

2152 S Vineyard#138, Mesa AZ 85210
480-539-6646-p 480-539-6696-fx

Mother's Cordial Tincture for Mom's To Be

It is important to prepare for labor and delivery to ensure the most positive outcome. This can include child birth education classes, spiritual and emotional healing and the use of well established herbal supplements. Mother's Cordial is a mixture of various herbal extracts that help prepare the uterus for labor and delivery. It has been used for over 100 years in this manner! Mother's Cordial is typically given to pregnant women at week 36 of pregnancy. It can be used as an elixir, liquid extract and tea. The following describes the herbs and their functions:

- Partridge Berry: Strengthens the uterus for child birth and quiets nervous irritability.
- Blue Cohosh: Used in labor to relieve false labor pains while increasing the strength of the contractions during actual labor. It also makes a good remedy for "after pains". It helps to facilitate a natural birth process when it is taken in the last month of pregnancy.
- Cramp Bark: Helps tonify the uterus.
- False Unicorn: Ovarian and uterine tonic. It helps to tonify and support the uterus during labor and childbirth.

Here at the Center for True Harmony we strive to offer you every possibility to ensure you will have a wonderful experience with childbirth. We have Mother's Cordial available as an elixir right in our office for your convenience. Ask us about it today!

Edited and revised by Sherry Fragosa, Dr.Christine Brass-Jones OBGYN, and Dr. Denise Quance Grobe N.D. If you have any questions or comments contact the office at (480) 539-6646 or through email at info@trueharmonywellness.com