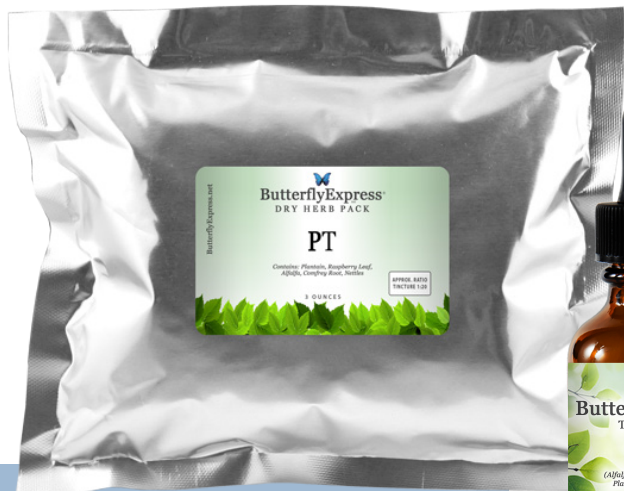


QUICK REFERENCE SHEET

PT

(Formerly Pregnancy Tea or Tincture)

Alfalfa, Comfrey Root, Nettles, Plantain, Raspberry Leaf



1.00 Plantain
1.00 Raspberry Leaf
0.50 Alfalfa
0.25 Comfrey Root
0.25 Nettles

Total Herbs 3.0 oz
Tincture Ratio - 1:20

PT can be done as a tea or as a tincture. The advantage of tea is that it assures that the mother is getting sufficient liquid to build blood volume and support the kidneys if she drinks it regularly. Tea is inconvenient (so is pregnancy) and tastes nasty, but you will get used to it. Maybe you will even develop a taste for it. At any rate, you will know that you are doing the very best that you can for yourself and your baby. Use the tincture, if you must, as a backup on days when you simply aren't going to get the tea made.

PT, like PHB, helps regulate hormones during pregnancy and makes labor shorter and easier. Drink 2 to 4 glasses of tea a day or use 25-30 drops of tincture. Which formula to use—PHB or PT—depends on the woman and is a matter of choice (or muscle test).