

POSTPARTUM HERBAL BATH RECIPE

For mother and baby

Take an herbal bath daily for at least 4-5 days.

Purchase at least two cups of each herb and the **sea salt**, and at least two big bulbs of fresh garlic.

Recipe:

- 1/2 Cup Sea Salt (antiseptic)
- 1/3 Cup Uva Ursi (to prevent infection)
- 1/3 Cup Comfrey leaf (for tissue healing)~ can also use Yarrow leaf + flower
- 1/3 Cup Shepherd's Purse (for bleeding)
- 4-6 cloves fresh garlic

Directions:

In a large pot, bring 2 quarts water to boil. Turn off heat and add the herbs, sea salt, and chopped garlic. Stir well. Cover and let steep for a minimum of 1 hour. (Will keep 24 hours on stove, or overnight in fridge.) Pour bath through fine mesh strainer or cheesecloth-lined colander directly into warm, hip-deep bath for mom and baby. Hold baby under back of head, allowing for free movement of arms and legs and submersion of umbilical cord for rapid cord healing.

Other healing herbs can be added:

- Lavender (tonic, pleasant odor)
- Chamomile(relaxing)~ some that are allergic to ragweed are sensitive to Chamomile
- Calendula flowers (heals hemorrhoids, eases swelling)

Bulk herbs can be purchased at both the Ann Arbor and Ypsilanti Food Co-ops and also at Whole Foods, although most health food stores do not carry Comfrey. You can also order the herbs in bulk from Mountain Rose Herbs at www.mountainroseherbs.com