



Soothing Natural Remedies

Herbs by Function and Properties

*Herbs that are contraindicated for breastfeeding; please research on your own as well and/or check in with your medical provider to make sure you choose the right herbs for your situation and body

Calmatives: These herbs create a feeling of warmth and alerts the senses. They stimulate the digestive juices and transmit a feeling of relaxation to the body

Valerian, Hops, Chamomile, Catnip, Skullcap, Passion flower

Nervine: These herbs act upon the nervous system and are good for fatigue, exhaustion, nervous irritation, stress, strain, and relaxation

Valerian, Hops, Passion Flower, Yarrow Leaf*, Catnip, Betony, Chamomile, Skullcap, Damiana*, Shatavari (also boost breastmilk supply as galactagogue), Schizandra Berry

Emollient: Used topically for their soothing and softening properties and internally for digestive problems and for skin irritation in the uterus, vagina, throat, or digestive tract.



Marshmallow, Oatmeal, Comfrey leaf, Slippery elm, Flaxseed

Sedative: These herbs sooth and calm pain. They are allopathic and can tend to hide the cause of pain. Pain is an alarm which signals that the disease is well developed, and accordingly requires nutritional balancing. These hers are used for menstruation pains. The should not be used for delayed menstruation.

Squaw Vine, Catnip, Yarrow, Cramp bark, Chamomile, Black Haw, Black Cohosh, Motherwort (be mindful of not over using)

Adaptogens: These herbs help you to be able to better withstand stress overtime. They have a cumulative effect but also give a soothing relief to anxiety, exhaustion, fatigue, and nervous energy. As the name implies, they help you adapt. Adaptogens are meant to be taken on a regular basis and work really well when mixed in with food

Holy Basil, Oat Seed Tincture, Oat Straw (herbal infusion), Ashwaganda, Astragalus Root,

Supportive Supplements

Desiccated Liver Tablets : Source of B12 and all B vitamins in general, iron, Zinc; nourishes the liver: helps boost energy levels and nourish or replete lost nutritional stores after birth

Raw Adrenal Tablets: Nourishes Adrenal Glands and supports fatigue/exhaustion

Raw Spleen & Pituitary Glandular: Enhances the healing process; Noticing slow



healing time

Suggested sourcing for desiccated Liver capsules: [Ancestral Supplements](#)

[Grass-fed Beef Liver](#)

Vitamin C: Protects the nervous system and supports glandular functions

L - Tyrosine: Relieves adrenal stress; very soothing for the mind and mental symptoms of adrenal fatigue

Chlorophyll: Purifies blood and increases oxygen to cells; if you are noticing very strong body odor/bowel movements/ever suffered with anemia this is a great addition to your water each day

Evening Primrose: 4-6 capsules daily; reduces stress and

irritability

Multi Vitamin/Mineral Complex

Brewers Yeast: Source of b vitamins and amino acids; very supportive of breastmilk production and healing the nervous system; 1/4 c per day, working up to this dosage slowly, starting with 1 tbsp and increasing per tolerance and over time

Potassium Citrate: 99mg per day; helps stabilize the nerves

CBD Oil & Hemp Flowers: Replenish depleted endocannabinoids; soothes the



nervous system, supports mental fatigue and brain fog, relieves symptoms of PTSD (CBG in particular)

Suggested Source: thehempdoctor.com

Homeopathic Remedies

*Vitamin Shoppe is a great resource for homeopathic remedies; use all remedies as indicated on the bottle

Rhus. Tox : For use when feeling weepy, like you have tears behind your eyes often, anxious, restless, unable to relax, very sad disposition, and constantly needing to stretch the body to relieve tension

Ignatia Amara: For use when feeling stressed, overly emotional, hypersensitive to light/noises/pain/emotions. You may feel physical symptoms like having a lump in your throat, localized headaches, frequent yawning, and you seem most relieved when distracted, like when scrolling through social media or watching a movie

Aconitum: For use when feeling afraid, fearful, anxious, restless, acute sudden fear, or pulsating headaches; helps with looping thoughts

Arnica: For use when you are fearful or avoidant of touch or approach of another



person, are feeling indifferent and unengaged with the outside world, nervous, unable to bear even the slightest pain, body is feeling oversensitive, after mental strain or when feeling mentally exhausted and unable to concentrate on work or tasks, feeling unable or unwilling to acknowledge that something is wrong and will tell others that everything is okay even when it is not

Calc. Sulph.: For use when feeling forgetful, impatient, and moody

Silicea : For use when seeing frequent acne/breakouts/blemishes, seeing that you are easily bruised, brittle nails/hair, fatigue, irritability, after periods of overwork, noticing boils or cystic growths

Sepea: Relieves menstrual symptoms including PMS, use when feeling overwhelmed, fatigued, or noticing vaginitis

Food Choices

Dandelion greens

Mustard greens

Turnip Greens

*All greens slowly simmered with spices and nice fatty meat source is optional depending on your dietary preferences

Bone broth

Homemade broths and soups

Nourishing herbal infusions made from herbs like Alfalfa, nettle leaf, red raspberry leaf, calendula, lemon balm



<https://nourishingherbalinfusions.com/>

Healthy Fats added to each meal and eaten as snacks

Raspberries

Strawberries

Cruciferous vegetables

For additional meal, recipes, and broth ideas, check out:

[The First Forty Days](#) by Heng Ou