

***Dong Quai*** —“**Queen of female herbs. Compelled to ...return women to normalcy**



- The scientific name is *Angelica Sinensis*; some say it helps females act like angels!
  - It has been cultivated in China for thousands of years as a treatment for women’s health and is considered a nutrition for girls from childhood.
  - Its primary benefits are hormonal: helping to maintain the proper balance of female hormones, regulating the monthly periods, relieving monthly pain, relieving PMS, smoothing menopause, and preparing the uterus for delivery (during pregnancy, eat only the last 2 weeks).
  - Modern research affirms its muscle-relaxing, pain-relieving, immuno-modulating, and antibacterial activity.
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- ***Dong Quai*** contains Vitamins A, E, and B<sub>12</sub>, nutrients that feed the glands, which produce female hormones.
  - A Japanese study showed that ***Dong Quai*** increased both estrogen and progesterone levels in women with insufficient ovarian function. However, if women don’t need more estrogen, the body does not use it as such.
  - In menopause, for assistance with hot flashes, many women eat 4-5 capsules a day.
  - ***Dong Quai*** is now part of the revolutionary new Sunrider formula, ***Bella***, for women over 40. Best known as an herb for female problems, ***Dong Quai*** also aids in healing for both men and women by improving blood circulation.
  - Research conducted by Dr. C. P. Li, M.D., for the U.S. Department of Health Education and Welfare, showed that this herb was favorable to female problems, helped overcome symptoms induced by Vitamin E deficiency, and produced a tranquilizing effect on the cerebral nerves.

***“My husband says his angel has returned,” Joan***