

Red raspberry

Botanical name: *Rubus idaeus*

Energetics/Actions: Bitter, sweet, cool, astringent, antioxidant, uterine tonic

Description

Red raspberry is an important herb for women of all ages. The leaf is used as medicine. It is a good source of vitamin C, iron, B vitamins and minerals. Indigenous tribes in North America use both the leaves and the bark of the plant as medicine.



Uses

Pregnancy uterine tonic: Recommended daily after 32 weeks gestation.

Diarrhea: Astringent effect can help with diarrhea (although diarrhea is a side effect of use in some people).

PMS: Used for PMS symptoms.

Menstrual discomfort: Used for menstrual symptoms and the iron helps to replenish iron lost due to menstrual bleeding.

Dose

Tea: 2 teaspoons of the leaf in boiling water. Cover and steep for 10-20 minutes. Take 3 times a day.

Tincture: ½ teaspoon 3 times a day.

Safety information

Generally considered safe, but avoid in the first trimester of pregnancy. Recommended after 32 weeks of pregnancy.