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Fairhaven Health Pregnancy & Nursing Review & Giveaway

75

February 11, 2015 | Camille



A few months ago, I was able to test out a few maternity and pregnancy products from Fairhaven Health, all of which I thought were useful and have been well used over the last few months! Since my little one arrived last week, I've been excited to try a handful of the best selling breastfeeding products (at no cost to facilitate this review), especially since that seems to be the only thing I do lately: feed the baby! Fairhaven Health is a leading provider for fertility, pregnancy, and nursing products are that doctor-designed and natural, and I have quite a few favorites already.

One product that I was completely new to is the Nursing Tea Time, which is a tea created to increase milk quality and production. I admit that I've probably only made a cup of herbal tea once or twice in my lifetime, since I avoid regular tea because of the caffeine, so I was pleased to read that this nursing tea is caffeine free and contains all organic and wildcrafted ingredients. It contains no preservatives or additives and has a lovely, subtle lemon flavor. I am very familiar with how my diet can really bother my babies when I'm nursing, so any ingredients that help instead of hinder sound perfect. This also contains anise seed, which helps alleviate gas, colic, and indigestion. By drinking 2-3 cups of this tea per day, this bag should last about a month, but will keep for up to two years! As far as herbal teas go, I have little experience to compare this to, but I do think this tea is delightful! Besides its nutritional support, I'm going to appreciate sitting down to something warm and soothing over the next few stressful months!



Disclosure: I (Camille) received eight items from Fairhaven Health at no cost to facilitate this review. All opinions are my own.



About Camille

Camille has written 200 post in this blog.

I'm an old-fashioned Boston seamstress with two busy boys and a little darling. I hate the rain, love getting emails, and could live on ice cream. I am a former Home Ec teacher, a casual marathoner, and a thrift-store shopaholic!

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Hi! I'm Ruth, a 30-something year old wife and mother to 2 adorable kiddos. I like to write about my family, amazing products that I love, and a little bit of everything else. I also love to offer giveaways to my awesome readers. [\[Read more\]](#)

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