

CONGRATULATIONS on your happy news!

Below is a list of herbs considered safe and unsafe during pregnancy from a book written by Sonia Massocco, the chief herbologist at the Ayurveda school I attended (RLOSA — Radiant Living Online School of Ayurveda). She holds a very high level of not only knowledge on the vast study of herbs but also of integrity. She tends to be very conservative, which is a good thing. She is extensively studied in her field AND in Ayurveda and I trust her immensely. Her forte is women's health. Remember, just like it happens in science all the time, there are a lot of contradictory claims out there. Some of her statements completely conflict with statements made by other respected and published Ayurvedic doctors. As you well know, trust your own intuition, filter other people's opinions, and keep fears at bay about anything that "could go wrong." Know you are taking wonderful care of yourself and your little one.

Safe Herbs :

- Astragalus
- Bilberry
- Black Haw
- Buplerum
- Chamomile
- Corn Silk
- Cramp Bark
- Cranberry
- Dandelion
- Echinacea
- Hawthorn berry
- Lemon balm
- Marshmallow
- Meadowsweet
- Milk Thistle
- Mullein
- Partridgeberry
- Red Raspberry Leaf
- Rosehips
- Slippery Elm
- Solomon seal
- Valerian

Borderline Safe Herbs :

- Angelica
- Devil's claw
- Garlic
- Ginger
- Gingko
- Peppermint
- Stinging nettles
- Vitex
- White willow bark

Unsafe Herbs (Dangerous)

- | | | |
|--------------------|---------------|------------------|
| • Aloe vera | • Celery seed | • Mugwort |
| • Anise | • Comphrey | • Myrrh |
| • Asafetida | • Dong Quai | • Nutmet |
| • Ashwagandha | • Elecampane | • Oregon grape |
| • Barberry | • Ephedra | • Osha |
| • Basil | • Fenugreek | • Passion flower |
| • Black cohosh | • Feverfew | • Parsley |
| • Bladderwrack | • Goldenseal | • Red clover |
| • Blue cohosh | • Guggulu | • Rosemary |
| • Blue flag | • Horsetail | • Sage |
| • Borage | • Hyssop | • Saw palmetto |
| • Burdock root | • Ipecac | • St Johns Wort |
| • California poppy | • Juniper | • Thuja |
| • Camphor | • Kantakari | • Turmeric |
| • Cascara sagrada | • Lemongrass | • Vervain |
| • Senna | • Licorice | • Wild yam |
| • Castor | • Lobelia | • Wormwood |
| • Catnip | • Mace | • Yarrow |