



## The Village Midwife, LLC

Jennifer L. Rector, LM, CPM

321 Main Street, Suite C

Newport News, VA 23601

P 757-472-2936

F 757-257-0086

## NORA Tea

NORA Tea is an important part of your Prenatal Care, and so it is **mandatory**. It consists of four ingredients: Nettles, Oat Straw, Red Raspberry Leaf, & Alfalfa. It is very nourishing, and stimulates your system to optimal health, optimizes mineral absorption, guards against anemia, and maximizes the health of the liver. It is not a miracle substance, but it is a preventative measure that I consider a wise choice to include in your care. It helps to prevent possible complications during the birth by promoting proper contractibility of the uterus and release of the placenta. In the Commonwealth of Virginia, it is not possible for me to carry medications and so preventing complications is important.

Please wait to drink NORA Tea until after the 16th week of pregnancy. There is some controversy surrounding the use of Red Raspberry Leaf during pregnancy, which is unfortunate since it has been associated with pregnancy and birth since ancient times. The concern is early miscarriage. For this reason, I recommend using NORA tea after 16 weeks of gestation.

Try to drink a quart daily. If you find it difficult to drink it daily, it is important to drink it at least 4 times a week, or half the quart daily.

### Recipe:

1 cup Red Raspberry Leaf

1 cup Nettles

½ cup Alfalfa

½ cup Oat Straw

You can also add, Spearmint, Lemon Balm, or Rose Hips (a sour taste) for flavor.

Mix well and place in an airtight container.

### To Prepare:

(In the Evening) Place a half an inch of the tea mixture in the bottom of a quart size canning jar (a handful or two). Experiment with the amount of mixture and strength of the taste to find what works for you. But please make sure there is at least approximately ½ an inch in the jar.

Fill the jar to ½ to ¾ of an inch from the top with boiling water.

Stir the herbs down into the water so that they are all wet and mixed in and not floating.

Cover the jar with a lid or small plate to retain the essential oils and let sit overnight.

(In the Morning) Strain using a small mesh strainer into another canning jar and drink. (You can also use a French Press...it works great and you don't need a strainer in the end.)

Some people add honey, blackstrap molasses, maple syrup or slices of lemon or lime to make it tastier.

Nettles:

Scientific Name: *Urtica Dioica*

Active Ingredients: Histamine, Tannin, Saponins, Acetylcholine, Formic Acid, Sterols, Chlorophyll, Glucoquinine, Serotonin, Iron, & Vitamin A, C, D and K.

Nettles can:

- Reduce discharge
- Support milk production
- Prevent bladder infections
- Strengthen kidneys and adrenals
- Reduce the misery of pollen allergies or hay fever
- Diminish muscle pain in all areas of the body
- Strengthen blood vessels

Oat Straw:

Scientific Name: *Avena Sativa*

Active Ingredients: 50% starch, proteins, alkaloids, saponins, flavones, sterols, Vitamin B, silica, & calcium, magnesium, silicon, potassium, & iron.

Oat Straw can:

- Support the nervous system, reducing stress
- Help with exhaustion
- Help with depression
- Soothe irritated tissues
- Help you sleep
- Tone the uterus
- Strengthen the thyroid
- Lower blood pressure
- Help reduce varicose veins and hemorrhoids
- Soothe the digestive tract
- Lower blood sugar

Red Raspberry Leaf:

Scientific Name: *Rubus idaeus*

Active Ingredients: volatile oils, pectin, citric acid, malic acid, tannin, phosphorus, potassium, calcium, magnesium, & zinc, Vitamin A, B, C & E. Has the highest known herbal source of manganese.

Red Raspberry Leaf can:

- Tone the uterus
- Prevent excessive bleeding
- Tone mucous membranes throughout the body
- Soothe the kidneys and urinary tract
- Increase milk production
- Make uterine contractions more effective

Alfalfa:

Scientific Name: *Medicago sativa*

Active Ingredients: Vitamin K, iron, chlorophyll, Vitamin A, B-6, E, D, & K, beta-carotene, biotin, folic acid, pantothenic acid, fatty acids, saponins, high in copper.

Alfalfa can:

- Purify the blood
- Balance blood sugar
- Soothe the digestive tract
- Balance intestinal flora

This information was compiled by Vickie Liguori of In Due Thyme