

ANNIE ROO PRESENTS

2022

WOMB WELLNESS STEAM

A CLASS ABOUT WOMB LOVE AND
FEMALE REPRODUCTIVE CONNECTION



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HOW TO STEAM

MENSTRUATING WOMEN OF ANY AGE
WOMEN EXPERIENCING MENOPAUSE

WHO IS IT FOR?



WOMEN WHO WANT TO SUPPORT HEALTHY FERTILITY

WOMEN WHO WANT TO SUPPORT HEALTHY IMMUNE SYSTEMS

WOMEN WHO WANT TO SUPPORT HEALTHY CIRCULATION AND
LYMPHATIC SYSTEMS

WOMEN WHO WANT TO ENCOURAGE EMOTIONAL AND SPIRITUAL
CONNECTION

WOMEN WHO ARE POSTPARTUM (LIVING BIRTH OR BIRTH LOSS)AND NO
LONGER HAVE LOCHIA

WOMEN WHO HAVE EXPERIENCED TRAUMA, ABUSE, IMBALANCED
SYSTEMS

NOT FOR PREGNANCY

NOT FOR WOMEN WITH AN IUD IN PLACE (INTRAUTERINE DEVICE)

NOT FOR BLEEDING BRIGHT RED BLOOD

HOW TO STEAM

OUR 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.

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

I researched and created my TugBoatSugarLand 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!

HOW TO STEAM

CHAIR OR FLOOR?

ASK YOURSELF...

DO I SNEEZE PEE? (SNEEZE/JUMP/LAUGH/WALK/COUGH)

**IF YOU ANSWERED, "YES" ---> DO NOT YONI STEAM
UPRIGHT**

PROLAPSED ORGANS NEED AN INVERSION POSITION

"DOWN DOG YONI STEAM POSITION"

IF YOU DO NOT SNEEZE/JUMP/LAUGH/WALK/COUGH
PEE...

CHAIR YONI STEAMING OR FLOOR KNEELING IS FOR YOU.



HOW TO STEAM 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 CLEAN NO FOOD spaghetti/soup pot full of water. 1 handful for me is roughly 1/2 cup of herbs or about *MAYBE* 2 ounces.

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.



HOW TO STEAM 101

OPTIONAL: 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.

(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.

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



SHAMPOO
STORY



HOW TO STEAM 101

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 if it is too hot for your vulva wait for it to cool.

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?



WHAT IS YOUR
CONNECTION TO GOD?



HOW TO STEAM

1. BOIL HERBS ON THE STOVE WITH LID ON FOR 5-10 MINUTES, TURN HEAT OFF
2. PROTECT FLOOR SPOT WITH BEACH TOWEL/RUG/MAT
3. PLACE CLEAN "NO FOOD" YONI POT UNDER CHAIR/ OR AT SIDE OF BED
4. TEST STEAM DISTANCE WITH HAND



5. GET COMPLETELY READY FOR BED (MIDWIFE WHAPIO & RACHELLE STORY)

6. BRUSH TEETH, RELAX

7. WHEN STEAM IS READY - SIT/KNEEL OVER YONI POT COMPLETELY SURROUNDED (1/2 OR FULLY NAKED) BY BLANKETS/DUVETS

SOME WOMEN ENJOY MUSIC, DIMMED LIGHTS

CLIMB INTO BED IMMEDIATELY CONSERVE & PRESERVE HEAT

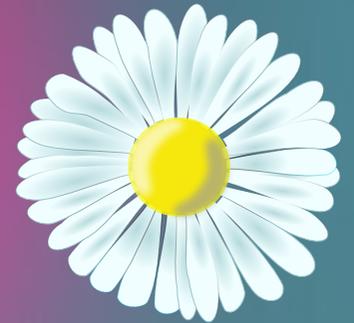


PUT YOUR WOMB AT EASE BLEND

ONE way herbs are grouped into categories is based on the FAMILY they belong to: for example the Lamiaceae family has many MINTS.

ALL Lamiaceae family herbs have a square stem.

Asteraceae is the daisy family. Petals can be plucked off and surround a cone.



HERBS

- CRAMPBARK
- BLUE COHOSH
- LADY'S MANTLE
- MOTHERWORT

ESSENTIAL OILS

- BERGAMOT
- DILL

HERBS

THE FOUR HERBS FOR PUTTING YOUR
WOMB AT EASE

01

CRAMPBARK

02

BLUE COHOSH

03

LADY'S MANTLE

04

MOTHERWORT



HERBS

THE FOUR HERBS FOR PUTTING YOUR WOMB AT EASE

01 CRAMPBARK

CAPRIFOLIACEAE FAMILY -
HONEYSUCKLE

- HISTORICALLY USED FOR
- MIDWIVES GAVE TO WOMEN FOR
- TINCTURE USED AS A PROPHYLACTIC FOR
- BERRIES USED FOR DYE AND INK
- ANTI-INFLAMMATORY

UNCOOKED BERRIES ARE TOXIC, USE WITH CAUTION IF ASPIRIN SENSITIVE, CONTAINS SALICIN



HERBS

THE FOUR HERBS FOR PUTTING YOUR WOMB AT EASE

- TRADITIONALLY USED FOR
- LESSEN
- FACILITATE
- SUPPORT
- CULTURALLY PROFOUND EFFECTS ON
- MENSES
- BRING ON
- PROMOTES

02

BLUE COHOSH
BERBERIDACEAE = BARBERRY FAMILY



CONTRA-INDICATIONS

- PITUITARY GLAND ORCHESTRATES INCREASE PRODUCTION OF OXYTOCIN
- NOT USED DURING PREGNANCY UNLESS
- COMBINE WITH MARSHMALLOW



HERBS

THE FOUR HERBS FOR PUTTING YOUR WOMB AT EASE

- HISTORICALLY DEDICATED TO WOMEN, SEXUAL ORGANS, INVIGORATING
- TONIFYING
- USED FOR GRIEF OVER
- MENOPAUSE



NOT FOR PREGNANCY

03

LADY'S MANTLE =
ROSEACEAE FAMILY



HERBS

WOMB SPA YONI STEAM | 14

THE FOUR HERBS FOR PUTTING YOUR
WOMB AT EASE



- HISTORICALLY USED FOR ALL STAGES OF WOMAN'S LIFE
- IMPROVES
- REGULATES MENSES
- ESPECIALLY BENEFICIAL
- CULTURALLY SIGNIFICANT AS
- LAMIACEAE FAMILY
- "LEONURUS" GENUS LEO LION, CARDIACA GREEK FOR HEART, WORT OLD ENGLISH FOR WYRT MEANING PLANT
- USED TO MAKE OLIVE GREEN DYE FROM LEAVES
- DRIED OR FRESH FLOWERS USED TO EAT AND FLAVOR BEER
- HAS BETA-CAROTENE, CA, K
- SEEDS USED TO IMPROVE

04

MOTHERWORT =
LAMIACEAE FAMILY (MINT)



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PUT YOUR WOMB AT EASE BLEND

STILLO

- BERGAMOT
- DILL

PUT YOUR WOMB AT EASE BLEND

BERGAMOT

FAMILY: RUTACEAE "RUE" = CITRUS

CITRUS, PULPY, THICK SKIN, LEMON, LIME, ORANGE

TRADITIONALLY KNOWN AS SCENT FLAVOR EARL GREY TEA

SWEAT LODGE: HIGHLY THERAPEUTIC & POTENT WHEN COMBINED WITH RISING STEAM

TINCTURE, TEA, INFUSED OIL

FOMENTATION: SOAK A CLEAN CLOTH IN DILUTE TINCTURE, APPLY

STIO
OILS



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PUT YOUR WOMB AT EASE BLEND

DILL

FAMILY: APIACEAE "APIS/ APIARY" = BEE

DILL VERSUS SPEARMINT

EVERY SINGLE PART USED TO CREATE...

STIMULATING, AROMATIC

TRADITIONALLY & HISTORICALLY USED FOR MENSES

MAY STIMULATE BREASTMILK PRODUCTION (.)(.)

HIGH IN VITAMIN A, C, CALCIUM

TEA & TINCTURE

STIO
OILS



PUT YOUR WOMB AT EASE BLEND

ANGELICA - MENSES

ANISE - OPENS EMOTIONAL BLOCKS

BERGAMOT - HORMONE SUPPORT

BLUE TANSY - HORMONE SUPPORT

CLARY SAGE - ESTROGEN LIKE, MENSES

COPAIBA - NEURO PROTECTIVE, POWERFUL ANTI-INFLAMMATORY

GERANIUM - HORMONE BALANCER, MENSES

GERMAN CHAMOMILE (IT'S BLUUUUUE) - SUPPORTS LIVER,

GALLBLADDER DETOX, RELEASE EMOTIONS FROM PAST

JASMINE - MENSES

YLANG YLANG - HEART, CIRCULATORY SYSTEM, ROMANCE, LIBIDO

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ANNIEROO TIPS AND TRICKS

No kitchen sink. No shotgun.

Pray over your herbs. Ask God first.

Want to add some moisture to your health? Look for the word 'demulcent'

-ASK YOURSELF WHY FIRST-

Why do I want moisture?

What did I eat?

What do I wear?

Where do I work at?

How am I sleeping?

Who am I with?

Where do I live at?

What am I willing to change?

Think about incorporating
Marshmallow, Chia,
Licorice, Milky Oats,
Slippery Elm, Goji,
Solomon's Seal

<https://www.evolutionaryherbalism.com/vitalist-herbalism-mini-course-1/allopathic-vs-vitalism/?oprid=7887&ref=12089>

HEADACHE
EXAMPLE



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THANK YOU FOR CHOOSING
TO TEND TO YOUR WOMB!

