

# RASPBERRY LEAF

*Rubus idaeus*



Part Utilized:  
Leaf

### PROPERTIES:

Antispasmodic, Astringent, Stimulant, Expectorant, Hormone Balance (both male and female)

### SYSTEMS AFFECTED:

Reproductive, Muscles, Endocrine/Glandular (pancreas, reproductive)

### POSSIBLE USES:

diarrhea, constipation, stomach upsets, hemorrhoids, pregnancy, stabilize the pancreas



### INGREDIENT IN:

BC, CART, EB, FSW, IBL, LB, MIN, NF, PT, Raspberry/Myrrh, YW

### GENERAL INFORMATION:

Raspberry leaf is frequently used by women during pregnancy. Raspberry Leaf is a mild astringent that gently contracts and tones the entire reproductive system. The hormones of pregnancy loosen muscle structures so that the uterus and surrounding muscles can stretch to accommodate the growing fetus. This loosening often results in the interesting symptoms of pregnancy such as constipation (or occasionally diarrhea), frequent urination, bleeding gums, and pain in joints and tendons. Raspberry Leaf, taken as a tea or tincture, greatly reduces these symptoms while still allowing the uterus to expand and the hips to move apart as needed. How can it do both things at the same time? Herbs bring the body into a state of balance. Constipation is not normal but a softening uterus during pregnancy is.

Raspberry Leaf is often overlooked (I have certainly been guilty here) by herbalists when not dealing with the symptoms of pregnancy. Fortunately for me, my own midwife insisted that at least two cups of it be consumed every day. Raspberry Leaf could be used with good benefit in most cases of diarrhea, constipation, stomach and intestinal upset, and hemorrhoids. It should be considered by diabetics to stabilize the pancreas. Raspberry Leaf is frequently used for sore mouth, sore throat, and spongy gums. It is a main ingredient in formulas that are used in the eyes.

A wild form of Raspberry, called Thimbleberry, is very effective and grows abundantly in the Mountain West. I love to harvest this one because the leaves are huge and you can harvest so much in so little time.