

Herb Chart

Herbs to Avoid During Pregnancy

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