

HERBS TO AVOID DURING PREGNANCY

With thanks to Eileen Zum-Mallen, see her book in the book list in the back for more extensive information about this. Those herbs listed with an asterisk by them (*) are safe to use in limited ways, in limited quantities, for certain specific conditions in pregnancy, birth and post-partum, or with the advice of either a trained herbalist or a good modern reference on the safe use of herbs.

Agave	False Unicorn	
Agrimony	Fenugreek (food use OK)	
Aloe Vera	Feverfew	
Angelica*	Figwort	
Arnica	Flax (food use of seeds OK)	Mate (occasional food use OK)
Balm of Gilead	Foti	May Apple
Barberry	Foxglove	Melissa
Bergamont	Fringetree	Milk Thistle
Bethroot	Gentian	Mistletoe
Bilberry	Ginger* (food use OK)	Mormon Tea
Black Cohosh*	Ginko	Motherwort*
Black Root	Ginseng	Mugwort
Black Walnut	Goldenrod	Myrrh
Blessed Thistle	Goldenseal	Oregon Grape Root
Blood Root	Gota Kola	Orris
Blue Cohosh*	Gravel Root	Passion Flower
Boneset	Guarana	Pennyroyal
Borage	Hawthorn	Peruvian Bark
Buchu	Honeysuckle	Poke Root
Buckthorn	Hops	Pulsatilla
Bugleweed	Horse Chestnut	Queen of the Meadow
Butcher's Broom	Horseradish	Red Clover
Calamus	Horsetail	Rue
Camphor	Hydrangea	Sasparilla
Cascara Sagrada	Hyssop	Saw Palmetto
Castor Oil*	Iris	Senna*
Cayenne (food use OK)	Juniper	Senecio Aureus (blooms)*
Celandine	Kava Kava	Shepherd's Purse*
Chapparral	Kola Nut	Soapwort
Cinchona	Lady's Slipper	Tansy
Cinquefoil	Lemon Balm*	Tea Tree
Cleavers	Licorice Root	Tien Chi
Collinsonia	Liferoot (blooms)*	Uva Ursi*
Coltsfoot	Lily of the Valley	Valerian*
Comfrey (topical use OK)	Lobelia	Vitex Agnes Castus*
Cottonroot Bark	Lovage	White Clover
Cranesbill	Lungwort	Witch Hazel (topical use OK)
Devil's Claw	Ma Huang	Woodruff
Dong Quai	Male Fern	Wood Sorrell
Elder	Mandrake	Wormwood
Elecampane		Yarrow
Ephedra		Yucca
Ergot Fungus		

