



A Happy, Healthy Woman's Herbal

Women have long embraced herbal medicines more than their male counterparts, partly due to their traditional role as caregiver and partly because herbal medicine for the female reproductive and hormonal systems have generally been quite effective. A woman's need to balance her hormones is more pronounced than in men since it can greatly affect her fertility and wellbeing. Of particular consideration is a balanced progesterone-to-estrogen ratio. Nurturing the hormones can have a regulating effect on menstrual cycles and prepare her body for the changes that occur with menopause. Common menstrual problems, such as cramping, sore breasts, bloating, and PMS respond well to herbal treatments. Herbs have always played a role in easing a woman through the perimenopausal and menopausal life changes, successfully lessening the emotional and physical transitions. Here is a description of traditional herbs women have come to rely on throughout the various hormonal stages of life.



Black Cohosh:

A Native American remedy for rheumatism and female complaints, the herb has become

popular and valued as a muscle relaxant, nervous system tonic, and normalizer of the female reproductive system. As a relaxant it has traditionally been used to treat premenstrual symptoms (PMS) or delayed menstruation. In perimenopausal and menopausal women, black cohosh helps ease the uncomfortable symptoms associated with the change of life, such as hot flashes, mood changes, and sleep disruption. The main active compound in black cohosh are triterpene glycosides.



Red Raspberry:

Historically herbal practitioners used red raspberry tea to tone the uterus in preparation for

pregnancy and to ease and hasten childbirth. Red raspberry leaf tea was drunk as a general female reproductive system tonic for a myriad of female complaints. As an external remedy, the herb has been used as an astringent for wounds, eyewash, and for excessive vaginal discharge. A concoction made from the leaves was used to relieve diarrhoea.



Chaste Tree:

Chaste tree is used in herbal medicine to influence female hormone production, to normalize menstrual-cycle irregularities, and relieve perimenopause and menopause symptoms. Some studies suggest that compounds in chaste tree berries influence the pituitary-hypothalamus axis, thus indirectly normalizing the estrogen-to-progesterone ratio, and helping with overall female hormone balance.



Cramp Bark:

Also known as highbush cranberry, traditionally herbalists have relied on cramp bark to relieve cramping and spasms of all kinds. Specifically for women, the traditional herbal remedy is thought to relieve menstrual cramps and pains associated with PMS and give tone to the uterus.



Wild Yam:

Wild yam is a source of a steroid-like substance called *diosgenin*, from which Japanese scientists synthesized progesterone hormones. Diosgenin in wild yam mildly mimics progesterone's effect in the body and is used to balance the ratio of progesterone-to-estrogen. In traditional herbal medicine, wild yam is used to treat PMS, perimenopause and menopause symptoms. Progesterone buffers the negative effects of elevated estrogen levels.



Evening Primrose:

A source of omega 6 essential fatty acids and a rich source of preformed gamma-linolenic acid (GLA). The body requires GLA to make its own prostaglandins—a hormone-like substance that helps keep inflammation in check and reduces levels of prolactin. Prolactin is found in high levels in women with PMS and can cause levels of progesterone to drop. Women for centuries have believed that evening primrose oil helped symptoms of PMS (breast tenderness, heavy bleeding, cramps, irritability, swelling).

According to population projections by the government of Canada, one in six women (a total of 2.4 million women) will enter menopause within the next decade.





The Happy, Healthy Woman's Herbal Guide



WOMEN'S FORMULA

USE — An all-herbal formula Women's Formula is a formula of traditional herbs to help ease the symptoms of premenstrual and menopause symptoms. It contains the time-honoured herbs black cohosh, raspberry leaf, and the Chinese herb dong quai, to name a few.

BENEFITS INCLUDE:

- Herbal formula to ease premenstrual and menopausal symptoms.
- Relaxes skeletal muscle and ease nervous tension.

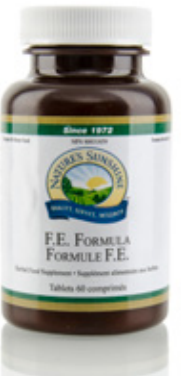


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USE — A traditional female formula designed to help relieve the symptoms associated with pre- and postmenstrual syndrome (PMS). Contains black cohosh, squaw vine, cramp bark, marshmallow root, blessed thistle, capsicum fruit, ginger, queen of the meadow, and red raspberry leaf.

BENEFITS INCLUDE:

- A formula of traditional, time-honoured herbs for women during her pre- and post menstrual cycle.
- Relieve menstrual symptoms of pain and cramping.



F.E. Formula (Flash Ease)

USE — Black cohosh, a native American herb for female complaints having been widely used and researched for its ability to lessen the uncomfortable symptoms of menopause. Dong quai is a Chinese herb with a highly respected reputation as an adaptogen for the female hormonal system.

BENEFITS INCLUDE:

- Relieves menopausal symptoms of hot flashes and sudden chills, emotional upset, and sleeping disturbances.
- Contains standardized black cohosh extract of 2.5% triterpene glycosides.
- Includes the Chinese female adaptogen herb dong quai.



WILD YAM & CHASTE TREE

USE — An all-herbal medicinal formula Wild Yam & Chaste Tree is a herbal formula that may be helpful for treating numerous female complaints associated with perimenopausal and menopausal systems. Both herbs have enjoyed a long history of use in traditional herbal medicine for women experiencing the “change of life.”

BENEFITS INCLUDE:

- Formula combines the time-honoured herbs wild yam and chaste tree as standardized extracts.
- Helps balance the female hormones during the change of life.
- Helps relieve premenstrual symptoms, helps stabilize menstrual cycle irregularities and to help relieve symptoms associated with menopause, such as hot flashes.



EVENING PRIMROSE OIL

USE — An omega 6 essential fatty acid supplement. Provides preformed gamma-linolenic acid (GLA) which helps the body manufacture prostaglandins— hormone-like substance which reduces inflammation and discomfort.

BENEFITS INCLUDE:

- A source of omega 6 essential fatty acid.
- A long history of traditional use for symptoms of monthly female discomfort.