



Heart-Centered Tea for Moms-To-Be

I'm a firm believer in the power of healthy rituals. One that I've encouraged for many pregnant women over the years is the art of tea and journaling. I mix these herbs, put them in a jar, tie a ribbon around the neck, and attach a label with the recipient's name written in calligraphy. I give the tea blend to her with the suggestion that she get a journal and, starting at 34 weeks, drink a cup of tea while writing to her child for 10 or 15 minutes every night. Beautiful.

Ingredients:

- 2 cups raspberry leaf
- 1 cup nettle leaf
- ½ cup spearmint leaf

Directions:

Mix all the herbs in a jar with a tight-fitting lid. Label and store in a cool, dark cupboard (or give as a gift).

How to Use:

Pour 1 cup of near-boiling water over 1 tablespoon of the herbs and steep for 5 minutes. Strain. Add honey or lemon, if desired. Drink 1 cup per day.