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# Baby Birth and Beyond

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**Postpartum** Red Raspberry taken every hour after birth has been very effective to relieve afterbirth pains. Recommended dose is 6 capsules or 2 droppers full.

### **Christopher's Red Raspberry Leaf Capsules \$12.75**

Stimulate, tone and regulate uterus before and during childbearing, assisting contractions and checking hemorrhage during labor, relieving after-pains, then strengthening, cleansing, and enriching the milk. Red Raaspberry Leaves Caps. [\[Product Details...\]](#)

### **Comfrey Leaf 2oz \$4.00**

Comfrey is a bell-shaped perennial, native to Europe, but also now grows in the United States, typically in low moist ground. It flowers all summer. Suggested Use - External use only as a compress. [\[Product Details...\]](#)

### **Feminine Fresh, Perineal Wash \$4.75**

Not just for the perineum anymore! A perineal wash of healing and cleansing essential oils. The fragrance of lavender and the smooth feel of almond oil. [\[Product Details...\]](#)

### **Hylands Arnica Pellets 200C \$9.00**

For Bruising & Muscle Soreness. 2dr. Vial [\[Product Details...\]](#)

**Hylands Arnica Pellets 30C**

**\$9.00**

For Bruising & Muscle Soreness. 2dr vial [\[Product Details...\]](#)

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