



### Properties:

Astringent, tonic, stimulant, alterative, stomachic, anti-emetic, parturient, hemostatic, cathartic, anti-septic, anti-abortive, nutritive.

### Medicinal Uses:

- drink the tea to replenish lost fluids and nutrients when sick with vomiting and diarrhea
- anemia and other blood conditions: works as a blood cleanser while being high in iron and other nutrients to build the blood.
- sore throat, colds, fever, flu, etc.
- mouth sores, cankers, spongy gums - use as a mouth wash and swallow
- tones and strengthens the stomach and bowels
- constipation, diarrhea, nausea, vomiting, indigestion, etc.
- appendix complaints
- hemorrhoids, ulcers, abscesses
- infant issues: colic, jaundice, thrush
- wounds, cuts, and skin conditions
- acne - take internally as well as using the tea as a facial toner
- infection in the body or on the skin
- inflamed mucous membranes
- use as an eyewash/rinse for sore, inflamed, infected eyes
- has been known to stabilize the pancreas making it useful for diabetics

### Methods of Use:

- Infusion - drinking the tea is the best way to utilize the properties of this herb, make a quart of tea in the morning and sip on it throughout the day.
- Tincture, extract, glycerite
- Powder/capsules
- Poultice/compress - use this for skin conditions



### **Annie's Place**

- Gargle/mouthwash
- Eye wash
- Douche - this puts the nutrients right in the place it is needed for uterus issues

### **The Woman's Herb:**

Red Raspberry leaf tea can be consumed before, during and after pregnancy to strengthen and tone the uterus, balance hormones and bring relief to the pain of cramps and/or labor. Make a quart of tea at the beginning of the day and sip on it all day long.

- Before pregnancy: prepares the body by feeding the proper nutrients to the reproductive system and other body systems so they are ready and in prime condition when the time comes for conception.
- During pregnancy: tones the uterus, uterine hemorrhage, assists contractions and labor, relieves after birth pains, and enriches milk.
- PMS: helps alleviate all symptoms of PMS, decrease menstrual flow, relieves painful cramps, balances hormones.
- Used to treat prolapsed or enlarged uterus.

### **In the Garden:**

Raspberries are a perennial plant that act like a biennial, the canes producing the berries for the year are cut off in the fall and new canes are produced for the next years berries.

- Plant in sandy soil, rich in organic matter in full sun.
- It is a good idea to plant in rows about 2-3 feet apart, the plants themselves space about every 18"- 2 feet.
- Water regularly, they like to be moist but well drained - I water mine twice a week with a soaker hose for a half hour.
- Keep mulched and all weeds and grass at bay.
- Lay a thick layer of compost down each fall.
- Train the canes up a fence, trellis, or stakes with wire strung between them.
- The leaves can be harvested anytime but are the most medicinal after the berries have been produced and picked. You can harvest up to 1/3 of the plants leaves without doing any harm to the plant.
- Leaves can also be harvested from the new shoots the plant sends out that are pruned each spring and fall.
- Only use leaves that are fresh and green, do not use brown, spotted, or bruised leaves.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.