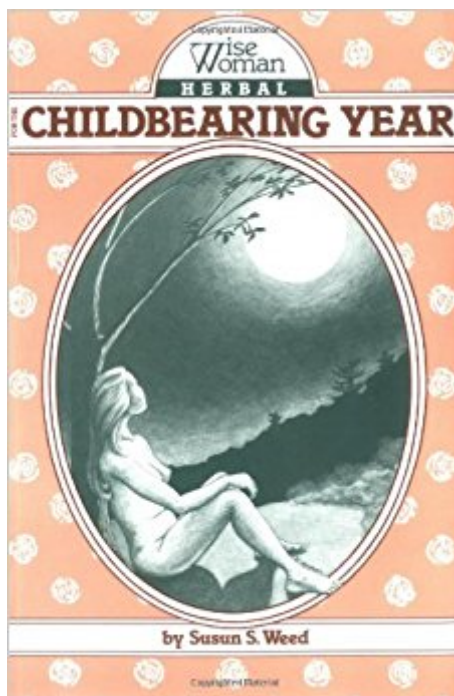


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# Wise Woman Herbal For The Childbearing Year



## Synopsis

Simple, safe remedies for pregnancy, childbirth, lactation, and newborns. Now in its 24th printing. A confirmed favorite with pregnant women, midwives, childbirth educators, and new parents. Packed with clear, comforting, and superbly helpful information. Beginning with the two months before pregnancy, herbs are enlisted to provide safe, effective birth control, or to help ensure pregnancy, even in the most difficult of situations. A special list of teratogens, including herbs to avoid before pregnancy, is included, as is a section on herbs to improve the father's fertility and reduce the risk of birth defects. Once pregnancy has occurred, herbs are safe and beneficial allies in reducing the distress of pregnancy, including hemorrhoids, high blood pressure, morning sickness, emotional changes, anemia, muscle cramps, bladder infections, and preeclampsia. Tasty recipes and clear directions make use easy and fun. Herbs take a starring role in labor and delivery -- whether initiating labor, increasing energy, diminishing pain, or staunching postpartum bleeding -- and in postpartum care of the mother's perineum, breasts, and emotions, and the infant's umbilicus, skin, scalp, digestive system, and immune system. Humorous, tender, and detailed, this classic text is supported by illustrations, references, resource lists, glossary, and index. Includes herbs for fertility and birth control. Foreword by Jeannine Parvati Baker. (Susun Weed)

## Book Information

Series: Wise Woman Herbal (Book 1)

Paperback: 171 pages

Publisher: Ash Tree Publishing; No Edition Stated edition (April 11, 1996)

Language: English

ISBN-10: 0961462000

ISBN-13: 978-0961462000

Product Dimensions: 5.5 x 0.5 x 8.4 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 141 customer reviews

Best Sellers Rank: #44,443 in Books (See Top 100 in Books) #70 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#) #102 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #132 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

Susun S. Weed is the voice of the Wise Woman tradition, where healing is nourishing. She is known

internationally as an extraordinary teacher with a joyous spirit, a powerful presence, and an encyclopedic knowledge of herbs and health. For more than thirty years she has opened hearts to the magic and medicine of the green nations, restoring herbs as women's common medicine, and empowering women to care for themselves. Susun is founder of the Wise Woman Center, editor-in-chief of Ash Tree Publishing, a high priestess of Dianic Wicca, a member of the Sisterhood of the Shields, a Peace Elder, and happy herder of her dairy goats.~ ~ Her four books:~ ~ Healing Wise;~ ~ New Menopausal Years the Wise Woman Way; Breast Cancer? Breast Health! the Wise Woman Way;~ ~ Wise Woman Herbal for the Childbearing Year; and~ ~ Down There: Sexual and Reproductive Health the Wise Woman Way~ ~ are used by more than a million women throughout the world. She writes a regular herbal column for SageWoman Magazine and hosts the Wise Woman website and~ ~ forum~ ~ at [www.susunweed.com](http://www.susunweed.com)~ ~ created by her amazing daughter Justine. Susun continues to train apprentices, initiate green witches, work with her correspondence course students, and write books.

Pregnant and wanting to stay healthy in a gentle holistic manner that is completely supportive of your balance and your baby's well being? Susun Weed is a respected and highly knowledgeable herbalist of many many years. [Check out her Wise Woman University to learn so much more...not about her but FROM her.] I birthed all four of my children at home without drugs, without extreme measures, and even through some tough outer stressors....with Susun Weed's The Childbearing Year on my bedside table, the kitchen counter, in the diaper bag, the car... basically "to hand" because one never knows when the wisdom of an experienced elder might be needed, especially when pregnant. Susun uses a very readable style to keep your interest. And of course the book is arranged so that you can go straight to the section pertinent to your current circumstances. Susun's writing style invokes a calm sense of balance by setting up the many possible solutions in a logical and progressive pathway through each section or condition discussed. The reader gets to stay with the simplest solutions or can choose to move on to more powerful solutions. She is vigilant to sharing responsibly, so that you the reader can make the decision of trying alternatives and/or when you should bring conditions to your primary provider's attention. I wish I could express this more succinctly...all I can say is: if you prefer to avoid overly pharmaceutical measures and invasive procedures and are choosing to maintain your good health all the way through, from pre-conception to pregnancy to birth and on to the "fourth trimester" of breast feeding and returning your body back to pre-pregnancy state, this book is an excellent guide to keep you on track with all the details. And the writing is like sitting with your grandmother sharing stories while being very informative. Susun is

a brilliant and experienced teacher. And if you are reading because you or a loved one is including a new one soon, Congratulations! ;)

Susun Weed comes from a practicing stand point of using single herbs in hot water infusions and in food. Her emmenogogues ( bringing on menses or labor) in tincture form are recommended for helping labor. Herbal medicine is old medicine and it takes decades to learn so I think some newer herbal medicine people are taking more precaution due to the newer forms available in pills and tinctures. Today's contraindications may be due to using standardized herbal medicine which lacks the safety buffers that whole plant medicine has allowed us. Many are using herbs more like prescription drugs today. Susun Weed is about using safe and nourishing herbs like nettles and alfalfa and oats. Heroic herbs like blue cohosh when labor is difficult.

I found this book after I was 4 months pregnant. This has been the best guide I have found so far for what herbs you can use and not use. It is so hard to find any herbal suggestions during pregnancy. The advice given is not scientific studies, but what midwives and such have used over the years. She is honest about what she has used in her profession and what others in her profession have used. I have used a few of the teas during my pregnancy and I really look forward to using the herbs and such for lactation help and help with any issues with the baby. I am not a total organic or DIY person, but after a natural health doctor "cured" me 5 years ago with just probiotics and herbs after years of battling sicknesses (many doctors just gave me drugs that never really fixed my problems), I look for more natural solutions first before going to artificial drugs.

This book is a great addition to every womans, especially a midwives library! It covers antenatal to labor and delivery. Susan Weed is a wonderful soul who has a true knowledge of Maiden, Mother and Crone and the use of nature's gifts.

There's a lot of useful information in this book, from diet and exercise recommendations for preventing numerous pregnancy discomforts and ailments, to herbal preparations to deal with childbirth complications, to methods for preventing and treating common newborn problems. I haven't actually had a baby myself, but there are herbal preparations for raising blood iron levels which I have used successfully. (I found those in other sources originally, but I can attest to their effectiveness.) The author even provides detailed instructions for making numerous herbal remedies for common pregnancy and childbirth-related, and newborn ailments. This is a great book

to refer to if you want to try to avoid allopathic remedies (which can often be too strong or imbalanced) for any of these problems, or if you're just interested in learning things you can do for yourself without visiting a doctor or pharmacy. There is a small amount of woo-woo stuff (telling you to sit and listen to the plants before picking, or recommendations to put up tinctures under a full moon, etc.) I found this a little off-putting, but it's fairly easy to ignore that and just take the information you find useful.

Love this book! Great information, well written, clear and easy to understand. I really like Susun Weed.

So this is the type of book you have to read and take away from it what you need. Used it with my first pregnancy and had an intense but fast natural birth with barely any bleeding. I also healed up quite fast and had no symptoms of depression. I used the recommended herbs to help bring up my milk supply (which was initially not enough to feed my daughter), and used it to help heal the damage caused by a bad latch. Recommended hers to help lower another friends supply after she was overproducing- also worked. I highly recommend this book to all moms that are interested in having a natural healthy pregnancy. Several of my friends purchased this book for themselves after looking over mine (also resulting in great births-fyi) I haven't tried all the remedies in this book, but the ones I have tried worked.

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