

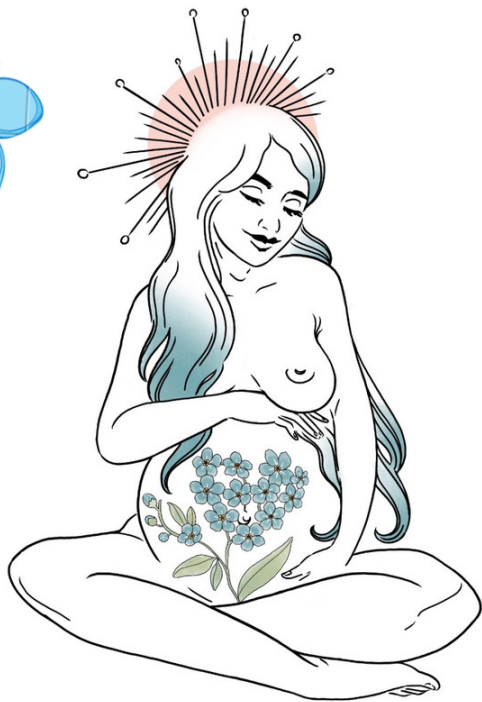
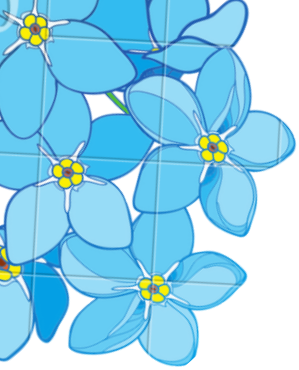
WOMB WELLNESS

a **15** ingredient
miscarriage, pregnancy & postpartum
womb tea recipe



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WELCOME

For the beginner womb tea making
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
recipe for womb tea
WITH YOU?

**Give
yourself
the soul
care you
deserve!**

SUCCESS
**is your whole
body being in
balance.**



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WHO IS WOMB TEA FOR?

Womb tea is for anyone!

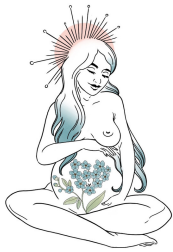
Children can drink wellness teas.

Men can drink supportive hormone, prostate and libido wellness teas.

Women can drink womb tea for fertility, pregnancy, postpartum, menstruation, libido, wellness & menopause.



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WHO IS WOMB TEA FOR?

*Anyone can drink womb tea; you just call it something different!

Can a woman without a uterus drink womb tea? Yes!

Can my grandmother drink womb tea? Yes!

Can my friend who is having surgery drink a wellness tea? Yes!



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 for 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.**

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**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.**

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herbs 101

Get 1 ounce of each herb to make a blend, or just try 1 herb alone. There is no perfect way. Experiment!

I use approximately 4 cups of herbs / week.

This is roughly 4-8-12 ounces of herbs depending on the herb. (See below*)

"1 oz = 1/3 cup of powdered or ground material

1 oz = 3/4 cup fine dried material

1 oz = 1 cup bulky dried material"

<http://earthnotes.tripod.com/herbs1.htm>

ERNESTINE PARZIALE, Certified Herbalist

I use 1 handful (approx. 1/2 c) of herbs to make womb tea in a 32 oz. glass jar.

Mix equal amounts of herbs together in a bowl and use this blend to create your womb tea.

Herb weight differs for each plant.

(1 ounce of rose petals is not the same amount of plant material as 1 ounce of California poppy, or plantain, or Calendula flowers.)

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



tugboat sugarland womb tea diy

Start by making womb tea in the french press like this...

Boil water in a hot pot, or on the stove.

(Never microwave water. I worked in the ER and had a patient who burned her entire face by doing this. The insides of her nose, her eyes, her trachea were all melted and burned severely.)

Add 0.5 - 1 cup/ a "handful" of dried herb or your womb tea blend to the french press, add hot water up to the top, put the press on and push down gently.

Simmer 2ish cups of oat milk on stove.

Let the womb tea steep for as long as possible, sometimes hours if you can, to get all of the minerals from the plants into the womb tea.

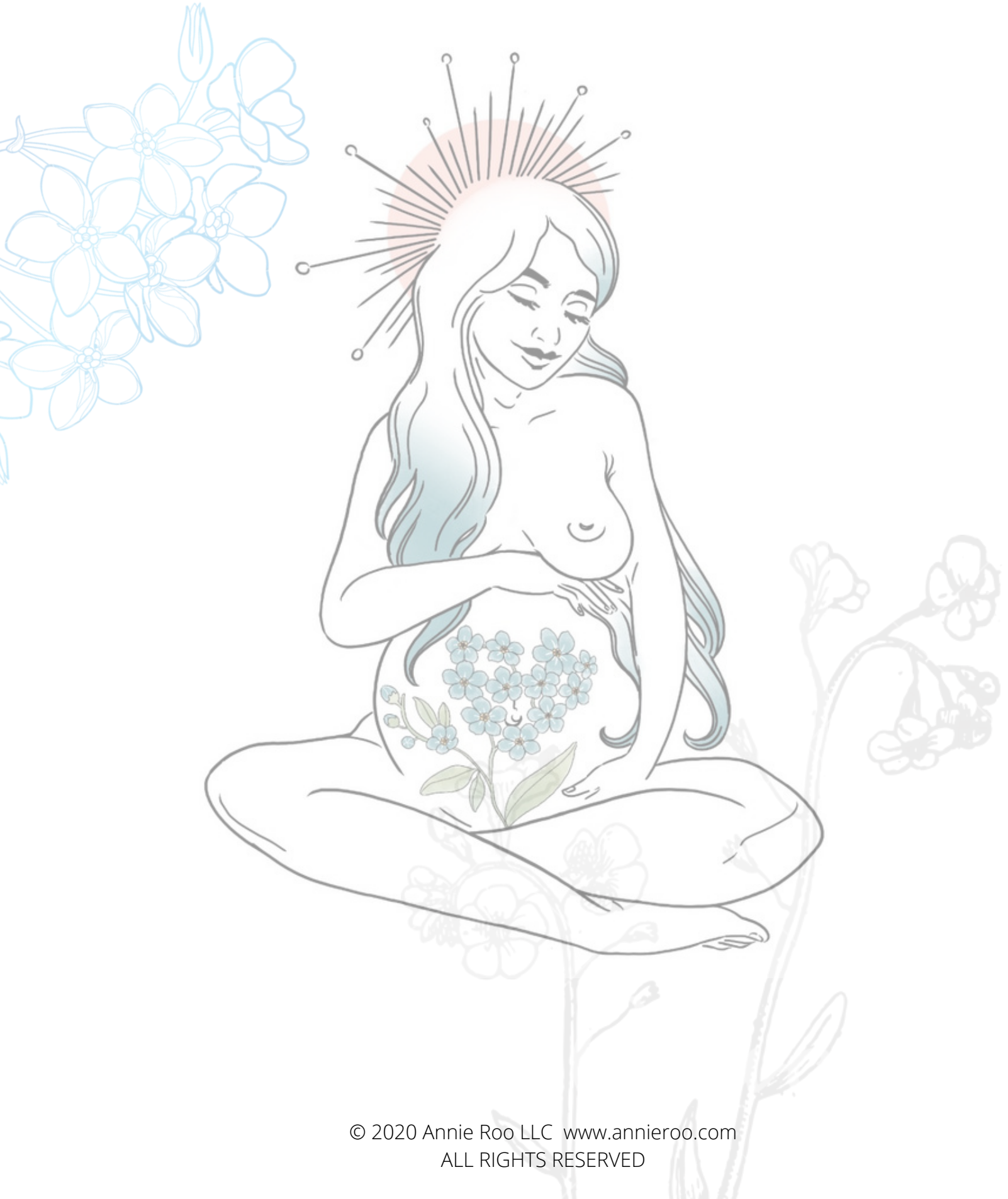
(15 min works, too, just less effective.)

In a 32 ounce glass jar, add 2 cups/ 16 oz. of warm oat milk, and fill to the top with your womb tea.

Add 1 cup of 100% pure maple syrup, stir, and enjoy!

Add more or less herbs, more or less oat milk, change up the maple syrup ratios and see what YOUR body is telling YOU!





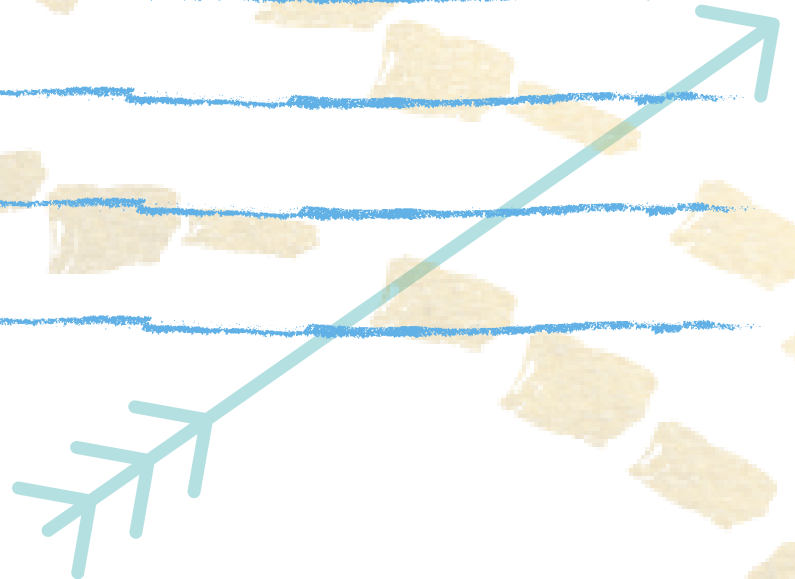
TAKE TIME AND ENERGY *You are worthy!*
TO GIVE YOURSELF
THE ATTENTION YOU DESERVE.



Supplies

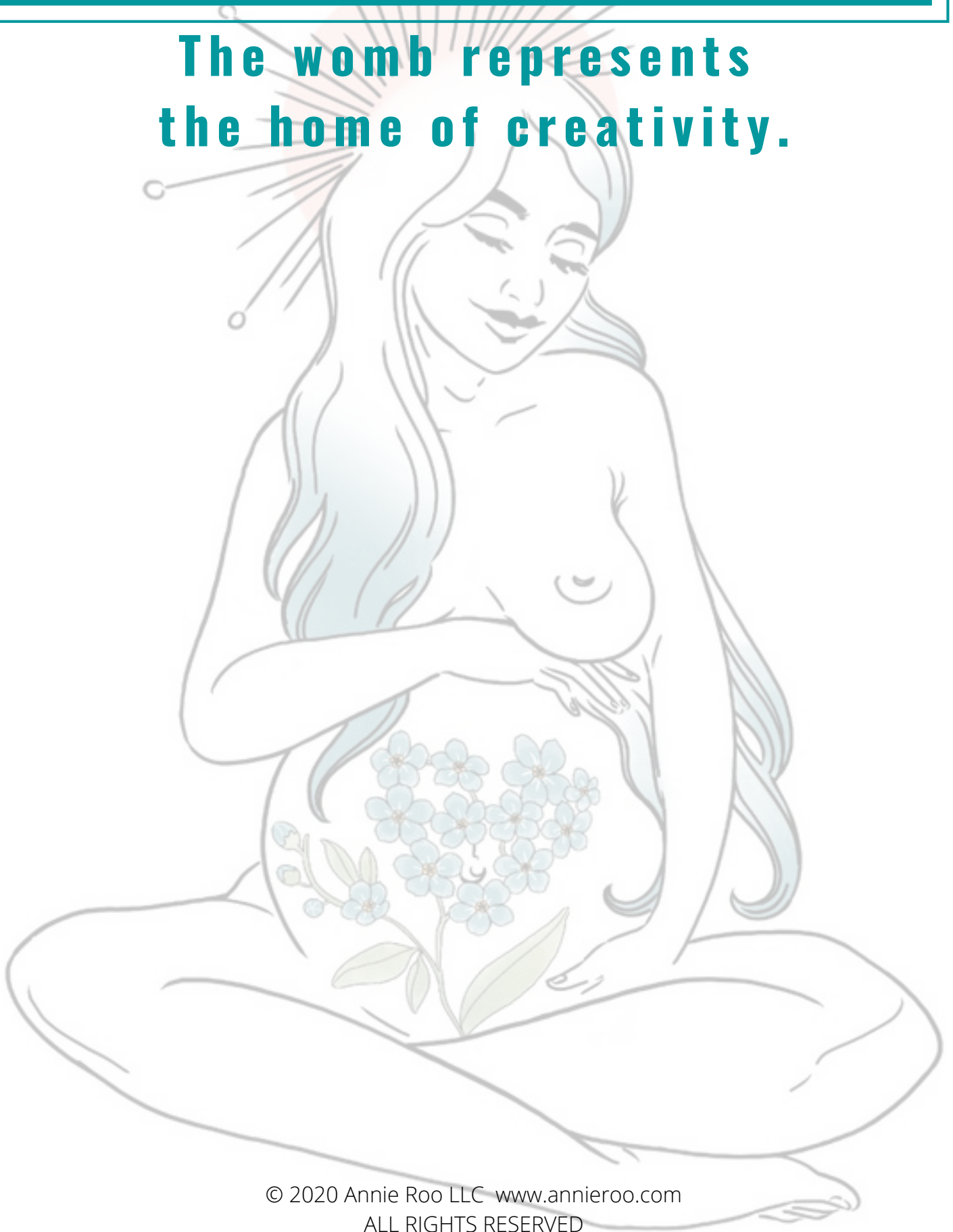
I encourage everyone to buy locally, but in the event that is not possible I have created Amazon links for you. As an Amazon Associate I earn from qualifying purchases.

- your favorite metal/glass container
- French Press
- metal straw
- strainers(if no french press is used)
- oat milk is **BEST** (or coconut, almond, cashew, et cetera)
- 100% pure maple syrup
- your Bible
- a journal
- cool colored pens
- herbs



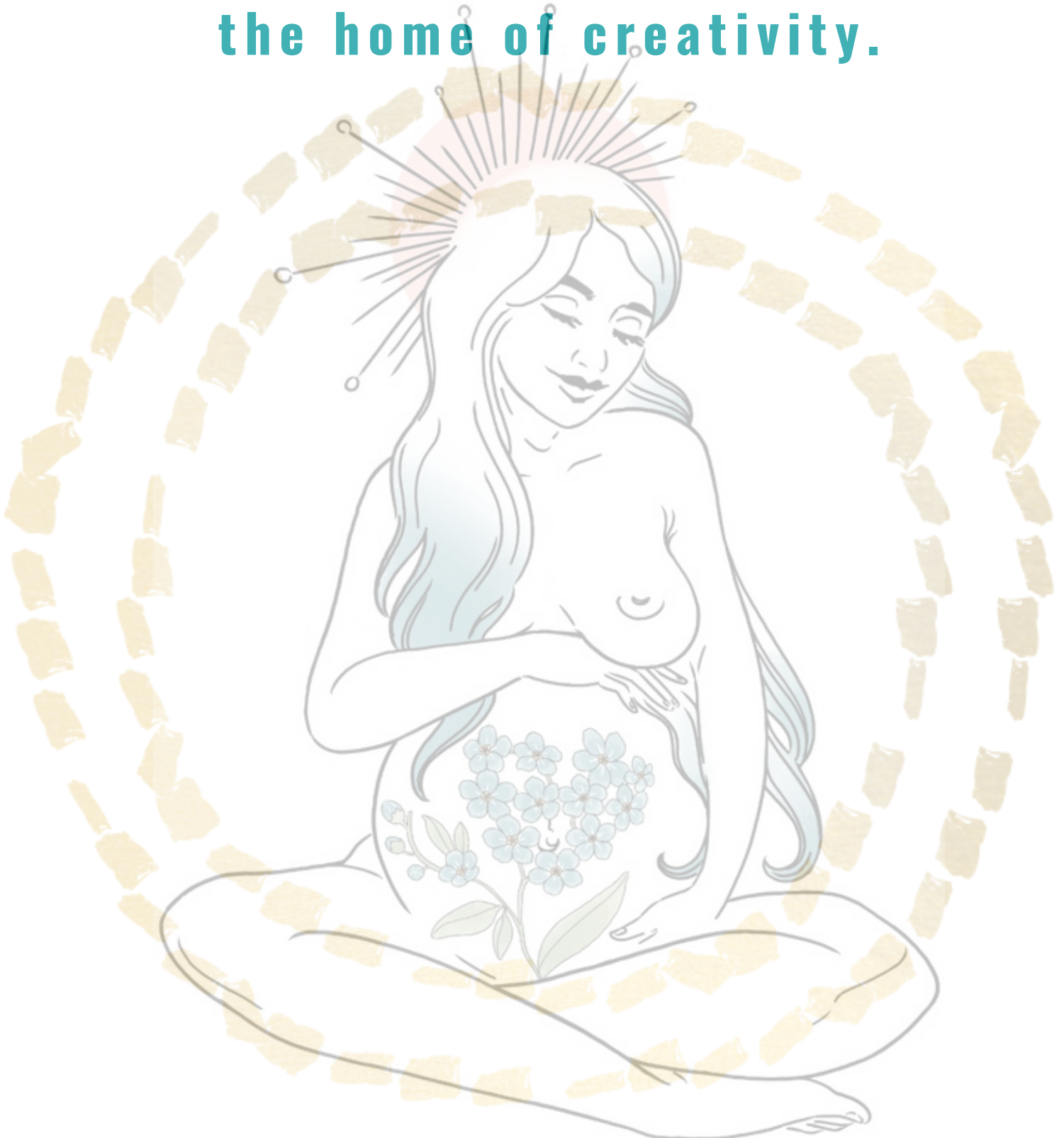
notes

**The womb represents
the home of creativity.**



notes

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