

FORGET ME NOT

a 15 ingredient miscarriage & postpartum yoni steam recipe





contact me:

ANNIE ROO

annierooguru@gmail.com www.annieroo.com fb: Annie Roo

WELCOME

For the beginner yoni steaming woman -

A deliciously sensual nourishing recipe to try using one, some, many or all of the herbs.

May I share my favorite personally crafted herbal re<mark>cipe</mark> for yoni steaming WITH YOU?

SUCCESS is your whole body being in balance.

Give Yourself the soul Care you

deserve!



ANNIE ROO

WHO IS YONI STEAMING FOR? Yoni steaming is for: -menstruating women -postpartum women -postpartum loss birthing -women in menopause

Yoni steaming is NOT FOR:

- women actively bleeding bright red
- pregnant women
- women with an intrauterine device (IUD) inside of their body



the tugboat sugarland story

We found out we were pregnant in 2018. We waited a few weeks before we told people we were expecting. I had been planning on attending a holistic doula training and flew out to Chicago for the certification. I took pictures of my belly, and visited my cousin for dinner one night while there. She was very pregnant and due any moment.

I ended up arriving at home after the flight back and began bleeding that evening. I never had any physical pain to let me know what was happening, but it would be 2 of the most intensely exhausting, spiritually & physically demanding weeks from that night until we birthed our Tugboat Sugarland baby I have ever experienced in my life to date.

The ER staff guessed the baby stopped growing around 9 weeks but it was hard to tell. I freebirthed at home around 12 weeks. We then became pregnant 5 months later with our Rainbow Baby who is very much alive. She is a miracle from God in every sense. Here is her story.

Listen to my Free Birth Home Miscarriage and Rainbow Baby Freebirth here on Indie Birth's "Birth Warrior" podcast project

I researched and created this blend specifically for my womb tea and yoni steam during the miscarriage and postpartum recovery our loss. It must be a fertile blend as well because I only have one ovary!

I hope that you enjoy my fertility, peace, spiritual healing, emotional release, and physical wellness tea.



TAKE TIME AND ENERGY TO GIVE YOURSELF THE ATTENTION YOU DESERVE.

tugboat sugarland recipe

NETTLES LEAF

RED ROSE PETALS

PINK ROSE PETALS

RED RASPBERRY LEAF

MOTHERWORT

TULSI HOLY BASIL

MARSHMALLOW ROOT

PLANTAIN

Listen to your body. It is telling you what to do.





TAKE TIME AND ENERGY TO GIVE YOURSELF THE ATTENTION YOU DESERVE.

tugboat sugarland recipe

CALIFORNIA POPPY

COMFREY

OAT STRAW

CALENDULA

LEMON BALM

SKULLCAP

GERMAN CHAMOMILE

Listen to your body. It is telling you what to do.





yoni steaming herbs 101

Start out by getting 0.5 - 1 ounce of each herb to make a blend, or just try 1 herb alone.

It's your choice. There is no perfect way. Experiment!

I use 1 handful of herbs to make a yoni steam in a spaghetti pot full of water. 1 handful for me is roughly 1/2 cup of herbs or about *MAYBE* 2 ounces (*see below*).

Yoni steaming may be done once per menstruation cycle, or for protocols like 7 days in a row, 2 weeks in a row, the week before OR following a menstruation bleed, or BOTH.

Each woman and her protocol will be different.

Maintenance yoni steaming is once per cycle in many cultures.

Steaming usually lasts from 5-15 minutes.



yoni steaming herbs 101

Mix equal amounts of herbs together in a bowl and use this blend to create your yoni steam. You can also yoni steam with one herb alone.

Herb weight differs for each plant. (I ounce of rose petals is not the same amount of plant material as I ounce of California poppy, or plantain, or Calendula flowers.)

Store herbs in a closed brown paper bag or glass jar with a lid.

Feel free to label the herb blend, and ingredients, and date it if you wish.



yoni steam HOW-TO part 1...

Start by making the yoni steam in a spaghetti pot like this...

 Pour water into a clean brand new and washed spaghetti pot/smallerish sauce pot on the stove and fill 3/4 full.
(Do not use an old, antique, or cooking pot used for eating. 1. The food molecules stick and we don't want those in our yoni steam. 2. The sacred use of this pot should be for yoni steaming only so it is kept separate from cookware which also has molecules leftover from soaps and detergents.)

2. Add l cup/ a handful of dried herbs to the pot w/ lid on.

3. Simmer 10 minutes or so. Turn the heat off. Let cool while you prepare for the steam.

ALWAYS steam before bedtime so you can conserve and preserve the warmth from the steam and climb RIGHT into bed. Brush your teeth and get completely ready to sleep.

Listen to your body. It is telling you what to do.



yoni steam HOW-TO part 2...

4. Go get your pot of herbs and water. Place your spaghetti pot under your yoni steaming chair, or on the floor next to your bed, on a beach towel to protect the floor, if need be. Remove the lid.

5. Feel free to dim the lights, put on some nice music, relax, and turn off everything that doesn't belong in your sacred yoni steaming space.

6. Grab a giant blanket, duvet, and get naked from the waist down, or completely naked, and wrap yourself in a blanket or 2 so the steam stays INSIDE your yoni steaming "tent." It is very important to keep warm. Use your hand to feel the steam and wait for it to cool if it is too hot.

7. Sit on your yoni steam chair/ kneel on the floor & wrap up in the blanket from the waist down. (or around your whole body if you want.) You can set a timer, or watch the clock. Some people set songs on their phone so when the music stops, then climb right into bed.

What will you do while you yoni steam?

tugboat sugarland yoni steam

Tips, Tricks, & Ideas!

I have learned about yoni steaming from traditional holistic midwives who studied multi-cultural tribal practices from around the world and this is what I am sharing with you. Others may yoni steam in their own way. Do what works for you. Don't do what doesn't.

I myself yoni steam and have created these simple ways for women to yoni steam that are easy, accessible, and affordable.

Always pour your yoni steam water and herbs outside-never in the toilet, as this may clog and ruin plumbing. Do not reuse the same herb water.

Also, the energetics of the plant matter should be removed from the home and allowed to decompose outside maintaining a sense of spiritual healing inside and eliminating the old outside.

Some women journal about their bodies, emotions, and spiritual connection to God.

READY TO TAKE THE NEXT STEP?

Click to Join my **'FORGET-ME-NOT**



when you take the full course!

(on **fb** and inside **my website**)

<u>THERE I teach you exactly how YOU</u> <u>can make your own wellness, womb</u> <u>teas, penis soaks for the men in your</u> <u>life, sitz baths, yoni steams,</u> <u>&</u>

<u>what herbs are best for what reason</u> <u>and why and so much more...</u>

TAKE TIME AND ENERGY You are worthy! TO GIVE YOURSELF THE ATTENTION YOU DESERVE.

Sneak peek at the Forget-Me-Not Class



We talk about the 'WHY' in depth in the class.

Penis soaks can be made with the very same herbs a womb tea uses!

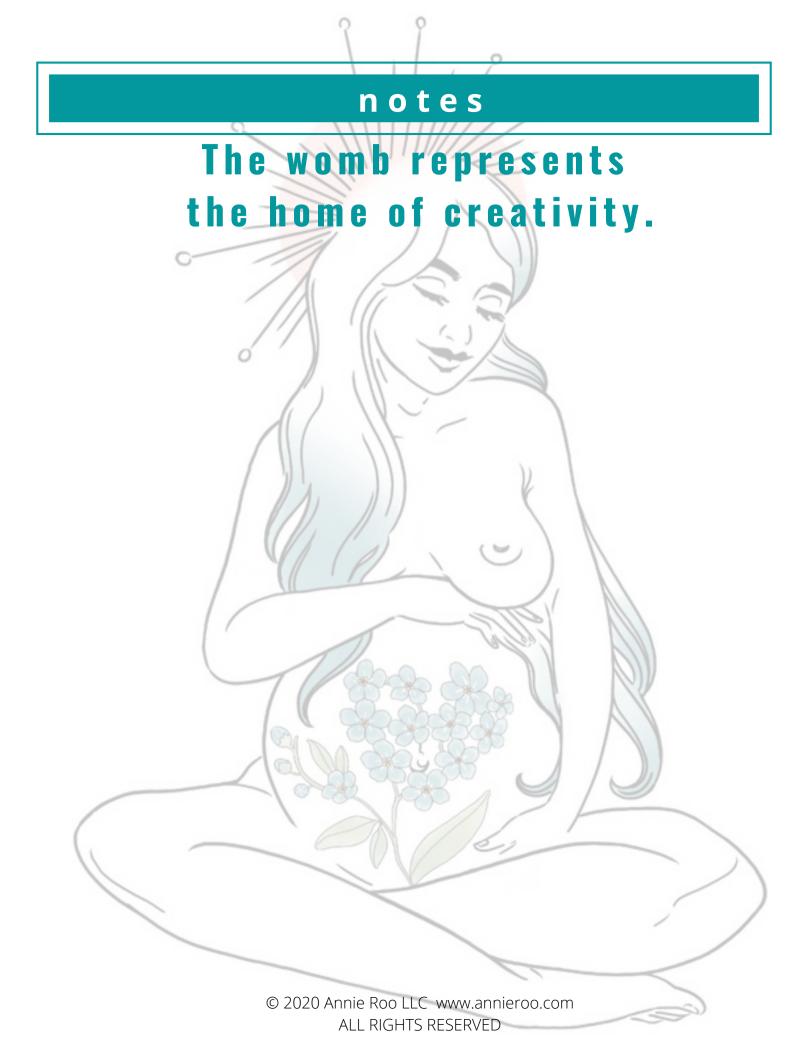
Sitz baths use herbs and can help heal hemorrhoids, postpartum vulvas, anus, support fissure rejuvenation, and more.



Supplies

I encourage everyone to buy locally, but in the event that is not possible I have created Amazon links for you. As an Amazon Associate I earn from qualifying purchases.

<u>your favorite glass container for storing</u> herbs
your Bible
<u>a journal</u>
<u>cool colored pens</u>
a beach towel (optional)
📄 a yoni steam chair (optional)
🗌 a spaghetti pot
herbs



n o t e s

The womb represents the home of creativity.

notes

The womb represents the home of creativity.

