Red Raspberry Leaf Tea 101 - (used for painful menstrual cramps, pregnancy and more)

Categories: Health/Fitness, Homesteading, Self-Sufficiency

Red raspberry leaf tea contains vitamins A, B, C and D, as well as phophorous, potassium, calcium and is a rich source of iron. The tea has been long known to have potent anti-bacterial, anti-inflammatory and astringent properties.

The great thing about this too is that red raspberry tea contains the alkoloid, fragine, which helps with pain during pregnancy. read more in the article below

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(Photo Credit: ehow.com)