

# Introduction to Herbal Medicine course



## Herbs that should not be used in pregnancy

Please note, in some books you may find a list of herbs that are safe in pregnancy but **I don't recommend taking any herbs in pregnancy without first consulting a medical herbalist.**

The only exception to this is raspberry leaf tea bought over the counter during the last trimester.

Can herbs be used for children?

Usually the answer is yes, but you can find out more on my [blog](#).

I also have a short course on treating children with herbs.