

# Pregnancy and Herbal Formulas: What to Take and What to Avoid

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Herbs and herbal formulations have been used throughout history in all aspects of female reproductive health, and have been used across many cultures to strengthen, tonify and support during pregnancy. Traditionally pregnancies were handled by midwives or other “wise women” and were not considered a “medical condition.” Since the rise of mainstream medicine, we have seen a shift from this traditional pattern to pregnancies monitored and even controlled by physicians. As this trend has grown there has been much confusion and misinformation regarding the use of herbs during pregnancy, and much of what is currently advised could be considered alarmist at worst or, at the least, unnecessarily overcautious.

There are a couple factors to consider when determining if an herb or formula is appropriate; including the intended action of the herb, the part of the plant used, and the actual percentage of the specific herb in the overall formulation. Many cases of contraindications you will find regard the entire herb, when it is only a specific part that is not recommended during pregnancy. Likewise, many herbs are contraindicated *at high doses only*, yet you will see this contraindication applied to a formula containing a very small percentage per dose of that specific herb—when in reality that herb at lower doses actually has a healing or tonic effect!

Finally, many herbs are listed as “not recommended during pregnancy” not because any adverse effects were ever noted with their use, but simply because no information on the safety can be “conclusively established.” In other words, a particular herb may have been used during pregnancy throughout the ages, will be deemed “not recommended” or not safe because there has not been a study performed in the last 20 years.

The following recommendations for Dr. Morse’s Cellular Botanicals have been established based on traditional use, current research (that we consider accurate and reliable), and Dr. Morse’s nearly 50 years of herbal expertise. Dr. Morse’s Cellular Botanicals are superb herbal formulas to cleanse, regenerate and strengthen the tissues of the body, restoring your health and vitality. However, we do recommend avoiding or using caution with some formulas during pregnancy (see below).

If you are pregnant, consider waiting to detox deeply until your little one is born. Focus instead on using food as a cleanser! There are some situations that may require detoxification using herbal formulas during pregnancy, and in these cases we suggest that one meet with a counselor for personalized guidance.

Should you choose to work with our formulas while pregnant, please take the following lists into consideration. We always recommend our Superfood Blends (any of them!) during pregnancy for an excellent prenatal formula, the Bone and Connective Tissue Support for parathyroid support and proper calcium utilization, and the Kidneys and Bladder to support proper lymphatic filtration.

## Use with Caution in Early Pregnancy

Lymphatic System/Spleen (Mild & Moderate, for Strong see note next page)

## Do Not Use While Pregnant or Breastfeeding

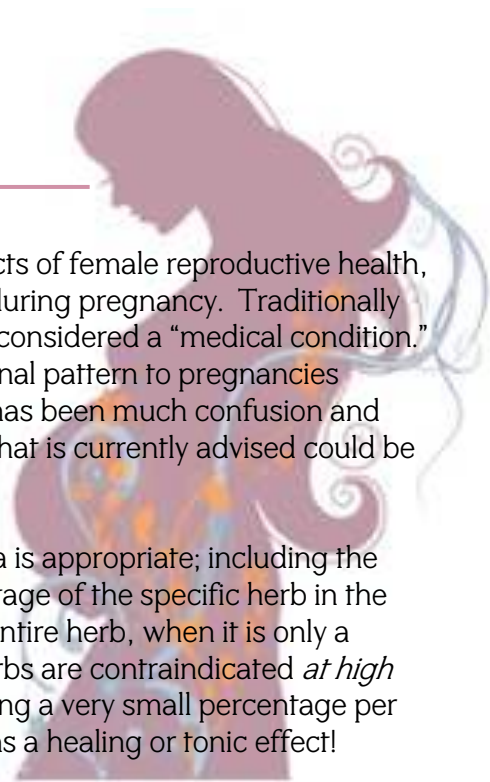
Chem/Metal Detox  
Parasite G

Strong Heart

## Do Not Use While Breastfeeding (Moderate Use During Pregnancy is OK)

Heal All Tea  
Heal All Herbal Blend (Capsules and Glycerin)

Parasite M



## Special Note: Lymphatic System/Spleen

Due to the astringent nature of these formulas (**Mild** and **Moderate**), use caution during pregnancy. Lymphatic System/Spleen (**Strong**) is not recommended during entire pregnancy.

## Special Note: GI Renew (#2-#5)

Generally, any herbs with stimulant laxative properties are contraindicated during pregnancy due to concerns of stimulating uterine contractions. Recent research has shown that some stimulant laxatives (Cascara Sagrada and Cape Aloe included), have shown no adverse effects on pregnancy or the fetus when used according to the recommended doses. As such, we consider the GI Renew formulas safe for use during pregnancy *when used as recommended* (and with common sense). Always start with the lowest possible dose and strength (see our website for choosing the right Bowel formula for you) and increase gradually as needed. If breastfeeding, simply keep an eye on your baby's stools. If you observe baby's stools becoming more frequent or too runny, decrease or discontinue the bowel formula.



## Female Reproductive Tonic: Friend or Foe?

While this formula has been cautioned or contraindicated during pregnancy in the past, the current formula is actually very safe to use during pregnancy! Ingredient changes and cases we have worked with have shown that this formula to be a tonic and strengthener, and can be very beneficial both before and during pregnancy. This is not an estrogenic formula!

You may ask "But what about Blue Cohosh?" While it's true that this herb can have abortifacient properties and has been used by midwives to help induce labor, these actions are achieved using high and frequent doses. Blue Cohosh is one of nine herbs in this formula and is a very small percentage overall. At that small percentage of a dropperful, this formula has a tonic effect, not an abortive one.

## What About Alcohol?

The amount of alcohol in the tinctures, when taken as directed, is negligible and not enough to cause any adverse effects for mother or baby. If the taste bothers you or you prefer not to use alcohol tinctures, consider capsule or glycerin versions instead.

## Lactation Herbs

While many herbs work to increase or decrease breast milk production, we have found two in particular that work well in most cases. To **stop** breast milk production, Black Walnut Hull can be a safe, quick and effective method.

If breast milk supply is not starting off very well or decreases before you are ready to stop breastfeeding, Fenugreek is very helpful at recovering a dwindling supply. Capsules are generally the best form, and it generally needs to be consumed consistently and in what seems like very large doses (generally 4-5 capsules, five or six times per day, sometimes more, until supply returns to normal).

Note: The pituitary gland makes prolactin, the hormone necessary for breast milk production. If herbs seem to barely work, or do not work at all, you may need to look at and address a pituitary weakness.

**Remember:** Herbs are a very safe way to support a healthy pregnancy, when used properly and with common sense. If you are unsure or uncomfortable with an herb or herbal formula, you can contact us for more information, consult a knowledgeable midwife or herbalist, or consider your body's innate wisdom and muscle test! And remember you can always choose not to use an herbal formula while you're pregnant. But you need not avoid herbs out of fear or misinformation!

