

SOME INFORMATION ON HERBAL ABORTIFACIENTS:

The following is from women who have tried using herbs to abort and from books and papers in the Health Collective files.

*Herbs should be taken at the time period is due. That means that herbs are used before the usual pregnancy test can confirm that you are pregnant. You should start 2-5 days before your period is due and continue for 7 days. This is thought to be the best time to use herbs, because the herbs act on the body in the same manner that hormones do at this time in your cycle. Continue taking the herbs for 24 hours after menstruation has begun, to ensure it continues.

*Abortive herbs work in 3 different ways:

- some influence the hormonal system by promoting and stimulating a hormone called oxytocin. This hormone encourages the body to release the placenta.
- some abortive herbs irritate the uterine lining and encourage the extra cells to slough off.
- other herbs cause uterine contractions and thus initiate expulsion of the embryo.

*Be sure to drink the tea without honey, as it interferes with absorption of the herbs.

*Making the tea too strong will not increase efficiency, but will overtax the liver and other organs of excretions.

*If the abortion is successful you will pass some mucousy, pinkish tissue.

*Some cramping and/or other pre-menstrual symptoms may be experienced.

*If nothing happens after 7 days, you can rest your body a few days and try again. Only do 7-day regime twice. The further away you are from your menstrual due date, the less likely the herbs are to work.

*Pennyroyal oil and rue oil are toxic. Use only the leaves when making the tea. Many herbs can cause allergic or toxic reactions. We suggest you read about possible toxicity in herb books before trying these herbs. We do have some herb books in the Health Collective library.

*It is important to know that we do not know the effects of these abortive herbs on the fetus. If you use herbs without success we suggest you consider having a therapeutic abortion.

*Section 252 of the Criminal Code states that, "Everyone who unlawfully supplies or procures a drug or other noxious thing or an instrument or thing, knowing that it is intended to be used or employed to procure the miscarriage of a female person, whether or not she is pregnant, is liable to life imprisonment." It goes on to say, "...the woman who accepts such a drug...is liable to imprisonment for 2 years." In short, using herbs is illegal. You should be aware of this when ^{abortive} passing on this information.