

www.CenterForTheWellness.org

# Herbal Allies



---

HEALTHY HORMONES: WOMEN'S REPRODUCTIVE HEALTH

# The Sacral Chakra



## Svādhiṣṭhāna

**SANSKRIT:** Svādhiṣṭhāna - svā = self; adhishthāna = seat

- literally means *one's own abode*
- another meaning - svād = *take pleasure in*

**LOCATION:** Below the navel and extends to the pelvic region

**COLOR:** Orange - vitality, enthusiasm, fascination, happiness, creativity, determination, attraction, success, encouragement, stimulation

**ELEMENT:** Water

**REPRESENTATION:** A six-petalled vermilion or orange-red lotus - on each petal there is a mantra seed syllable: BAM, BHAM, MAM, YAM, RAM, and LAM

**MANTRA SEED SYLLABLE:** VAM

**SENSORY:** Taste

**PHYSICAL ASSOCIATION:** Sexual organs, kidneys, urinary system, flow of fluids, adrenals (tied to the Root Chakra)

**PSYCHOLOGICAL FUNCTION:** Joy, creativity, sexuality, emotional balance, relationships, fluidity, freedom - sexual, emotional, creative

**CHALLENGE:** Moral shame, emotional balance, (dis)association, healthy flow

Estrogen  
Progesterone  
Testosterone



A rise or fall in hormone levels can lead to imbalances, resulting in severe discomfort

# SIGNS OF HORMONAL IMBALANCE IN WOMEN

## WEIGHT GAIN

- On average, women gain 2-4 pounds during menopause
- Insulin resistance is a common condition in post-menopause

## REDUCED SEX DRIVE

- Can be caused by a minimal drop in either estrogen or testosterone levels

## FATIGUE

- Reduced estrogen can cause headaches
- Progesterone - too little of it makes it hard to sleep and too much can cause tiredness
- Underproduction of thyroid hormones can cause fuzzy, unclear thinking
- Stress, sleep deprivation, unhealthy diet can exacerbate the fatigue cycle

## ANXIETY AND DEPRESSION

- Estrogen is responsible for serotonin production - for positive moods
- Decline of estrogen levels in perimenopausal years causes mood swings, anxiety, irritation

## POOR SLEEP CYCLES

- Insomnia is common during menopause
- Stress causes the production of cortisol which over time can disrupt sleep patterns

## EXCESSIVE SWEATING

- Overproduction of thyroid hormones can cause an imbalance in the metabolism which changes the internal temperature

## DIGESTIVE ISSUES

- Estrogen and Progesterone have an impact of the GI tract resulting in diarrhea, nausea, abdominal pain, bloating and constipation
- Thyroid hormones affect the digestive system by slowing it down usually during pre-menses, menses and perimenopausal women

Simple lifestyle changes can help to restore a healthy hormonal balance



# BALANCING HORMONES

## PRIORITIZE SLEEP

- One of the most important factors to consider for resetting hormonal levels
- Quality over quantity

## MANAGE STRESS

- Link between stress, the endocrine system and hormone levels
- Stress leads to increase in adrenaline and cortisol
- Obesity, changes in mood, cardiovascular issues

## EXERCISE

- Helps to regulate hormones that control appetite and overeating
- Use moderation - intense extended exercise can cause an imbalance

## SUPPORT DIGESTIVE HEALTH

- “All disease begins in the gut.” - Hippocrates
- Avoid sugar - plays a role in insulin resistance and metabolic disease

## EAT HEALTHY FATS

- Omega-3s may play a significant role in balancing mood
- Use coconut oil, olive oil, real butter (not canola)

## LIMIT CAFFEINE

- Harms the endocrine system

## ADD HERBS

- Adaptogens - help the body handle stress and support the adrenals, improve thyroid function, lower cholesterol, reduce anxiety and depression, support brain function, stabilize blood sugar and insulin levels

# Essential Oils for Hormonal Balance

## CLARY SAGE



## YLANG YLANG



## LAVENDER



## SANDALWOOD



## PATCHOULI



- Balances estrogen levels
- Contains phytoestrogens
- Regulates cycles
- Relieves PMS symptoms
- Helps with infertility
- Emotional imbalances

- Boosts mood
- Reduces depression
- Alleviates anxiety
- Helps to lower blood pressure
- Used as an aphrodisiac

- Emotional balance
- Helps with anxiety, depression, stress,
- Moodiness
- Promotes restful sleep

- Increases libido
- Reduces stress
- Promotes relaxation
- Boosts mental clarity
- Promotes restful sleep

- Increases libido
- Used for impotence, erectile dysfunctions, frigidity, sexual anxiety
- Stimulates estrogen and testosterone

*\*Using essential oils should always be practiced with caution.*

# HERBAL ALLIES FOR WOMEN



Black Cohosh

One of the most useful uterine tonic herbs - a powerful nervine and muscle relaxant, stimulates the estrogen cycle of women; particularly helpful for menopausal women



Dong Quai

One of the best female tonic herbs - increases blood flow to the pelvic area, can be used over time to strengthen the uterus; good for menstrual transitions

*\*Do not use during pregnancy or menstrual cycle*



Motherwort

Used to promote delayed menstruation, relieving cramps, reducing nervous stress; useful for menopausal women



Wild Yam

Contains steroidal saponins that yield diosgenin, an important component of birth control pills; not a natural form of birth control, but regulates hormonal action; stimulates liver function



Chaste Tree Berry

Stimulates the pituitary gland, which regulates the menstrual cycle

# HERBAL ALLIES FOR WOMEN



Black Haw

Has a long history of “quieting” the uterus and is used for threatened miscarriage, uterine cramps and dysmenorrhea



Yellow Dock

Supports healthy iron levels by both providing iron and encouraging the liver to release iron from storage into the bloodstream



Licorice Root

Normalizes hormone production; Good for treating adrenal exhaustion and hormonal imbalances



Ginger

Directs blood flow to the pelvic region and helps relieve pelvic congestion and blockages; One of the best herbs for easing cramps



Fo-Ti

Ho-Shou-Wu translation: *Mr. Ho's hair is black*  
Used in TMC formulas to nourish the blood, liver and kidneys; longevity and mental alertness; supports the skin, hair and overall energy levels

# HERBAL ALLIES FOR WOMEN



## Raspberry Leaf

One of the most widely used female tonic herbs; nourished the uterus and pelvic region; especially beneficial during pregnancy



## Red Clover

A blood and lymphatic cleanser; ally for menopausal complaints - hot flashes, mood swings, night sweats; packed full of B Vits and essential trace minerals, Vit C, calcium, beta-carotene



## Nettle

One of the best all around women's tonic herbs; rich in iron, calcium and Vitamin A; Used during pregnancy to enrich mother's milk and relieve water retention



## Horsetail

Significant amounts of calcium, iron, potassium and magnesium; cleanses the kidneys; 35% silica to help build healthy connective tissue and collagen; Combines well with Oatstraw, Nettle and Alfalfa



## Rose Hips

More Vitamin C per ounce than almost any other natural source. Strengthens connective tissue, bolsters immune health, promotes healing, boosts cellular energy





# WHY IS LIVER HEALTH SO IMPORTANT?



## LIVER FUNCTION

The liver performs more functions than any other organ of the body. It is the body's "Master Detoxifier" and cleanses the system not only of environmental toxins but also of metabolic wastes.

## WHY DOES IT MATTER?

The liver is also a major organ of digestion - every substance that is ingested must be processed by the liver before it can be distributed throughout the body. It manufactures many of the building blocks needed for hormone activity.

*The health of the entire body - including our reproductive organs - is directly related to the health of the liver.*

## TREAT THE LIVER FIRST

A central problem in many types of menstrual disorders is an imbalance in the levels of estrogen and progesterone. The imbalance can have many sources, sometimes involving serious physiological disorders. Many times, however, an imbalance arises because the hormones are not properly eliminated from the system. Normally, estrogen and progesterone are broken down in the liver and sent as waste products to the kidneys for excretion.

## THE BOTTOM LINE

**If the liver is not functioning well, hormones are not processed effectively and... disorders result.**

# HERBS FOR THE LIVER



Burdock Root

One of the safest, most effective detoxifying and cleansing herbs. Alleviates skin issues - acne, eczema, psoriasis - caused by hormone or chemical imbalances in the body. Powerful liver detoxifier when used in conjunction with Dandelion root. Burdock cleans the whole system, helps lymph fluids to flow, alleviating swollen lymph glands.



Dandelion Root

One of the best herbs for supporting and detoxifying the liver, kidneys and digestive system. Helps to purify the blood, flush out impurities, rid stagnation. The whole plant can be ingested - flower, leaves, root..  
*Note: Those with an allergy to latex will probably want to avoid Dandelion. The French call it "pissenlit" ...so don't take before bed!*



Milk Thistle Seed

Provides powerful antioxidant protection. A primary constituent of silymarin called silibinin also helps to support healthy liver function, encouraging healthy cholesterol synthesis by the liver. Helps to maintain normal kidney function and promote optimal immune function.

# WeMoon SereniTEA



## DIRECTIONS

Pour 1 cup of boiling water  
over 1 teaspoon herbal tea.  
Steep for 10-15 minutes.  
Strain and enjoy!



Nettle



Oatstraw



Lemon Balm



Horsetail



Red Clover



Raspberry Leaf



Alfalfa



Rosehip

# DONATIONS: Tonics are \$10 each or 3/\$25



## MOON CYCLE TONICS

### WeMoon Tonic (for ALL Women)

Motherwort, Black Cohosh, Chaste Tree Berry, Wild Yam, Yellow Dock, Licorice Root, Dong Quai

### Harvest Moon Tonic (Changing Years)

Black Cohosh, Motherwort, Fo-Ti, Licorice Root, Dong Quai

### Rose Moon Cramp Tonic

Black Haw, Ginger Root, Yarrow, Valerian

### Sexy Time Tonic

Damiana, Ginger Root, Passion Flower

### Clean Living Liver Tonic

Burdock Root, Dandelion Root, Milk Thistle Seed

## Recommended Authors



Rosemary Gladstar



Susun S. Weed



Maria Noel Groves

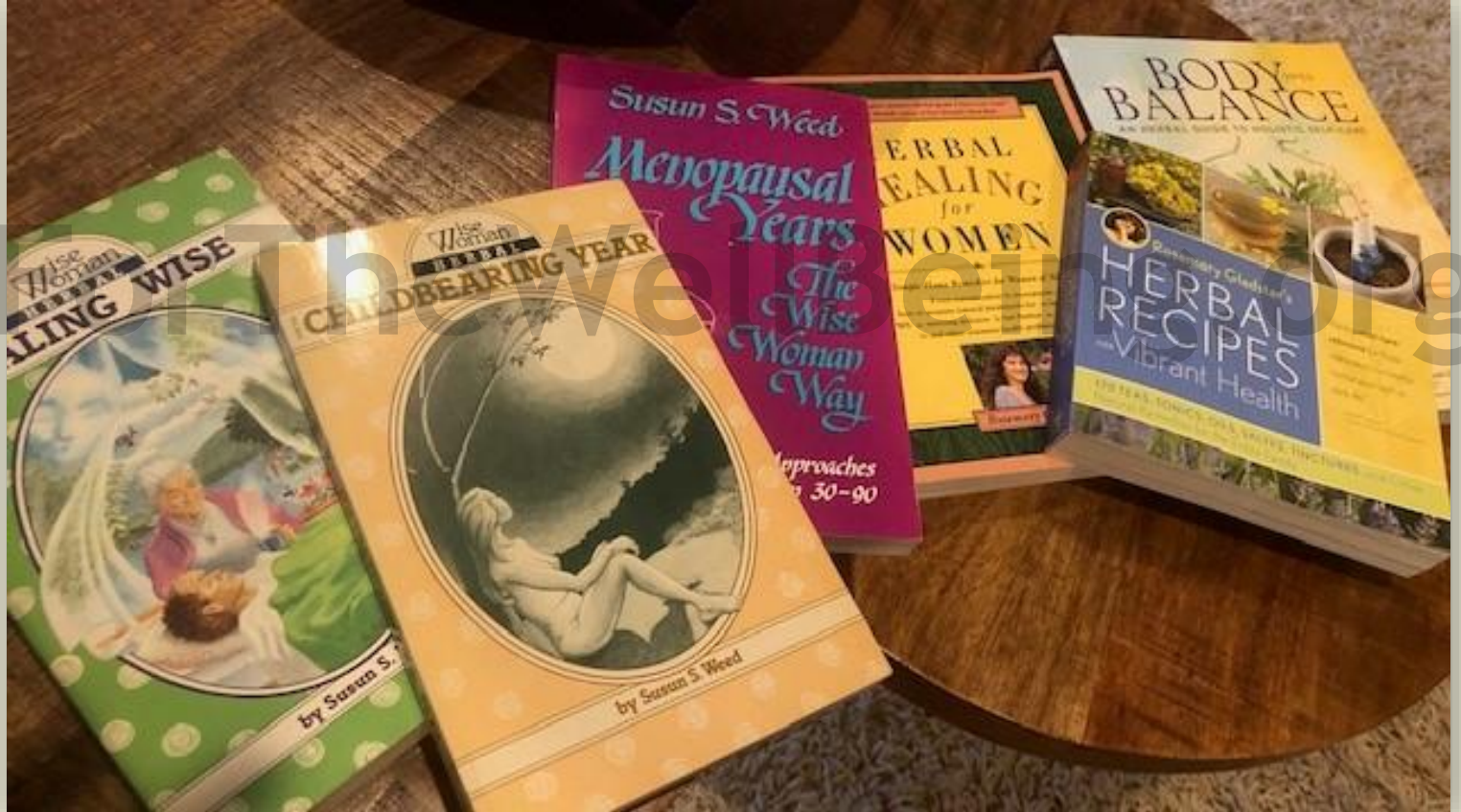


James Green



David Hoffmann

# Herbal Reference Books



# DONATIONS

- \$5** 1 - PACKET HERBAL TEA
- \$10** 3 - PACKETS HERBAL TEA
- \$10** 1 - 1 oz HERBAL TINCTURE
- \$25** 3 - 1 oz HERBAL TINCURES
- \$20** 1 - Bottle HERBAL CAPSULES



## **\$25 DONATION**

- 2 - 1 oz HERBAL TINCTURES  
(your choice)
- 2 - bags of HERBAL TEA  
(your choice)
- 8 - packets Aura Cacia SKIN OILS  
Rosehip • Argan • Tulsi • Turmeric
- Herbal Reference Cards



# THANK YOU FOR COMING

JOIN US NEXT MONTH

Holistic Skin Care: From the Inside and Out



**WE APPRECIATE YOUR  
DONATIONS**

They help us continue to deliver these  
workshops to the community