



# NORRA TEA

## INSTRUCTIONS

### Ingredients & What They Do:

- ☐ **Nettles:** Nettles offers several benefits during pregnancy, making it a valuable addition to a mother's diet. Rich in essential vitamins A, C, K, and minerals like iron and calcium, nettles can help prevent anemia and support overall health. Their anti-inflammatory properties may alleviate swelling and discomfort, while the herb's diuretic effects assist with kidney function and fluid retention. Additionally, nettles can boost energy levels and help maintain hormonal balance, contributing to overall well-being during this critical time.
- ☐ **Oatstraw:** Oatstraw is a beneficial herb during pregnancy, known for its calming and nourishing properties. Rich in essential vitamins and minerals, including magnesium and B vitamins, oat straw can help reduce stress and promote relaxation, making it easier to cope with the physical and emotional challenges of pregnancy. Its high fiber content also supports digestive health and can alleviate constipation, a common issue for many expectant mothers. Additionally, oat straw nutritional profile may enhance overall energy levels, contributing to a healthier pregnancy.
- ☐ **Raspberry Leaf:** Red raspberry leaf is highly regarded during pregnancy for its supportive properties. Rich in vitamins and minerals, including calcium, magnesium, and iron, it acts as a uterine tonic, helping to strengthen uterine muscles and prepare the body for labor. Many women find that it can help ease common pregnancy discomforts, such as nausea and cramping. Additionally, red raspberry leaf may promote better circulation and support overall reproductive health.
- ☐ **Rose Hips:** Rose hips are a nutritious addition to a pregnant woman's diet, offering a range of benefits. Rich in vitamin C, they support the immune system and enhance iron absorption, which is vital for preventing anemia during pregnancy. The antioxidants found in rose hips help combat oxidative stress, promoting overall health. Additionally, their anti-inflammatory properties may assist in reducing common discomforts, while their gentle diuretic effects can support kidney function and fluid balance.
- ☐ **Rose Petals:** Rose petal herbs provide several benefits during pregnancy, primarily due to their soothing and aromatic properties. Known for their calming effects, rose petals can help reduce stress and anxiety, promoting emotional well-being. They may also aid digestion and alleviate nausea, common issues many pregnant women face. Additionally, rose petals are rich in antioxidants, which help protect the body from oxidative stress. Their gentle diuretic effects can support kidney function and fluid balance.
- ☐ **Alfalfa:** Alfalfa herb offers numerous benefits during pregnancy, making it a valuable addition to a mother's diet. Rich in essential vitamins and minerals, including vitamins K, C, and E, as well as calcium and protein, alfalfa supports overall health and helps meet increased nutritional needs. Its high fiber content aids digestion and can alleviate constipation, a common concern

for pregnant women. Additionally, alfalfa is thought to help balance hormones and may support healthy lactation after childbirth.

### When & How to Drink NORRA Tea:

- It is recommended to start drinking NORRA tea after 16 weeks of pregnancy starting at 1c a day and increasing to 1qt a day once you enter the 3rd trimester (28 weeks)
- **To Prepare:** (In the Evening) Place half an inch of the herb in the bottom of a quart-size canning jar (a handful or two). Experiment with the amount of herb and strength of the taste to find what works for you. But please make sure there is at least approximately ½ an inch in the jar. Fill the jar to ½ to ¾ of an inch from the top with boiling water. Stir the herbs down into the water so that they are all wet and mixed in and not floating. Cover the jar with a lid or small plate to retain the essential oils and let sit overnight. In the morning, strain using a small mesh strainer into another canning jar and your “tea” (technically an infusion, a concentrated tea) is now ready. Since this is a highly nutritious drink it is also strongly flavored. Some women like to make a gallon or more at a time and store it in the fridge. This way they can make it 1-2 times a week. This is easier for some women and they end up drinking the recommended amount.
- **Ways to drink it:** Add ice. Add Honey, blackstrap molasses (source of iron), molasses, sorghum, or maple syrup to sweeten. Mix with half and half (or the desired quantity) with fruit juice. Add a squeeze of lemon, or lime, especially nice with Lemon Balm. Cut half and half with water. Cut half and half with an herbal tea such as a Zinger. (Please do NOT use artificial sweeteners in this tea.)

**For questions please consult your provider or reach out at [alyx@guardianangelbirth.com](mailto:alyx@guardianangelbirth.com)**

