



SOOTHING HERBAL NURSING TEAS

Safe herbal teas to soothe your mind
and boost your milk supply

By Dr. Kimberly Boileau, ND



MOTHER'S MILK TEA

MAKES: 3oz of tea blend, 1 steeped tea **READY IN:** 10 min

A tasty and soothing blend of herbs for new moms, you might find yourself drinking this as a comfort tea for years to come. Children love it, too.

Fennel (*Foeniculum vulgare*) is a herb classically listed among those to promote breastmilk, and as a bonus, it reduces gas and bloating.

Catnip (*Napeta cataria*) is in the mint family and although it is the same herb your cat might go crazy for, has the very *opposite* effect on humans. Instead of sparking a frenzy, it is a very relaxing, nervine herb.

Chamomile and lavender are likely familiar but don't underestimate the power of medicinal grade flowers, they can be a game-changer when you're feeling wound up or overwhelmed.

INGREDIENTS

1 ounce dried chamomile flowers
1 ounce dried catnip
¼ ounce fennel seeds
1/8 ounce dried lavender flowers

HOW TO MAKE IT

Combine all the herbs. Put 1 tablespoon of the mix in a cup and fill with boiling water. Cover the cup and let steep for ten minutes.
Strain and drink plain or slightly sweetened. Dose 1-3 cups daily.



SLEEP NECTAR

MAKES: 2 cups | READY IN: 10 mins

This is perhaps the most sumptuous of sleepy-time drinks you'll ever have. Just looking at the ingredients will make you want to rest happily.

I found this recipe inside 'The First Forty Days' by Heng Ou. The book is beautiful shows the wise tradition Chinese tradition of 40 days of healing for all postpartum women. I hope the recipe inspires you to leave the laundry for someone else in favor of a decadent hour next to the fireplace.

INGREDIENTS

2 cups milk of choice
2 tbsp chamomile blossoms
2 tbsp lavender (optional)
1 tbsp honey

HOW TO MAKE IT

1. Bring milk to boil in a small pot
2. Add blossoms and lavender to the pot, cover and steep for 4-5 mins.
3. Stir in the honey and enjoy!

