

March 4, 2015 // posted in blog, herbal medicine, pregnancy & birth // 91 comments



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16



Updated April 26, 2016: You can also go [here](#) to listen to an episode of my podcast, Natural MD Radio, that accompanies this article.

“So eight days late, huh,? You must be getting a little uncomfortable? . . . If you’re anxious there are a few ways to help things along . . . actually there are things you can do...just some home remedies . . . I’ve found that some of them are very effective . . . there’s an herbal tea you can drink . . .”

– Obstetrician in *Friends*, “The One Where Rachel is Late”

The past century has vastly improved many outcomes in high-risk pregnancies and births, yet with these improvements has come the omnipresence of technology in nearly all aspects of normal pregnancy and birth. Since at least 2000, Cesarean section has been the most common hospital surgical procedure performed in the US, accounting for more than 34% of all US births. As a midwife and MD with a specialty

million women enrolled in Medicaid for at least 3 months before and then throughout pregnancy from 2002 to 2007. Almost 83% of these women were dispensed at least one medication; half of these were antibiotics.

Another study found that the rate of narcotics dispensed to pregnant women who were enrolled in Medicaid in these same years increased from 18.5% to 22.8% with rates exceeding 30% in five states. Among women of reproductive age generally in the United States from 2008 to 2012, almost 40% of Medicaid-enrolled women and 28% of commercially insured women filed claims for narcotics.

Against this backdrop, the use of herbs in pregnancy seems rather benign. Yet it's important to be aware of the safety issues when using herbs in pregnancy, because not everything that's natural is safe for pregnant moms.

The desire to avoid unnecessary – and potentially unsafe – medical interventions, and an inclination toward natural approaches has led many pregnant women to seek alternatives. It's why I began studying them over 30 years ago, and why I continue to incorporate them as my first “go-to” in my medical practice whenever possible.

The use of herbs for the treatment of common pregnancy symptoms is very common. Studies and surveys estimate that up to 45% of women use an herbal therapy at some point during pregnancy. For better or worse, there are a lot of “experts” on the internet “wild-west” giving advice that may not always be accurate, so it's important to get your information from reliable sources that you can trust.

I hope this article gives you a glimpse into the potential benefits of herbs in pregnancy. If you're seriously interested in learning more about herbs in pregnancy, my course [Herbal Medicine for Women](#) is a great place to look if you're a health practitioner. For mommas, a natural medicine in pregnancy course is in the works for you, but won't be out until 2016. In the meanwhile, [The Natural Pregnancy Book](#) is a great resource.

Herbs in Pregnancy: Are They Safe?

Herbs have been used for the treatment of discomforts and common problems arising during pregnancy and childbirth dating at least back to ancient Egypt.

until after use has been discontinued, or may only occur with cumulative use, so it's important to **be smart and safe and use only those herbs in pregnancy with a proven track record and a good safety profile.**

Schools of thought differ on whether herbs should be used during pregnancy. Some believe that since most herbs are not *proven* safe during pregnancy, they should be entirely avoided, while others see certain herbs more as foods that can provide an additional source of nutrition during pregnancy, or as tonics which can encourage and support optimal pregnancy health and uterine function.

Perhaps the most reasonable approach to herb safety is a “risk: benefit” one that takes into consideration the safety of the individual herb, the severity of the symptom or condition and comparing this to the safety of the corresponding conventional medical approach.

Certain signs and symptoms arising during pregnancy *always* warrant medical attention, and should not be treated with herbs. These include:

- Persistent vaginal bleeding
- *Initial* outbreak of herpes blisters during the first trimester
- Severe pelvic or abdominal pain
- Persistent, severe mid-back pain
- Edema of the hands and face
- Severe headaches, blurry vision, or epigastric pain
- Rupture of membranes prior to 37 weeks pregnancy
- Regular uterine contractions prior to 37 weeks pregnancy
- Cessation of fetal movement

Using Herbs During Pregnancy

The safest approach to the use of herbs during pregnancy is to avoid herbs during the first trimester unless medically indicated when there is not a more effective or safer medical option (i.e., nausea and vomiting of pregnancy-NVP, threatened miscarriage) and after this to use herbs that are known either scientifically or historically to be safe during pregnancy.

Beverage and nutritive teas that are known to be safe in moderate amounts (i.e., red

The following chart provides an overview of a number of herbs that have been demonstrated to be safe for use during pregnancy through clinical trials or scientific evaluation of safety.

Herbs Considered Safe in Pregnancy

Common Name	Botanical Name	Reason for Use	Clinical Trials in Pregnancy	Typical Daily Dose	Comments
Red raspberry leaf	<i>Rubus idaeus</i>	Mineral rich nutritive tonic, uterine tonic to promote an expedient labor with minimal bleeding. Can also be used as an astringent in diarrhea.	Positive ^{12, 13}	1.5-5 g/day in tea or infusion	Highly astringent herbs can theoretically interfere with intestinal nutrient absorption
Echinacea	<i>Echinacea spp.</i>	Reduce duration, recurrence of colds and URI	Positive ¹⁴	5-20 mL tincture	The dose listed here and considered safe by herbalists is higher than that used the study by Gallo et al.
Ginger	<i>Zingiber officinalis</i>	Anti-nauseant, anti-emetic for NVP, <i>hyperemesis gravidarum</i> , and generally nausea	Positive ^{15, 16}	Up to 1g dried powder/day	Higher doses of ginger are traditionally considered <i>emmenagogic</i> . Untreated <i>hyperemesis gravidarum</i> in pregnancy can cause serious adverse outcomes
Cranberry	<i>Vaccinium macrocarpon</i>	Prevent and relieve UTI	None identified	16-32 fl oz of juice/day	Untreated UTI in pregnancy can cause serious adverse outcomes
Chamomile	<i>Matricaria Recutita</i>	Promote general relaxation, treat insomnia, treat flatulence	None identified	1-5 g/day in tea	No reasonable contraindications. ¹⁷

Herbs to Definitely Avoid

While a number of herbs are known to be safe in pregnancy, there are numerous herbs that should be avoided. Somewhere between these categories are herbs whose use is not appropriate for daily, routine intake, but which can be used if necessary for brief or more extended periods of time for specific conditions.

Licorice is an example of such an herb. Used short term for a sore throat, for example, for no greater than one week, it may be entirely safe and appropriate,

Topical applications, including vaginal use (i.e., for the treatment of vaginal infections), of most herbs is considered safe, however, some herbs, for example, poke root, pennyroyal oil, and thuja, which are known to be toxic, should be avoided internally and topically.

Note that when you see sorghum on the list of herbs to avoid – don't freak out if you're eating it – that's fine – it's concentrated use of certain species in huge amounts that's the problem!

** Avoid internal use; external use may be acceptable under the guidance of an experienced botanical medicine practitioner. Note that sorghum in normal food use is considered safe.*

Common Conditions During Pregnancy and Herbs for Treatment: An Overview

The herbs cited in the medical literature as most frequently used for pregnancy concerns varies slightly among studies, but includes: echinacea, St John's wort, ephedra; peppermint, spearmint, ginger root, raspberry leaf, fennel, wild yam, meadowsweet; blue cohosh, black cohosh, red raspberry leaf, castor oil, evening primrose, garlic, aloe, chamomile, peppermint, ginger, echinacea, pumpkin seeds, and ginseng.

In one study, women reported lower GI problems, anxiety, nausea and vomiting, and urinary tract problems as the most common reasons for using complementary therapies in pregnancy. Midwives most frequently recommend herbs for nausea and vomiting, labor stimulation, perineal discomfort, lactation disorders, postpartum depression, preterm labor, postpartum hemorrhage, labor analgesia, and malpresentation.

The Chart below, Herbal Treatment of Common Pregnancy Concerns, provides guidelines for commonly used botanical treatments for several pregnancy problems, and provides a brief discussion of the safety of the herbs presented.

Herbal Treatment of Common Pregnancy Concerns

Getting Ready for Birth: A Word about “*Partus Preparators*”

Partus preparators are herbs sometimes used during the last weeks of pregnancy to tone and prepare the uterus for labor. They have historically been used to facilitate a rapid and easy delivery. Herbs commonly used as *partus preparators* include blue cohosh (*Caulophyllum thalictroides*), black cohosh (*Cimicifuga racemosa*), partridge berry (*Mitchella repens*), and spikenard (*Aralia racemosa*), among others.

The use of such herbs to prepare women for labor begs the question of why one would use an herbal preparation to prepare the body for something it naturally knows how to do. Furthermore, the safety of these herbs prior to the onset of labor is questionable. Case reports have appeared in the literature suggesting an association between blue cohosh and profound ischemic episodes or myocardial infarction in the neonate.

Blue cohosh contains a number of potent alkaloids including methylcystine and anagyrine, the latter, which is known to have an effect on cardiac muscle activity. Other side effects of blue cohosh include maternal headache and nausea. Yet the use blue cohosh represents one of the one widely applied botanical medicines by midwives, including CNMs, and one of those most commonly included in late pregnancy formulas self-prescribed by pregnant mothers. Much of this is due to [medical pressure for induction of labor](#) by 40 weeks of pregnancy.

The risks associated with extended third trimester ingestion of blue cohosh specifically suggest that it should be avoided as a *partus preparator*.

Red raspberry leaf tea, 2 cups daily, on the other hand, is know to be safe in pregnancy, and several studies have now shown that taking it regularly in the last trimester can make labor easier, reduces the need for medical interventions in labor, and makes baby less likely to need any resuscitation. I'd say that this makes it a great herb to use for getting ready for birth!

Summary

Herbs can provide substantial relief for common symptoms and concerns that arise during pregnancy and childbirth. The power of herbs should be respected during

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Comments

Bethany says:

March 4, 2015 at 10:24 am



Could you comment about the use of valerian in pregnancy, specifically for preexisting postpartum depression/insomnia? I was not able to find much information in your book on botanicals for women’s health.

[Reply](#)

evidence that suggests best not to use them other than as a tea here or there...

Aviva

[Reply](#)

Brittany says:

March 8, 2015 at 2:32 pm



I have taken Maca during pregnancy, which I believe is an adaptogen, mainly by adding a teaspoon of powder to oatmeal. Is there any evidence of harm to taking Maca after conception? I had been taking it as a nutritive, fertility-promoting supplement and simply never discontinued it.

[Reply](#)

aviva says:

March 18, 2015 at 5:09 pm



I don't know of any harm, and it is used during pregnancy in Peru, but I don't personally recommend adaptogens in pregnancy. Best wishes! Aviva

[Reply](#)

Heather says:

March 4, 2015 at 12:13 pm



Thank you so much Aviva! What a great resource!!! I really appreciate this.

[Reply](#)

aviva says:

March 5, 2015 at 9:51 am



Thank you!

[Reply](#)

[Ilka](#) says:

March 4, 2015 at 12:33 pm



Basil be avoided then as well? Thank you.

[Reply](#)

aviva says:

March 18, 2015 at 5:09 pm

Usually considered safe during BF'ing.



[Reply](#)

Audrey M says:

March 4, 2015 at 1:54 pm

Why are peppermint, thyme, sage & oregano not safe essential oils while pregnant? My father keeps insisting they are safe for common pregnancy symptoms, I'd like to be properly educated 😊

-Audrey



[Reply](#)

aviva says:

March 5, 2015 at 9:46 am

Essential oils taken internally in pregnancy can cause miscarriage (sage is well known for this), are potential neurologic agents in baby if they get across the placenta, and have potential hormonal effects. They are VERY concentrated so it doesn't take much. Best, aviva



[Reply](#)

Christine says:

March 4, 2015 at 2:11 pm

With peppermint under the "essential and volatile oils" category, is this primarily in reference to concentrated forms of peppermint such as peppermint EO, or are you also concerned about the volatile oils released in peppermint leaf tea? I generally use the AHPA's Botanical Safety Handbook to determine herb safety and although there isn't much research with peppermint leaf during pregnancy, there don't seem to be any known concerns listed there. The essential oil. on the other hand. is



aviva says:

May 27, 2016 at 7:20 pm

Love it! 1 drop neat or diluted. Can cause eye burning even just from the vapors so don't usually recommend for kiddos.



[Reply](#)

Christine Harris says:

March 4, 2015 at 4:46 pm

Hi Aviva,

My friend's blood thickens when she gets pregnant.

She cannot carry a baby past 8 weeks because of it.

The first herb I thought of was red clover.

I see in your e-mail that it is not considered safe when pregnant. What would you recommend?

She is 39 and has had 2 miscarriages in the past 2 years.

Thanks,

Christine



[Reply](#)

aviva says:

March 5, 2015 at 9:41 am

Hi Christine. She likely has Factor V Leiden or a phospholipid antibody. This requires medical treatment — the gentle herbs would be safe as teas but herbs wouldn't be appropriate to treat her condition. Best, Aviva



[Reply](#)

[Jenni Huntly](#) says:

March 4, 2015 at 9:10 pm

Thank you for this research summary, as always well-developed and balanced, as well as very well referenced. As a midwife advising clients on herbal teas, I was wondering about oatstraw (as opposed to milky oats) and about your



Maggie says:

March 5, 2015 at 9:46 am



Thanks for this post – it is so hard to find good information about herbs, especially during pregnancy. One that I didn't see mentioned is evening primrose oil. I see it recommended during the last few weeks of pregnancy as a way to prepare for labor – used vaginally and orally and sometimes in large doses. Any thoughts on that one?

[Reply](#)

aviva says:

March 5, 2015 at 9:48 am

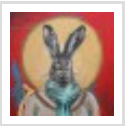


The data from the Cochrane Database actually shows that it probably doesn't do that much. I only use it in late pregnancy if someone is going way overdue, as part of a larger plan to get labor going. The idea is that the prostaglandins help to ripen the cervix. Large doses shouldn't be needed....See more in my book Botanical Medicines for Women's Health. Warm wishes, Aviva

[Reply](#)

Candace says:

March 5, 2015 at 11:38 am



Hi Aviva,

You always write such incredibly thorough and helpful articles and I just want to thank you for offering so much of yourself. It is so appreciated! <3 -C

[Reply](#)

Rebecca says:

March 5, 2015 at 7:39 pm



Thank you for the great info. I was wondering if elderberries were safe during pregnancy?

[Reply](#)

aviva says:

[Reply](#)

rachel says:

March 5, 2015 at 8:14 pm



Hi Dr Aviva,

I was wondering if you were familiar with this study on Red Raspberry Leaf tea and if so, if you had any thoughts on it?

<http://www.ncbi.nlm.nih.gov/pubmed/19276407>

Sometimes I am so confused by traditional use of herbs vs what I read on Pub Med. For instance, I'm breastfeeding and my acupuncturist would like to me to use Dong Quai, but then I've read elsewhere that it may be carcinogenic. So hard to know what to believe.

[Reply](#)

aviva says:

March 18, 2015 at 5:23 pm



hi rachel,

good for you for reading the literature! this study was on rats; not all of it was statistically significant; a strange association is made with problems with ginger extract in pregnancy, and yet all other data and historical use has found both to be safe in pregnancy. also, there is no data on study quality. so overall, although i wouldn't ignore it, i don't give it any major weight and would absolutely continue to rely on the data that demonstrates it's safe in pregnancy. best, aviva

[Reply](#)

Jeanne says:

March 6, 2015 at 12:09 am



Hi Aviva,

Are there herbs that are safe to use for pain management during labor?

[Reply](#)

aviva says:

March 18, 2015 at 5:24 pm



Hi Jeanne.

aviva says:

March 18, 2015 at 5:13 pm

I don't generally recommend caffeine in pregnancy, but a cup of green tea here or there is fine. 😊



[Reply](#)

Karen S. says:

March 11, 2015 at 1:19 pm

Hi Aviva – I just heard about you through a podcast on Jennifer Fugo's website and so excited to see the best of both worlds with midwife and doctor experience! I wanted to be sure I understood your article. Are you saying that no herbs (even the ones that are considered safe for pregnancy, such as red raspberry leaf) should be taken during the first trimester? It wasn't exactly clear and I've been wondering if it is OK to consume the raspberry leaf tea throughout a pregnancy or just waiting till the last trimester. Thank you kindly.



[Reply](#)

aviva says:

March 18, 2015 at 4:56 pm

Correct, unless necessary. I usually recommend RRL starting in 2nd trimester...

Best, Aviva



[Reply](#)

Katey says:

March 16, 2015 at 1:24 pm

Hi Aviva! Thank you so much for this wonderful information. I had a miscarriage 2 months ago and I've recently started taking a supplement blend that include herbs such as rhodiola and ashwaganda to help support my adrenal health. Is it okay to take herbs and use essential oils until I find out I'm pregnant again or can I harm the pregnancy that early along? (I would take home pregnancy tests ASAP each month). Thanks in advance!!



Ava says:

March 17, 2015 at 4:51 am



Hi Aviva,

I'm 42 and pregnant for the first time after not being able to conceive for years. I have pcos and I cut out soy, wheat, and cut back on sugar and dairy I finally got pregnant but now I have another concern. I'm 17 weeks right now and I've had bv for several years. After taking metronidazole several times in the past it kept reoccurring and I finally gave up. Now, I'm pregnant and still had gardnerella (bv) come up in my culture. I've been prescribed metronidazole orally but after much research and an overall gut feeling I'm very afraid to take it while pregnant. I've been trying to do research and found a lot of different advice on what to do but I'm very overwhelmed and worried about a possible miscarriage if I do nothing. It was suggested that I should use a boric acid capsule vaginally as a possible form of treatment but again after doing a bit of research I'm conflicted. Some say it's very dangerous and other things I've read say it's safe. Any advice would be so much appreciated as I feel the life of my unborn baby depends on me making a move soon. Please, I'm very worried and unsure what the safest possible approach would be. Thank you in advance for any thoughts on this.

[Reply](#)

aviva says:

March 18, 2015 at 4:51 pm



Hi Ava, Unfortunately, I can't give direct personal health advice here on my blog. But my textbook, Botanical Medicine for Women's Health does have natural information for BV. Best, Aviva

[Reply](#)

Elisa says:

March 17, 2015 at 9:25 am

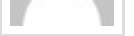


Hi! Thanks for this fabulous resource!

I've been advised to take oregon grape and a probiotic to try to ward off GSB. Both on the bottle and in your article it say do NOT take Oregon grape. Can you elaborate? Is it ok to take for a short time (10 days until the swab and I'm 35 weeks pregnant). Any help is appreciated. 😊

[Reply](#)

Hi Aviva!



Do you have a blog on the safety of herbs while breastfeeding? I have Sheila Humphrey's book, but it's over ten years old. Is there a chapter on breastfeeding in your textbook?

Mary

[Reply](#)

Megan Liebmann says:

July 23, 2015 at 2:16 pm

Hi Mary,



This is Megan from Dr. Aviva's team. I highly recommend checking out Aviva's book Natural Health After Birth, and yes, Chapter 18 of Dr. Romm's text book is all about breastfeeding and botanical medicine!

Megan- Dr. Aviva Romm Nutritionist

[Reply](#)

Jenn says:

March 24, 2015 at 9:08 am



What do you know about Shepherd's Purse? My last midwife had me drink a tea for the last few weeks of my pregnancy to prevent hemorrhage. I was amazed at how little bleeding I had after the birth. My lochia was so much lighter and was GONE in about 5 days (with my first, it lasted 6 weeks). I haven't been able to find much information on Shepherd's Purse in pregnancy, though it seems common to use for heavy periods.

[Reply](#)

Melissa says:

March 25, 2015 at 12:10 pm



Great article! I'm 35 weeks pregnant and I've started drinking a lot of red raspberry leaf tea. I just bought some that is combined with hibiscus tea. Is hibiscus tea safe in third trimester? There is a lot of contracting information about it.

Ashley says:

April 23, 2015 at 11:21 pm



Hi – I see that sorghum is listed? I bake a lot of gluten free things with sorghum flour, and never knew it could be a problem. Now I'm very concerned about what effect that may have had on my baby (I'm currently in 3rd trimester). What are the dangers of cooking with sorghum?

[Reply](#)

aviva says:

April 27, 2015 at 2:30 pm



Sorghum as an herb, not sorghum flour 😊

[Reply](#)

Lauren says:

May 7, 2015 at 6:20 pm



As always Aviva, thank you for the awesome resource you provide!! I'm a new, practicing clinical herbalist and you demystify a lot of pregnancy/BF'ing subjects for me. Thank you!

[Reply](#)

Liza C says:

June 16, 2015 at 8:56 pm



Hi, Aviva!

I am a CNM working at a birth center in Maryland where a lot of our clientele uses herbs and natural remedies. I saw a client today that was wondering about the safety of Rhodiola, aka Golden Root. Do you know anything about this? Thank you in advance!

-Liza

[Reply](#)

Ashley says:

June 17, 2015 at 1:15 am



I'm about 7 weeks pregnant. It is safe to drink the Pregnancy Tea made by



Hi Abby,

Great question! I don't generally recommend birth prep herbs unless there's a need to (a woman's not gone into labor in past pregnancies without induction, for example). First, I trust your body to know what to do, and second, some contain an herb called blue cohosh which has some risks, especially if taken often, such as for weeks at a time. Also, false unicorn is an endangered species, and very hard to grow, so I generally avoid products that contain it. The red raspberry is perfectly safe and very effective, so I recommend sticking with that, 1-2 nice strong cups per day. Keep us posted on baby's arrival and best wishes!!!

[Reply](#)

Cmom says:

July 19, 2015 at 7:41 am



Hi Aviva,

Thank you so much for sharing your expertise and knowledge. I have recently been looking more and more into herbs as an alternative to conventional medicines, treatments etc. and i have had great difficulty finding much info about safe uses in pregnancy. I have been on the hunt for a natural bug repellent (that works for ticks especially) to use on myself (trying to conceive) as well as on my 2 year old. I recently came across a recipe that soaks herbs in vinegar for several weeks and then is cut in half with water before applying. The recipe however, includes sage, wormwood and tansy(all of which are included here on your list to avoid). I have seen others that use both sage, thyme and peppermint. If prepared in the manner indicated are these big repellents unsafe to use

a) before, during and after pregnancy (bfin) either on the skin directly or just on clothing and

b) on a 2 year old.

If indeed they are unsafe, can you recommend something that is safe to use – especially for repelling ticks?

[Reply](#)

aviva says:

July 21, 2015 at 8:11 pm



Oh how I know that dilemma having been pregnant in the Southeast with all of my babies! Yes, you are correct to be cautious about those herbs — all are considered “emmenagogues” which were classically used as abortifacients, though that is when taken internally. Nonetheless. I generally avoid those in pregnancy —

Hi Christa,



This is Megan from Dr. Aviva's team. Thank you so much for writing and please know that Dr. Aviva values your questions. Unfortunately she can't address every question and she can do much better justice to health questions in an appointment...

Her NEW! Integrative TeleWellness Consultations may be a great option for you if you'd like to discuss your health and wellness concerns with an expert in Integrative and Functional Medicine for women and children, and you don't have this option in your community, or if are unable to come to see her in NYC when my practice opens in late autumn (2015).

Although she cannot diagnose you, order labs or prescriptions, or treat you without an initial in person appointment, she can provide a thorough discussion of your current health-related questions and concerns, including reviewing your health history and laboratory results, helping you to make sense of how you might bring an Integrative, Functional Wellness approach into your health and wellness goals.

Based on your conversation and information you might provide ahead of time, Dr. Aviva can offer a set of Integrative/Functional Medicine suggestions that you can discuss with your local doctors to see whether those would fit into your current health plan.

If you would like more information, or to schedule an appointment, please go here:

<http://avivaromm.com/integrative-telewellness-consultations>

If you would like to join her practice in the autumn, please check back on her website in late autumn for booking information.

With warmest wishes,
Megan- Dr. Aviva Romm Nutritionist

[Reply](#)

Monique says:

August 5, 2015 at 6:35 pm



Hi Aviva. Thanks for making all this information available on the web. What an excellent resource! I was recently was asked if wild carrot is safe to use while breast feeding. A mama was interested in trying it as a contraceptive. I couldn't find enough information in my research. Do you have experience with this?



Hi KRistin,

While my general feeling is to avoid unnecessary herb intake in the first trimester, these are considered safe in pregnancy. So you could take one of these, or simply take methylfolate for the first trimester, then add in a prenatal vitamin after that.

Warmly Aviva

[Reply](#)

CheriAnn says:

September 28, 2015 at 12:49 pm



Hi Aviva,

I have been taking St. John's wort for my anxiety on and off for the past few years now I take 1-2 a day currently. It's really the only thing I have found that gives me any relief. Do you have any recommendations for some solid information on taking it while both trying to conceive and pregnant ? I look forward to hearing back from you 😊

-CheriAnn

[Reply](#)

aviva says:

October 6, 2015 at 11:02 pm



Hi CheriAnn

According to the research we did for the Botanical Safety Handbook second edition and all of the research I have done, it is safe to use while TTC and during pregnancy, and better than untreated anxiety and safer than most anxiety meds. Best wishes!

Aviva

[Reply](#)

Jazlyne says:

October 23, 2015 at 9:14 am



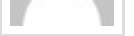
I'm now seeking other options for treatment*

[Reply](#)

Brooke says:

December 1, 2015 at 11:31 pm

What are your thoughts about Chastetree berry (vitex) in the first trimester if used for fertility and a history of PCOS?



[Reply](#)

aviva says:

December 27, 2015 at 1:28 pm



Considered safe — and can be very supportive for fertility. Best wishes!

Aviva

[Reply](#)

Maria says:

January 6, 2016 at 12:32 pm



Hi, I am 32 weeks pregnant and recently started suffering from allergies.

Before I was pregnant I used to take Quercetin with Bromelain daily to control my sinus allergies and it helped keep them at bay. Ran into your article while trying to research if it's safe to begin taking them again during my last months of pregnancy and possibly during breastfeeding. So far I have only found conflicting advice. Do you know if it would be safe? thanks

[Reply](#)

aviva says:

January 6, 2016 at 4:40 pm



Hi Maria,

I don't consider quercetin > 150 mg/day safe in pregnancy — however, the freeze dried stinging nettles is considered safe in pregnancy. Other things you can do for allergies are remove dairy, use a neti pot, take a probiotic... Best, Aviva

[Reply](#)

Betrina says:

January 12, 2016 at 7:20 pm



Hi, thank you for doing this blog. I have saw many websites with mixed reviews and tried to go to see if any studies have been published on certain herbs and I

[Reply](#)

Tanya says:

January 16, 2016 at 11:46 pm



Hi Aviva,

Wondered if DGL Licorice (aware that regular licorice is not ok), Slippery Elm, Marshmallow root and Mastic gum are safe to take during pregnancy and breastfeeding for numerous digestive issues, and what the safe amounts are. Thank you very much.

Tanya

[Reply](#)

Megan Liebmann says:

May 10, 2016 at 4:38 pm



Hi Tanya,

This comment was from awhile ago, but I wanted to chime in and let you know that Aviva's podcast on Herbs in Pregnancy is a wonderful resource as well!!

Warmly,

Megan- Aviva Romm's Executive Assistant and Online Nutrition Expert

[Reply](#)

Patty says:

March 3, 2016 at 3:24 pm



Aviva,

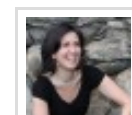
Thank you for your information. I am a CNM and many of my clients use herbs and natural remedies. One that has come up more than once is colloidal silver..for the immune system. I know it isn't an herb but can you speak to it's safety in pregnancy?

Thank you so much!

[Reply](#)

aviva says:

May 27, 2016 at 7:54 pm



Hi Patty, Colloidal silver is not recommended for use during pregnancy or breastfeeding. It can be harmful to the developing fetus and can also cause damage to the kidneys and liver. I would recommend avoiding it altogether.

[Reply](#)

Tiff says:

March 5, 2016 at 11:41 am



I saw the reply above that Rhodiola during pregnancy is not recommended. I was taking rhodiola prior to conception for 2-3 days on 1-2 days off cycles. It in combination with vitex got me off of antidepressant wellbutrin, adderall, and anxiety medication which I had been on for years. I stopped taking rhodiola and vitex when I found out I was pregnant but I'm almost 7 weeks and am experiencing very uncomfortable anger that pops up and depression/anxiety symptoms. It is affecting my family and my peace of mind everyday. In your opinion, would the herbs be a safer bet than antidepressants?

[Reply](#)

Megan Liebmann says:

March 21, 2016 at 2:18 pm



Hi Tiff,

Here is an article that Aviva wrote specifically on depression and pregnancy. I hope this helps!

<http://avivaromm.com/depression-in-pregnancy>

Megan- Aviva Romm's Executive Assistant and Online Nutrition Expert

[Reply](#)

Kelly says:

March 8, 2016 at 11:23 am



Thank you for this article! I recently bought a supplement and it has 15 mg of licorice root in it! Is that safe to take? I'm 39 weeks pregnant.. Thanks!

[Reply](#)

flare ups (outside of increased fiber, exercise, fruits, veggies etc.) Thanks so much.

[Reply](#)

Megan Liebmann says:

April 18, 2016 at 7:12 pm



Hi Amanda,

Have you seen Aviva's blog specifically on IBS? I would start there, beyond that, working with your midwife or doctor is best as they will know how to support your unique system through your pregnancy.

I hope this helps and we are wishing you a comfortable and happy pregnancy!!

Megan- Aviva Romm's Executive Assistant and Online Nutrition Expert

[Reply](#)

Bea says:

May 24, 2016 at 4:43 pm



Hi, does anyone know about the safe use of Tumeric during pregnancy for pelvic related pain? As well as the use of B-complex?

[Reply](#)

Leave a Comment

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Email *

