

Calm Parent

Dr. Beverly's SOS Perineal Healing Herbs Brew

1. Pick up the following ingredients at your local natural health store. Combine and steep these ingredients in a litre of boiling water for 30 minutes:

- 2 parts comfrey
- 2 parts calendula petals
- 1 part nettles
- 1 part shepherds purse leaf

2. Add a tbsp of Vitamin E oil to the steeped tea.
3. Pour tea into a squeeze bottle (to keep in the bathroom) or peri bottle (to freeze).

Get Dr. Beverly's Healing Herb Padsicle recipe and Mommy and Baby Bath Recipe for perineal healing [here](#).

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