

Herbs Contraindicated for Use in Pregnancy

Alder buckthorn, *Rhamnus frangula*

Aloes, *Aloe vera*

Angelica, *Angelica archangelica*

Arnica, *Arnica montana*

Autumn crocus, *Coichicum autumnale*

Barberry, *Berberis vulgaris*

Bethroot, *Trillium spp.*

Black cohosh, *Cimicifuga racemosa*

Blessed thistle, *Carbenia benedicta*

Blood root, *Sanguinaria canadensis*

Blue cohosh, *Caulophyllum thalictroides*

Broom, *Sarphamnus scoparius*

Butternut, *Juglans canadensis*

Calamus, *Acorns calamus*

Calendula, *Calendula officinalis*

Cascara sagrada, *Rhamnus purshiana*

Colt sfoot, *Tussilago farfara*

Comfrey, *Symphytum officinale*

Cotton root, *Gossypium herbaceum*

Cowslip, *Primula veris*

Damiana, *Turnera aphrodisiaca*

Dong Quai, *Angelica sinensis*

Ephedra (Ma Huang), *Ephedra vulgaris*

Feverfew, *Tanacetum parthenium*

Ginseng, *Panax quinquefolium*

Goldenseal, *Hydrastis canadensis*

Gotu kola, *Hydrocotyle asiatica*

Goat's rue, *Galega officinalis*

Ipecac, *Ipecac ipechachuana*

Juniper berries, *Juniperis communis*

Licorice, *Glycyrrhiza glabra*

Lily of the valley, *Convallaria magalis*

Lobelia, *Lobelia inflata*

Male fern, *Dryopteris felix-mas*

Mandrake, *Podophyllum peltatum*

Mistletoe, *Viscum album*

Mugwort, *Artemesia vulgare*

Nutmeg (small amounts fine), *Myristica officinalis*

Osha, *Ligusticum porten*

Parsley (small amounts fine), *Carum petroselinum*

Pennyroyal, *Mentha pulegium*

Periwinkle, *Vinca spp.*

Peruvian bark, *Cinchona spp.*

Pleurisy root, *Aesclepius tuberosa*

Poke root, *Phytolacca decondra*

Rue, *Ruta graveolens*

Rhubarb, *Rheum palmatum*

Sage, *Salvia officinalis*

Sarsaparilla, *Smilax officinale*

Senna, *Cassia senna*

Shepherd's purse, *Capsella bursa-pastoris*

Stillingia, *Stillingia sylvatica*

Tansy, *Tanacetum vulgare*

Thuja, *Thuja occidentalis*

Wormwood, *Artemesia absinthum*

Yarrow, *Achillea millefolium*

"The Natural Pregnancy Book" by Aviva Jill Romm