporting faster healing.
✓ Supports Womb Healing – Herbs like Raspberry Leaf & Calendula are traditionally used to tone the uterus and prevent infections.
✓ Promotes Relaxation & Emotional Release – The warmth and herbal aromas help relax the nervous system, easing postpartum anxiety and emotional tension.
✓ Reduces Postpartum Discomfort – Can ease swelling, reduce tension, and promote natural cleansing of the womb after birth.
✓ Moisturizes & Soothes – May help with vaginal dryness and pelvic muscle tightness postpartum.

Risks & When to Avoid Yoni Steaming
🚫 Do NOT steam if:
❌ You have an active postpartum infection – Heat and moisture can worsen bacterial growth.
❌ You have open wounds, stitches, or a C-section scar that isn't fully healed – Steam may slow healing or cause discomfort.
❌ You are still experiencing heavy postpartum bleeding (lochia) – Steaming can increase blood flow and lead to heavier bleeding.

CHAPTER 4

Traditional Ways to Use Herbs for Postpartum Healing

Herbal Abdominal Wrapping – For Core Healing & Digestion

Traditional postpartum practices like belly binding and herbal pastes have been used for centuries in cultures worldwide to support abdominal healing, encourage uterine contraction, and provide warmth and stability to the postpartum body, helping mothers recover strength and balance after birth.

✔ Best for: Best for: Ginger, Cinnamon, Castor Oil, Clove
✔ Targets: Abdominal recovery, digestion, postpartum gas

How to Do It:
🌿 Warm castor oil with ginger & cinnamon.
🤲 Massage onto the belly, wrap with a cloth or benkung belly binder
🌙 Leave for 20-30 minutes before showering.

CHAPTER 4

Traditional Ways to Use Herbs for Postpartum Healing

Herbal C-Section Scar Salve

A deeply nourishing, skin-healing salve infused with powerful herbs to support scar healing, reduce inflammation, and soothe tender skin. This balm is perfect for daily application once the incision is fully closed and healed.

✔ Best for: Calendula, Comfrey, Gotu Kola, Rosehip Oil
✔ Targets: Scar healing, skin regeneration, reducing inflammation

🌿 Infuse olive or sweet almond oil with calendula, comfrey, gotu kola, chamomile, and plantain.
🫙 Strain the oil and gently warm with beeswax and shea butter until melted.
💧 Stir in rosehip oil, lavender, and helichrysum essential oils for extra healing.
🫙 Pour into a jar and let cool until solid.
🤲 Massage a small amount onto the fully healed scar twice daily to soften, soothe, and reduce scarring.

Chapter 5: The Ultimate Postpartum Herbal Pantry

A well stocked postpartum herbal pantry is like having a trusted village healer in your kitchen. Instead of scrambling for last-minute remedies when exhaustion, sore muscles, or low milk supply hit, you'll have everything you need on hand for daily nourishment and deep recovery.

This chapter will guide you through the must have postpartum herbs, storage tips, and easy ways to weave herbal support into your daily routine, without feeling overwhelmed.

Your postpartum apothecary isn't just for the fourth trimester, it's for the long haul. The same herbs that helped you heal after birth will be there when you're running on empty, when your toddler has a fever, when your little one is restless at night, and when you need a moment of calm in the chaos of motherhood.

Herbs have saved me, not just in postpartum, but through every stage of mothering. They've been my milk supply boosters, my stress soothers, my energy restorers, and now, they're part of my everyday toolkit for my kids.

Reclaiming the lost wisdom of everyday herbal healing and making it a natural, effortless part of your home.
And when you have the right herbs on hand, you and your children will always be supported, naturally. 🌿✨

Chapter 5: The Ultimate Postpartum Herbal Pantry

✓ When mychildis teething,chamomile calms them.

✓ When they have a cold, elderberry and thyme syrup is already in the kitchen.
✓ When sleep is a battle, lemon balm and oatstraw tea soothes them (and me).
✓ When they get a scrape, calendula and comfrey salve is ready to go.
✓ When I'm touched out, exhausted, and overstimulated, Tulsi and Dill bring me back to center..

I've put together a printable postpartum herbal pantry list so you can have all the essential herbs and spices at a glance.
Print it out, stick it in your kitchen, and let it be your go-to for natural postpartum support.
In the next chapter, we'll talk about how to store your herbs and spices properly, because keeping them fresh and potent means they'll actually do their job when you need them most.

Your Printable Postpartum Herbal Pantry List - Herbs

Herb	Shelf Life	Postpartum Benefits	Breastfeeding Safe	Ideas For Use
Nettle	2 years (Dried)	High in ironand minerals, supports blood replenishment and milk supply	Yes. Can be mildly drying so pair with moistening herbs like oatstraw	Steep as an infusion for iron-rich nourishment
Oatstraw	2 years (Dried)	Rich in magnesium, calms the nervous system and supports deep rest	Yes, commonly used	Brew a tea to sip throughout the day for relaxation
Moringa	2 years (Dried)	Superfood for postpartum recovery, supports energy and milk production	Yes, commonly used	Add powder to smoothies or soups for an energy boost
Alfalfa	2 years (Dried)	Phytoestrogen-rich, boosts milk supply and hormonal balance	Yes, commonly used	Drink as an herbal tea to improve focus and reduce stress
Fenugreek	2 years (Dried)	Classic galactagogue, enhances milk flow and supports digestion	Yes, but may cause gas in some babies	Make a warm fenugreek tea to enhance milk supply
Peppermint	2 years (Dried)	Soothes nausea, aids digestion and relieves bloating	Yes, but may lower milk supply in high doses	Make peppermint tea to relieve postpartum bloating
Fennel Seeds	2 years (Dried)	Soothes digestion and helps increase milk production	Yes, commonly used	Brew as a digestive tea or mix in postpartum stews
Brahmi	2 years (Dried)	Supports mental clarity, eases brain fog and postpartum anxiety	Limited studies, traditionally used	Drink as an herbal tea to improve focus and reduce stress
Tulsi	2 years (Dried)	Adaptogen, balances stress hormones and supports immune health	Yes, but can lower milk in high doses	Make a tulsi infusion for stress relief and immune support
Lemon Balm	2 years (Dried)	Relieves stress, supports digestion and emotional balance	Yes, use in mild doses.	Use in tea blends to support stress relief
Rosemary	2 years (Dried)	Antioxidant & anti-inflammatory. Can be used internally and externally.	Yes, commonly used	Infuse oil for a scalp massage to stimulate hair regrowth
Chamomile	2 years (Dried)	Calming herb, supports relaxation and improves sleep	Yes, commonly used	Make a chamomile tea for relaxation and sleep support
Shatavari	2 years (Dried)	Regulates hormones, boosts milk supply and calms nervous system	Yes, can boost supply.	Use in tea blends, smoothies or energy balls
Dill	2 years (Dried)	Regulates hormones, boosts milk supply and calms nervous system	Yes, commonly used	Drink dill seed tea for lactation support and to ease digestion
Thyme	2 years (Dried)	Rich in antioxidants that promote healing and boost energy during recovery	Yes, but can lower milk in high doses	Enjoy as a mild herbal tea or in soups & stews
Sage	2 years (Dried)	Can reduce excessive sweating (useful for postpartum night sweats)	Yes, but can lower milk in high doses	Use to flavor soups, stews or externally for sitz baths
Red Raspberry Leaf	2 years (Dried)	Strengthens the uterus, supports postpartum healing and milk production	Yes, commonly used	Steep as a uterine toning tea postpartum

Your Printable Postpartum Herbal Pantry List - Spices

Herb	Shelf Life	Postpartum Benfefits	Breastfeeding Safe	Ideas For Use
Ginger	Unpeeled Root - 1 Week.6-12 Months (Dried)	Warming for digestion, reduces bloating and supports circulation	Yes, commonly used	Make ginger tea or add to soups for postpartum warmth
Cinnamon	6-12 months	Regulates blood sugar, boosts circulation, and promotes postpartum warmth	Yes, commonly used	Sprinkle cinnamon into oatmeal or tea for blood sugar balance
Ajwain Seeds	2 Years	Traditionally used in Indian postpartum care for digestion bloating & respiratory relief	Yes, but limited studies	Use seeds in tea, or boil in. pan and use as a sinus steam.
Clove	6-12 months	Anti-inflammatory, relieves postpartum cramping and muscle soreness	Yes, commonly used	Use in a postpartum massage oil or drink in warm tea
Turmeric	6-12 months	Powerful anti-inflammatory, supports tissue healing and immune function	Yes, commonly used	Mix turmeric into golden milk for anti-inflammatory support
Cardamom	6-12 months	Aids digestion, soothes nausea, and enhances milk-boosting blends	Yes, commonly used	Add to warm milk or teas for digestive support
Nutmeg	6-12 months	Calming, supports relaxation and sleep	Yes, but avoid excess	Add to soups, stews and sweet treats for relaxation.
Star Anise	6-12 months	Promotes digestion, supports hormonal balance	Yes, commonly used	Use in postpartum spice blends or tea for hormonal support
Cumin	6-12 months	Helps with bloating, digestion, and postpartum metabolism	Yes, commonly used	Sprinkle into postpartum stews or curries for warmth
Coriander Seeds	6-12 months	Helps with postpartum digestion and prevents gas formation	Yes, commonly used	Brew in tea to aid digestion and soothe the stomach
Black Sesame Seeds	6-12 months	Supports hair growth, high in healthy fats for postpartum recovery	Yes, commonly used	Sprinkle on meals for postpartum recovery and skin health

Making Your Postpartum Healing Easy & Practical

Having a well-stocked postpartum pantry is one thing, but making it easy to use is what really matters. Keep this list somewhere visible, on your fridge, inside a cupboard, or in your recipe book, so you can quickly reference it when you need it. Even better, prepare a few herbal blends in advance, like a milk-boosting tea, a sitz bath mix, or a digestive spice blend to save time when you're deep in postpartum recovery.

Small, daily rituals add up to big healing over time—trust your body, trust the process, and let these herbs support you through motherhood.

Top Tips for Storing Your Postpartum Herbal Pantry

Herbs and spices are only as good as the way you store them. If they're left to go stale at the back of a cupboard, they won't do much for your healing. Proper storage means maximum potency, freshness, and longevity, so your herbal apothecary is always ready when you need it.

Here's how to keep your postpartum herbs and spices in top condition so they stay powerful, fragrant, and effective.

Glass Jars Over Plastic

Ditch the flimsy plastic bags your herbs came in. Herbs are highly absorbent and will pick up moisture, odors, and even toxins from plastic packaging. Glass jars with airtight lids are your best bet for keeping herbs dry, fresh, and free from contamination.

💡 **Tip: Repurpose old jam jars or invest in some dark amber glass jars for extra protection against light.**

Keep Them Out of the Sun & Away from Heat

Sunlight and heat are the biggest enemies of herbs and spices. They break down essential oils and strip herbs of their medicinal properties, leaving them as useless as that bag of wilted salad in your fridge.

✔ Best storage spots: A cool, dark cupboard, away from your stove.
❌ Worst place? Right next to your kettle or spice rack by the cooker—constant heat exposure kills potency fast.

Top Tips for Storing Your Postpartum Herbal Pantry

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Keep It Dry. Damp Herbs = Ruined Herbs

Moisture is not your friend when it comes to dried herbs. It encourages mould, spoilage, and loss of potency.

✓ Make sure your herbs are fully dry before storing them.
✓ Never scoop herbs with damp hands or a wet spoon - you'll introduce moisture into the jar.
✓ If you live somewhere humid, throw a silica gel packet into your herb jars to absorb excess moisture.

Label Everything. Future You Will Thank You

There's nothing worse than opening your pantry six months postpartum and wondering if that mystery jar is fenugreek or fennel. Label your jars with:

✓ The herb or spice name
✓ The date you bought or dried it
✓ Its best-before date (general shelf life in your printable pantry)

Top Tips for Storing Your Postpartum Herbal Pantry

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Know When to Let Go. Herbs Don't Last Forever

Dried herbs lose potency over time. If they smell like dust instead of strong, fragrant plant medicine - it's time to say goodbye.

General shelf life guide:

🌿 Dried leaves & flowers (e.g. nettle, calendula, tulsi): 1-2 years

🌱 Dried seeds (e.g. fennel, fenugreek, ajwain): 2-3 years

🪵 Dried roots & bark (e.g. ginger, cinnamon, turmeric): 3+ years

🫙 Herbal oils & tinctures: 1-3 years if stored properly

💡 Tip: When in doubt, give it a sniff - if there's no smell, there's no potency.

Bulk Buy Smart, But Don't Go Overboard

Buying herbs in bulk saves money, but if you won't use them within a year, they'll just sit there losing potency.

✓ Buy in small quantities if it's a herb you'll only use occasionally.

✓ Stock up on staples like nettle, moringa, and fennel, you'll go through these fast.

✓ If you do bulk buy, store extras in vacuum-sealed bags and only refill jars when needed.

Top Tips for Storing Your Postpartum Herbal Pantry

Herbs and spices are only as good as the way you store them. If they're left to go stale at the back of a cupboard, they won't do much for your healing. Proper storage means maximum potency, freshness, and longevity, so your herbal apothecary is always ready when you need it.

Here's how to keep your postpartum herbs and spices in top condition so they stay powerful, fragrant, and effective.

Keep a "Quick Grab" Section for Daily Use

You don't want to be digging through jars when you're running on two hours of sleep and just need your milk supply tea ASAP.
💡 Tip: Keep small jars of your most-used herbs in an easy-to-reach spot, and store the rest away for freshness.

✔ Examples:

- By the kettle? Your go-to tea herbs (nettles, oatstraw, fennel, moringa).
- Near your bath? Sitz bath essentials (calendula, chamomile, comfrey).
- Next to your oils? Hair growth herbs (rosemary, bhringraj).

Treat Your Herbs Well, and They'll Treat You Well

✔ Store them in airtight glass jars, away from heat and moisture.
✔ Label them properly so you know what's what.
✔ Replace old, stale herbs—fresh is always best.
✔ Set up a small "quick grab" station so herbal care stays easy postpartum.

A well-organized herbal pantry is the key to making postpartum healing effortless, because when your herbs are fresh, potent, and easy to access, they'll actually get used

CHAPTER 6

Chapter 6: Where to Source High-Quality Herbs

Sourcing high-quality herbs is essential for ensuring the efficacyand safetyofyour herbal remedies. Below is a curated list of reputable herbal suppliers categorized by region to assist you in finding the best sources for your needs.

US Herbal Suppliers

- **Mountain Rose Herbs**: Known for their extensive selection of certified organic herbs, spices, and botanical products, committed to responsible sourcing.
- **Starwest Botanicals**: Providing high-quality herbs and spices since 1975, they are a trusted online herbal store with a wide selection of organic products.
- **Herb Pharm**: Specializing in liquid herbal extracts, Herb Pharm offers products made from organically grown and sustainably wildcrafted herbs.
- Pacific Botanicals: Dedicated to growing and supplying high-quality organic herbs, they focus on sustainability and environmental stewardship.
- **American Botanicals**: A premier wholesale supplier specializing in organic, wildcrafted, and conventional herbs and botanicals.

Worldwide Herbal Suppliers

- **Herbal Apothecary**: Serving customers globally, they offer a vast range of herbal products, including tinctures, extracts, and powders.
- **Organic Herb Trading**: Supplying organic herbs and spices worldwide, they source products from over 60 countries and have over 500 products in their range.
- **Herb Co. (Monterey Bay Herb Company):** Offering bulk herbs, spices, teas, and essential oils, they strive to be a reliable sourcing partner for businesses globally.

When selecting a supplier, consider factors such as product quality, sourcing practices, certifications, and customer reviews. Opting for suppliers who prioritize organic and sustainable practices ensures that you receive herbs that are both effective and ethically sourced.

Chapter 7: Herbal Postpartum Traditions Around the World

Postpartum healing has always been deeply rooted in tradition. Across cultures, mothers have been nourished, supported, and healed with time-honored herbal remedies that focus on warming the body, replenishing nutrients, balancing hormones, and ensuring a strong recovery. Cultural wisdom, generational knowledge, and honoring the transition into motherhood. This chapter explores herbal postpartum traditions from around the world, showing how different cultures have used herbs, teas, and bodywork for centuries to care for new mothers in a way modern medicine often neglects.

Chapter 7: Herbal Postpartum Traditions Around the World

Asia: Warming Herbs & Restorative Tonics

In many Asian cultures, postpartum is seen as a sacred healing window, often lasting 30–40 days (known as Zuo Yue Zi in China, Jamu in Indonesia, and Sanhujori in Korea). The focus is on restoring warmth, replenishing blood, and balancing the mother's energy (Qi or Prana).

🌿 Traditional Herbs & Practices:

✔ Dang Gui (Angelica Sinensis) – Used in Traditional Chinese Medicine (TCM) to replenish blood, support circulation, and regulate hormones.
✔ Ginger & Turmeric – Essential for warming the body, promoting digestion, and reducing inflammation.
✔ Shatavari (India) – Ayurvedic postpartum herb used to balance hormones, promote lactation, and rejuvenate the reproductive system.
✔ Jamu Herbal Body Wraps (Indonesia) – Warm herbal pastes of turmeric, tamarind, and ginger applied to the belly to reduce bloating and aid womb recovery.
✔ Korean Seaweed Soup (Miyeok-guk) – Rich in minerals, iodine, and iron, this soup is traditionally eaten for at least 3 weeks postpartum to restore lost nutrients.

Latin America: Herbal Baths & Closing Ceremonies

Postpartum in Latin America is heavily influenced by Indigenous traditions and holistic bodywork, focusing on closing the mother's body, replenishing lost blood, and restoring strength.

🌿 Traditional Herbs & Practices:

✔ Sitz Baths with Arnica & Calendula (Mexico & Peru) – These anti-inflammatory and wound-healing herbs are used in baths to aid perineal healing.
✔ La Cerrada Ceremony (Mexico) – A postpartum ritual that involves herbal steams, womb massage, and binding to support physical and emotional closure after birth.
✔ Raspberry Leaf & Cinnamon Teas – Used to help tone the uterus and regulate postpartum bleeding.
✔ Traditional Bone Broths with Herbs – Nourishing postpartum soups with cilantro, oregano, and cumin to aid digestion and replenish minerals.

Chapter 7: Herbal Postpartum Traditions Around the World

Africa: Strengthening Tonics & Steam Therapy

African postpartum traditions focus on rebuilding strength, balancing hormones, and preventing "cold" from entering the body. Herbal steams, fermented drinks, and warming spices play a huge role in recovery.

🌿 Traditional Herbs & Practices:

✔ Fenugreek & Fennel for Breastfeeding Support (North Africa & Middle East) – Commonly used in teas to increase milk production and soothe digestion.

✔ Baobab Fruit (West Africa) – A postpartum superfood packed with vitamin C, calcium, and iron to restore lost nutrients.

✔ Pelvic Herbal Steaming (Ethiopia & Ghana) – Postpartum herbal steams with eucalyptus, mint, and neem leaves are used to cleanse the womb and support healing after birth.

✔ Kunu (Nigeria) – A fermented millet-based drink with warming spices that helps support digestion and gut health postpartum.

Europe: Folk Herbalism & Restorative Broths

In European folk traditions, postpartum healing focused on herbal infusions, warming broths, and botanical skin care to nourish and protect new mothers. Many of these remedies were passed down by midwives and village healers.

🌿 Traditional Herbs & Practices:

✔ Nettle & Oatstraw Infusions (UK & Ireland) – Used to restore iron, calcium, and minerals postpartum.

✔ Yarrow & Comfrey Sitz Baths (Germany & Poland) – Herbal baths to reduce swelling, soothe perineal tears, and speed up healing.

✔ Bone Broths with Parsley & Thyme (France & Italy) – Essential for restoring energy, warming digestion, and boosting immune function.

✔ Raspberry Leaf & Linden Flower Teas (Scandinavia) – Help tone the uterus and support postpartum relaxation.

Chapter 7: Herbal Postpartum Traditions Around the World

Middle East: Warming Spices & Milk-Boosting Herbs

Middle Eastern postpartum care revolves around warming foods, galactagogues (milk-boosting herbs), and protecting the mother from cold. Spices and herbal drinks are used extensively to strengthen the body and support breastfeeding.

🌿 Traditional Herbs & Practices:

✔ Ajwain Seeds (India & Middle East) – A postpartum powerhouse herb for reducing bloating, warming digestion, and clearing mucus from the body.
✔ Halawa (Date & Nut Paste) (Saudi Arabia & Egypt) – A high-calorie, iron-rich snack with cardamom and fenugreek to rebuild strength and promote milk supply.
✔ Cinnamon & Clove Teas – Used for circulation, uterine healing, and hormonal balance postpartum.
✔ Mugwort & Myrrh Postpartum Massages – Herbs infused in oils for belly and back massage to encourage womb recovery.

Indigenous North America: Ceremonial Healing & Herbal Poultices

Many Indigenous cultures across North America used deeply spiritual and botanical-based healing practices for postpartum recovery. This included ceremonial steam baths, healing salves, and community support.
🌿 Traditional Herbs & Practices:

✔ Blue Cohosh & Black Cohosh (Cherokee & Iroquois) – Used in postpartum teas to support uterine healing (***now used with caution due to potency***).
✔ Juniper & Cedar Steam Baths (Navajo & Lakota) – Used to purify the body, support circulation, and warm the postpartum mother.
✔ Comfrey & Yarrow Healing Salves – Applied to sore muscles and perineal wounds to encourage skin repair.
✔ Warm Corn Porridge with Chia & Pumpkin Seeds – A nutrient-dense meal to restore strength and balance hormones postpartum.

Chapter 7: Herbal Postpartum Traditions Around the World

Why These Traditions Matter Today

These herbal postpartum traditions have stood the test of time for a reason—they work. Modern postpartum care often overlooks the depth of healing that traditional cultures have long understood.

💡 What We Can Learn From These Traditions:

✓ Warmth Matters – Nearly every culture prioritizes warming foods, herbs, and bodywork postpartum to protect and strengthen the mother.

✓ Herbs Are Essential – From galactagogues for milk supply to tonics for recovery, herbs play a key role in postpartum healing.

✓ Bodywork is Healing – Herbal poultices, belly binding, sitz baths, and steaming have been used for centuries to support womb healing and recovery.

By integrating these time-tested traditions into modern postpartum care, we reclaim the deep wisdom of herbal healing

Chapter 8: Bringing Herbal Wisdom Back to Motherhood

S***omewhere along the way, we lost it.***

The deep-rooted knowledge that mothers heal best when they're held, nourished, and surrounded by nature's medicine.

BUT my friend, we can bring it back. And in many ways, we already are.

The world might not hand us the postpartum care we deserve, but we can choose to claim it for ourselves.

We can remember what our ancestors knew. We can bring back the herbs, the warmth, the slow recovery.

Because in motherhood, we need to be well.

If there's one thing I want you to take away from this guide, it's this:

Herbs don't have to be complicated. They don't have to mean foraging in the wild or brewing up elaborate concoctions.

Bringing herbal wisdom back into motherhood can be as simple as:

🍵 **Making a cup of nettle & oatstraw tea instead of reaching for another coffee when you're running on fumes.**
🛁 **Soaking in a sitz bath with calendula and chamomile instead of wondering why your perineal stitches still feel sore at six weeks postpartum.**
Massaging warm rosemary oil into your scalp instead of panicking when your hair starts falling out in clumps.
🌿 **Cooking with cinnamon, fennel, and ginger because every traditional culture knew that warmth heals and digestion needs support postpartum.**

It's small things, repeated often. Weaving simple, nourishing practices into your day, in a way that actually fits your life.

Look, postpartum healing isn't about being perfect.

It's not about making every herbal tea from scratch or having the most Instagram-worthy self-care routine.

It's about doing what you can, when you can, with what you've got.
Maybe you won't be able to have a month-long postpartum retreat (I mean, dream scenario, right?), but you can sip a hot cup of tea instead of forgetting about it on the side. You can throw some ginger and cinnamon in your porridge. You can run a sitz bath while your baby finally naps for longer than 10 minutes.

So take what you need from this guide.

Adapt it, make it work for you, and trust that even the smallest acts of nourishment are still nourishment.

Because you, mother, deserve to heal well.

🌿✨ With love, warmth, and a firm reminder that you are doing an incredible job,

With love,

Olivia

Safety Disclaimer

The information in this guide is for educational purposes only and is not medical advice. Always consult a qualified healthcare provider before using any herbs, especially if you are pregnant, breastfeeding, taking medication, or have underlying health conditions. While herbs have been traditionally used for postpartum healing, individual reactions may vary, and some may affect milk supply, digestion, or hormone levels. The author and publisher assume no liability for any adverse effects or misuse of the information provided. Use at your own discretion and always prioritize professional medical guidance when needed. 🌿✨

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