



Postpartum Comfrey Healing

Pads:

Comfrey is a natural healing herb that has been in use since medieval times for a myriad of maladies. The Greeks used it often to assist in the mending of broken bones and as a pain reliever. Today, it has been proven to have both antibacterial properties and antifungal properties and is often used topically to relieve pain, swelling, and irritation due to scrapes, minor cuts, and burns.

Comfrey can help encourage clotting as it has been proven to contract capillaries and larger blood vessels. It has also been shown to be effective when used as a poultice (A **poultice**, also called **cataplasm**, is a soft moist mass, often heated and medicated, that is spread on cloth over the skin to treat an aching, inflamed, or painful part of the body.) on large bruises, shortening the healing time.

Why does Comfrey work so well?

Primarily, **allantoin** gives comfrey its power. **Allantoin** is a cell proliferant, which means that it helps healthy cells to multiply instead of diseased cells. When you have an injury, you want to create more new, healthy cells to replace the broken and damaged ones. Comfrey will mend all kinds of tissues and bones found within the human body. Did you know that **allantoin** is found in mother's milk?

The last large compound within comfrey is **tannins**. These give the herb its antiseptic and antibiotic properties as they bind up proteins and constrict surrounding tissue.

<http://www.naturalhealthtutoring.com/comfrey/>

INSTRUCTIONS:



- Place $\frac{1}{2}$ cup of **comfrey leaves** in cheesecloth or cloth bag to make a **pouch**
- Place the **pouch** in about 8 cups of water in a large pot
- Bring to a boil then let simmer for 1 hour
- Let cool then squeeze **pouch** to get all the remaining juices from the **comfrey leaves** remove **pouch** all that remains is the **comfrey broth**
- Place several unwrapped maxi pads on a cookie sheet or large shallow pan
- Place $\frac{1}{8}$ to $\frac{1}{4}$ cup of **comfrey broth** over each maxi pad, making sure you are spreading the broth up and down the pad
- Place pads in freezer until frozen, then place maxi pads in ziplock bags to keep them clean



- You can then use the left over **broth** for your peri-bottle to spray on the **perineum** when you urinate

SUGGESTIONS:

For **cesarean surgery**: 3 to 5 per day for 7 days = 21 to 35 maxi pads

For **vaginal birth with tearing**: 3 to 5 per day for 5 days = 15 to 25 maxi pads

For **vaginal birth without tearing**: 2 per day for 3 days = 6 maxi pads

