

Herb Chart

Herbs to Avoid During Pregnancy

Agave	Hyssop
Aloe Vera	Juniper
Angelica	Kava Kava
Asafetida	Lemongrass
Ashwaganda	Licorice
Barberry	(if you have high or borderline blood pressure)
Basil	Lobelia
Beth Root (Birthroot)	Lovage
Black Cohosh	Ma Huang
Bladderwrack	Milkweed
Bloodroot	Mistletoe
Blue Cohosh	Motherwort (but <u>good</u> in labor)
Blue Flag	Mugwort
Borage	Myrrh
Buchthorn	Neem
Buchu	Oregon Grape Root
Bugleweed	Osha
Butterbur	Parsley
Calamus	Pasque flower
Cascara Sagrada	Passion Flower
Cassia	Pau d'Arco
Castor Oil	Pennyroyal
Celery Seed (large doses)	Periwinkle
Chaste Tree	Poke root
Chicory	Primrose (large doses of herb)
Chinese Rhubarb	Rhubarb root
Chiretta	Rue
Cinchona	Senna
Cinnamon	Shepherd's Purse
Coltsfoot	Sumac
Comfrey	Tansy
Cotton Root	Thuja
Cowslip	Turkey Rhubarb
Dong Quai	Uva Ursi
Elder bark	Vervain
Elecampane	Vitex
Epazote	Watercress
Ephedra	White Horehound
Ergot	Wood Betony
Eucalyptus	Wormwood
Feverfew	Yarrow
Ginseng (Siberian, panax)	
Goldenseal	
Gotu Kola	
Horse Chestnut	

Herbs to Avoid During the First Trimester

(In therapeutic doses — in cooking they are fine)

Cayenne	Marjoram
Cinnamon	Parsley
Fennel	Peppermint
Fenugreek (but good for childbirth)	Sage
Garlic (stop at week 34 – blood thinner)	Thyme
Juniper	

Essential Oils to Avoid in Pregnancy and Breastfeeding

Eucalyptus	Celery
Thuja	Chamomile
Sage	Basil

Occasional Use during Pregnancy is Okay

Thyme	Vervain
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Herbs that Are Good in Pregnancy

Alfalfa	Garlic (stop use at 34 weeks)
Bilberry	Ginger
Black Haw	Hawthorne
Burdock root	Lemon Balm
Butcher's Broom	Limeflowers
Calendula	Nettle
Chamomile	Oatstraw
Cornsilk	Raspberry Leaf
Crampbark	Red Clover
Dandelion greens and roots	Skullcap
Echinacea	Slippery Elm
Elderflower/berry	Squaw Vine
False Unicorn	Strawberry Leaf

Herbs that Promote Lactation

Basil	Oatstraw
Blessed Thistle	Raspberry Leaf
Dill	Stinging Nettle
Fennel (don't use if in 1 st trimester)	Vervain (don't use in pregnancy)
Fenugreek (don't use if in 1 st trimester)	

Herbs that Decrease Milk Supply

Black Walnut
Chickweed
Herb Robert
Lemon Balm
Mint
Oregano
Parsley
Peppermint

Periwinkle
Sage
Sorrel
Spearmint
Thyme
Yarrow

Herbs to Avoid in Breastfeeding

Bladderwrack
Buckthorn
Cayenne (in therapeutic doses)
Chaparral
Coltsfoot
Dong Quai
Elecampane
Ephedra
Ginseng

Indian Snakeroot
Kava Kava
Petasites root
Phen-fen, herbal
Rhubarb
Star anise
Tiratricol
Uva Ursi
Wormwood