



Mother Earth Midwifery Herbal Decoctions

Herb Packs

If you have left over herbs that you're not sure what to do with, follow the directions below to create an herb pack that is great for every day cuts and bruise of daily life with kids.

Take a 4in x 4in single wrapped sterile gauze (these are often left over in the birth kit or can be purchased at the pharmacy) and unfold it all the way.

It should unfold into a large thin square.

Take 3 Tbs. (approximately) of the herbs and place them in a rectangular shape in the center of the unwrapped gauze.

Fold the gauze back over "burrito style" and make what should be about a 3" x 1-2" rectangular "pad".

Do this with all of the left over herbs then place them flat in a large freezer bag and freeze them.

Once frozen, mom can use them as a cold packs for her perineum, nipples, or anywhere that is sore, cut or bruised.