

It's the Goddess Way: Herbal Vaginal Steam for Self Care

Provided by Protector of the Womb, Inc.

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Herbal Vaginal Steam Insti

"Birth is not only about making babies. It is also birthing our ideas, desires, and goals into physical manifestations that cultivate a gratifying reality."

I, Rhonda 'Nar Nawur' Frazier, am the creator of "It's the Goddess Way". My intention is to be an Inspirational Femi-Nine to other Femi-Nines. I have accepted the calling to assist my sisters in reaching their Goddess Goals of abundant health and joy in their lives; as I reach my own.

"It's the Goddess Way" offers familial ritual practices to modern day women (and men). These practices help cleanse the body physically and spiritually from ailments/dis-eases and release etherial blocks to bring about a state of lively wellbeing; and in so doing return cultural traditions to our way of life. IGW's mission is for each person to vow to live and inspire as best you can; physically, mentally, emotionally and spiritually. We are all on a journey of self-improvement and engaging in regular practices that cultivate the body, mind and soul helps us on our way.

This booklet is to inform you of the herstory, benefits, safety, herbs and overall purpose of herbal vaginal steaming. Our goal is for you to be able to use this self-care technique to cleanse, detox and heal self thereby gaining more understanding of your physical health.

What you will learn:

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What is the herstory of herbal vaginal steaming?

Herbal vaginal steaming has been a practice by women of many cultures for thousands of years. The vaginal herbal steam comes from a time period when the womb was worshipped in temples and women were provided ceremonies for various life events. Young girls were taken through rites of passage and taught the secrets to womanhood. During Kemetian (Ancient Egyptian) times, the womb was revered and treated as sacred. Women took time to nurture one another daily, console one another during hardships, and assist one another during childbirth and coming of age. The female is the only humanoid vessel that is able to bring life into the world through the womb. The womb was too treated with herbs, flowers, prayers, and energy work to keep it in its natural state of procreation.

“Womb vapHer” is a continuation of this legacy. References of the herbal vaginal steam can be found in the scroll of the Ebers Papyrus from Ancient Egypt. Currently these practices continue in East and West Africa, the Caribbean and in other Indigenous Cultures around the globe. As you sit over a low stool with an opening; with a bowl underneath are herbs and water; the herbs medicinal properties, including volatile oils, are released and carried to the surface of your skin and soft tissues of the vagina, where they are absorbed into the uterus and ultimately into the bloodstream. It is a form of hydrotherapy; a cleansing bath for our most treasured and sacred area. The herbal vaginal steam is natural and gentle and has been historically used to cleanse the uterus & vagina, release toxins, and strengthen and tone the reproductive organs. It increases circulation, thins mucus, and cleanses the entire reproductive system, allowing it to shed unnecessary membranes and buildup. In doing so, we support the uterus to function at its best, thus reducing the amount of work it has to do, and therefore your discomfort.

Of course, there are always those who will have their doubts. Some will say it's impossible, while others will say it makes no sense. I say, ask the countless women who have seen the results first hand before you write it off as impossible. To these women, this ancient remedy isn't just smoke and mirrors; to them, it makes a real difference.

Vaginal steaming is an age-old remedy that has been tested and approved by generations before us, and its time has come in our modern culture. This age-old ritual for women has stood the test of time, and today it has the incredible potential to significantly improve every woman's experience of her beautiful body; just as it always has.

Vaginal Steaming and Your Health

How does herbal vaginal steaming assist in our physical health? Let's review two systems of the body that this practice provides encouraged circulation and nutrients to assist in overall fertility well-being.

The Reproductive System

How does the reproductive system work?

What's inside the female reproductive system?

The **ovaries** are two small organs. Before puberty, it's as if the ovaries are asleep. During puberty, they "wake up." The ovaries start making more estrogen and other hormones, which cause body changes. One important body change is that these hormones cause you to start bleeding, which is called menstruating.

Once a month, the ovaries release one egg (ovum) or sometimes two. This is called ovulation.

The **uterine tubes** connect the ovaries to the uterus. The released egg moves along a uterine tube.

The **uterus** — or womb — is where a baby would grow. It takes several days for the egg to get to the uterus.

As the egg travels, estrogen makes the lining of the uterus (called the endometrium) thick with blood and fluid. This makes the uterus a good place for a baby to grow. You become pregnant if you have sex with a male without birth control and his sperm joins the egg (called fertilization) on its way to your uterus. Fertilization of an egg occurs during the travel to the uterus.

If the egg doesn't get fertilized, it will be shed along with the lining of your uterus during your next period. But don't look for the egg — it's too small to see!

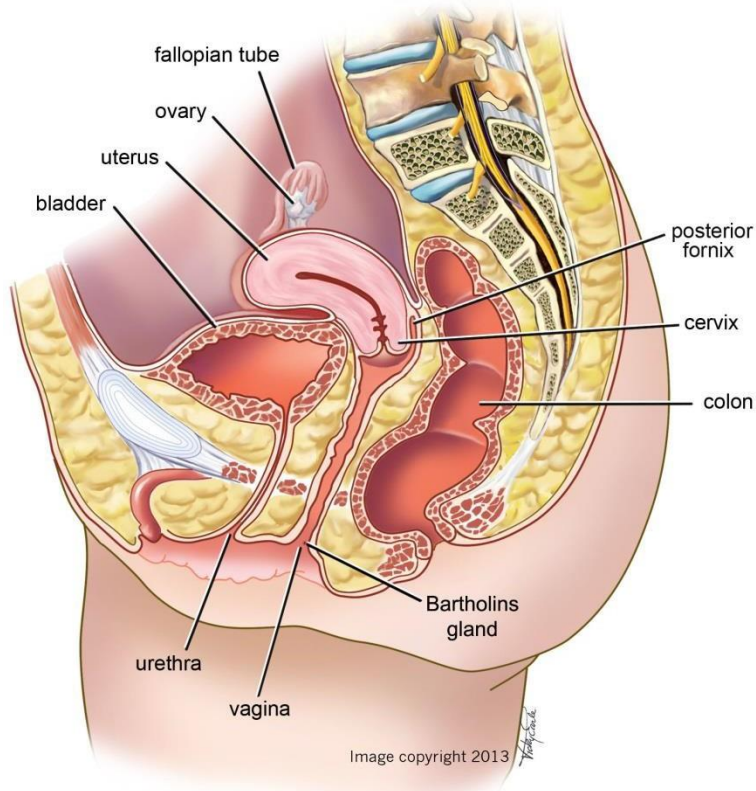
The blood and fluid that leave your body during your period passes through your cervix and vagina.

The **cervix** is the narrow entryway in between the vagina and uterus. The cervix is flexible so it can expand to let a baby pass through during childbirth.

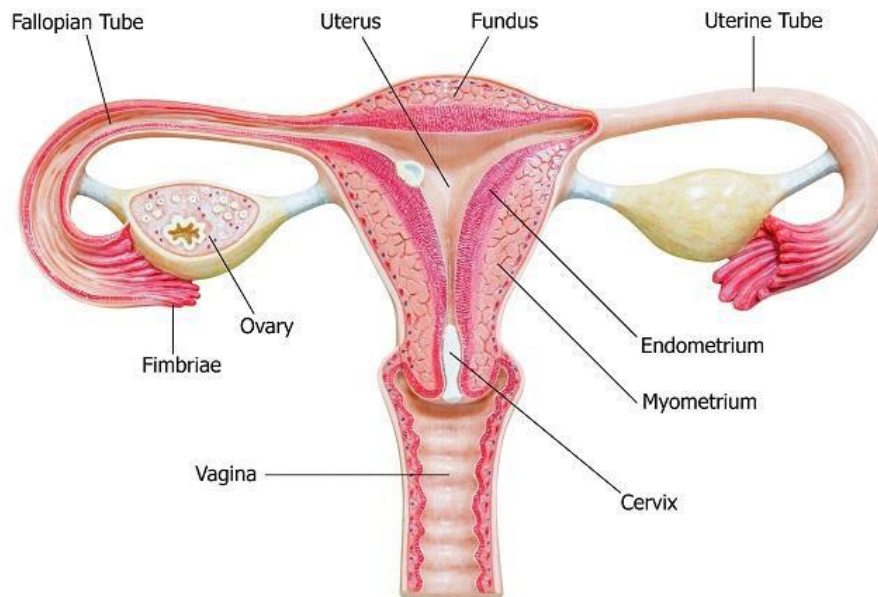
The **vagina** is like a tube that can grow wider to deliver a baby that has finished growing inside the uterus.

The **hymen** covers the opening of the vagina. It is a thin piece of tissue that has one or more holes in it. Sometimes a hymen may be stretched or torn when you use a tampon or during a first sexual experience. If it does tear, it may bleed a little bit.

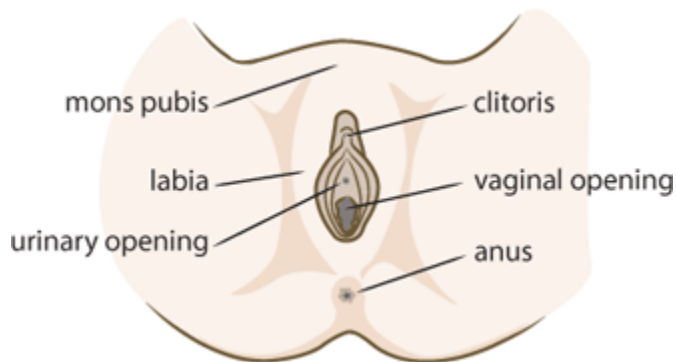
Side View Reproductive System



Front view Reproductive System



What's outside the vagina?



The **vulva** covers the entrance to the vagina. The vulva has five parts: mons pubis, labia, clitoris, urinary opening, and vaginal opening.

The **mons pubis** is the mound of tissue and skin above your legs, in the middle. This area becomes covered with hair when you go through puberty.

The **labia** are the two sets of skin folds (often called lips) on either side of the opening of the vagina.

The **labia majora** are the outer lips, and the **labia minora** are the inner lips. It is normal for the labia to look different from each other.

The **clitoris** is a small, sensitive bump at the bottom of the mons pubis that is covered by the labia minora.

The **urinary opening**, below the clitoris, is where your urine (pee) leaves the body.

The **vaginal opening** is the entry to the vagina and is found below the urinary opening.

The Digestive System

How does the digestive system work?

How does steaming & abdominal massage assist in maintaining digestive health?

Digestion is important for breaking down food into nutrients, which the body uses for energy, growth, and cell repair. Food and drink must be changed into smaller molecules of nutrients before the blood absorbs them and carries them to cells throughout the body. The body breaks down nutrients from food and drink into carbohydrates, protein, fats, and vitamins.

- Digestion is important for breaking down food into nutrients, which the body uses for energy, growth, and cell repair.
- Digestion works by moving food through the gastrointestinal (GI) tract.
- Digestion begins in the mouth with chewing and ends in the small intestine.

- As food passes through the GI tract, it mixes with digestive juices, causing large molecules of food to break down into smaller molecules. The body then absorbs these smaller molecules through the walls of the small intestine into the bloodstream, which delivers them to the rest of the body.
- Waste products of digestion pass through the large intestine and out of the body as a solid matter called stool.
- Digestive juices contain enzymes that break food down into different nutrients.
- The small intestine absorbs most digested food molecules, as well as water and minerals, and passes them on to other parts of the body for storage or further chemical change. Hormone and nerve regulators control the digestive process.

Why is the digestive system important in correlation to reproduction?

Because the nutrients you intake directly affects our body's proper function. If we are taking in too much sugar, starches, fats and not enough fluids, this in turn throws our hormones in disarray and causes an upset with our reproductive system. As the nutrients from the herbal steam seep through the porous tissues of your vagina, they connect with the blood stream which encourages better circulation and in turn provides a cleansing, strengthening, and nourishing function throughout the body; along with the added touch of abdominal massage (before or after).

Importance of Charting Ovulation & Menstrual Cycle

Charting your cycle and ovulation lets you know how your body is functioning; whether you have regular or irregular cycles, light, heavy or no bleeding cycles. This can also let you know if there may be additional fertility abnormalities to look out for like: back & pelvic pain or severe cramping, sever bleeding (soaking a pad in less than hour), pain during sex, urinating often, abdomen feeling "full", etc.

How to chart your cycle

- Log cycle on monthly calendar– write the first day each time you see a visible cycle each month, count the days in between, write the number next to each following cycle, after about 3 cycles you should be able to have a number for average length between cycles
- Vaginal mucous– during ovulation cervical (vaginal) mucous increases, will look clear and slippery, like egg whites, write when you notice this
- Body Temperature– spike in body temperature during ovulation, increases 0.4–1F

Who can perform herbal vaginal steams?

This practice is for all females; from puberty and up; even women who are experiencing menopause. It is a form of physical and spiritual healing that benefits any woman from any walk of life. This custom is passed from mother to daughter, sister to sister and so on.

Women experiencing the following conditions may benefit from a vaginal steam: uterine fibroids, painful menstruation, uterine weakness, uterine prolapse, irregular menstrual cycles, ovarian cysts, endometriosis, absent cycle, reproductive adhesion/scar tissue, previous vaginal tear or episiotomy, and dark purple or brown blood at the onset or end of menses and enhance your sex life. In some cases a woman should not do a vaginal herbal steam treatment are: extremely heavy menstrual cycles, open wounds, sores, or blisters, are pregnant or think you may be pregnant. Vaginal infections such as yeast, bacterial vaginosis, chlamydia vaginitis, noninfectious vaginitis, vulvodynia, viral vaginosis and trichomonas can be relieved with herbal vaginal steaming as long it's not during an outbreak. If you have genital piercings, take them out, the heat may cause the piercing to burn you.

Even after a woman reaches menopause, she can still benefit from the steam for cleansing her vagina, flush & detoxing tissue buildup in uterus, regulating hormones, meditation and spiritual awareness. The benefits are boundless!

Safety & Hygiene

Clean Steaming Area:

If using an open/closed/wooden/electric stool, make sure your area is clear of clutter except for your altar or items for decorating or tools (listed in Setting Up) for steam, always disinfect your stool before and after each use.

If using the Toilet/Commode make sure to sanitize and/or disinfect your area. You want to make sure your area has been cleaned thoroughly because we are working with a very sensitive area of our body. As we cleanse ourselves inside out, we also want to ensure our area is clean.

Disinfect– to cleanse (rooms, wounds, clothing, etc) of infection; destroy disease/ germs; to rid of microorganisms potentially harmful to man so as to prevent the growth of disease-carrying microorganisms

Sanitize– to free from dirt, germs, etc.; to make sanitary or hygienic as by sterilizing

Sterilize– to destroy microorganisms by bringing to a high temperature with steam, dry heat or boiling liquid

[Use safe products that sanitize/disinfect]

Safety:

Ensure that when you are boiling your water and transferring to your bowl, you handle with care. Boiled water can cause 1st & 2nd degree burns. Use oven mitts or thick towels to cover hands/arms and remain fully clothed while transferring water. Undress after you have transferred your water.

If you have burned yourself with boiled water here are some steps for care

1. Run warm (homeopathy) water over the burn for a few minutes
2. Look at the burn to determine severity. Superficial burns are characterized by redness, swelling and tenderness, and do not require a trip to the hospital.
3. Apply aloe gel or silver sulfadiazine cream. Burns that blister are more apt to become infected. Do not break the blister open, as this increases the chance of infection.
4. Cover the burn/blister loosely with sterile gauze. This protects it from the air, reducing pain. Cover the gauze with sterile gauze wrap and secure the bandage with medical tape. The tape should not touch the blister or burned area. Do not use cotton or fluffy dressings that cause lint to get stuck on the burn.
5. Keep the bandage clean and dry, changing it daily. Watch for any sign of infection.

Tips

- Soak the bandage off if it sticks to the blister or burn.
- Rinse the burn gently with cool water with each dressing change.
- Herbs that have historically been used in treating burns include aloe vera, bromelain from pineapples, calendula, flaxseed, gotu kola, horsetail, slippery elm and St. John's wort. For surface burns that have begun to heal, the following herbs may be helpful: bayberry, black or green tea, blackberry leaves, sumac leaves, sweet gum and white oak bark.
{Powder form to create a paste}

Supplies:

Large blanket, cloth or towel to wrap entire body or lower half of body

Steaming stool (types listed) or Commode

Herbs (using odd numbers gives numerological significance 3, 5, 7, 9)

Cooking thermometer

Tools (Setting Up section)

The Steam Process (NON ELECTRICAL)

[Read all of the directions before deciding]

- 1) Boil anywhere from 5–7 cups of water
- 2) If boiling herbs/roots make sure they can be boiled, most herbs only need to steep once water has boiled.
- 3) Steep herbs for 5–10 minutes with the lid
- 4) Place under stool then sit over herbs.

Option 1 Squat: Fill a (small–medium) quart stainless steel bowl with one to two cup of herbs, pour in the boiled water (halfway) and place it on the floor and kneel/squat over it. Getting on your knees allows you to control how far away or close to the you are to the heat. A drawback of this method is that it can be hard to be on your knees for the entire amount of time however placing a pillow under each knee can make it easier.

Option 2 Sit: Place the entire stainless steel bowl of herbs in the Commode (make sure to turn off the water and empty the water), pour in the boiled water (halfway); then sit; because it's harder to control your distance away from the water you might need to let some of the steam escape before it's at an acceptable temperature (use thermometer).

Check Temperature– 150F is an acceptable temperature, over 170F may be too HOT!!!

The recommended time is at least 30 minutes or until all of the steam has dissipated/cooled.

Afterward, discard outside.

It is best to lie down (take rest) and massage your womb in circular motions, to further provide supported stimulation to your womb muscles.

Your Sacred Space

Choose a place in your home, if not in the bathroom, as your 'steam space'. You are creating a spa oasis, so you can make it as special as you want with an altar, drapery, candles, incense, crystals, journal, pictures, etc. This space can be used for reflection, meditation, unwinding but most importantly connecting with self and ancestry. Think about what makes a space sacred. Who will be honored in your space? How often do you plan to utilize this space; be consistent. Will you welcome others into this space? Can they add to the space? If you have children, will they participate in your space?

Choose a space that is quiet, separate from where you work or pay bills, away from children areas or high traffic areas; a spot that is comfortable and protected. Fill the space with meaningful things like decorative art, books, wall pieces, furniture, vision boards, spiritual tools, journal, etc. Have a special ceremony to bless the space.

This space will be a place of ritual and reflection. Allow it to evolve overtime. Spend time in this space daily; at least 15minutes a day. Create new rituals and intentions as your own spiritual practice grows.

Setting Your Intention

When you begin a spiritual practice, you want to set your intention for it. What is intention? Intention is a goal, purpose or wish you intend to carry out. Write it out or speak it before commencing with your ritual. This is a reminder of the things you want/will to happen in your life. What are you seeking to add to your life? Keep your intention by continuing to cultivate your life and wellbeing with meaningful rites.

During your steam hold a pyramid to your womb with your hands as you set your intention. Hold this position, focus, meditate and breathe. This assists in focusing your mind, body and spirit together to lay the foundation for activating your intention. Blissful Steaming!

Creating an Altar

Creating an altar is a wonderful practice that can be incorporated for anytime you need a spiritual boost. An altar is a place of remembrance, meditation, guidance for you to connect within, to the divine (Mother Nature, God, etc) and your ancestors. It represents who you are. Whenever you walk past it you'll feel the call and commitment to do altar work for the betterment of your life.

Start with a small table or a spot on the floor (in a closet), lay a cloth (optional) and place your items.

Egyptian Style Altar



Types of Steam Stools

Open



Closed



Commode
(electrical)



Electrical



Crock Pot w/open stool



Chairs



Benefits

Pulls toxins out of the body
Alleviates abdominal pain
Relieves menstrual cramps
Regenerates damaged tissues
Improves vaginal tightness
Helps ease hemorrhoids
Eliminates feminine odor
Regulates menses
Relieves heavy menstruation
Balances hormone levels
Stimulates growth of white blood cells and antibodies
Mood stabilizer
Strengthens the uterus
Detoxifies the womb to remove excess waste which contributes to cysts, fibroids, cancers, and tumors
Relieves menopausal symptoms
Facilitates emotional purging
Builds self-esteem
Releases stagnant energy
Stimulates creativity
Supports lymphatic health
Assists with fluid retention
Stimulation of healthy sexual energy
Releases cellular memories of sexual and physical traumas
Helps with conception
Speeds up recovery after childbirth and more...

So... As you can see there are so many healing benefits from doing an herbal vaginal steam. When you are on the pot, this is also a time of meditation. You are sending healing nutrient herbs to our most sacred space, where we create; birthing ourselves into being who we are meant to be and birthing our progeny. This is a time for you to check in with you. Journal your experiences and share them. This is our time as women to take back our traditional identity. Accepting our lineage and knowing that the female, woman, mother, sister, daughter, goddess, pharaohess, priestess is the true nurturer. If we heal one woman, we can heal an entire community! If we heal more women, we heal an entire nation! Remember, healing is a choice; changing your habits is a choice; changing your environment is a choice; changing your mind is a choice; so let's heal ourselves, today, together!

Abdominal massage is a special kind of massage that seeks to alleviate problems associated with the abdomen by applying direct pressure to the abdominal cavity promoting proper functioning of the organs. This can be done yourself or by a skilled masseuse.

How Does Abdominal Massage Work?

Abdominal massage is a highly specialized form of massage. In this massage technique, lie on your back. Use your hands and fingers to gently knead the abdominal areas (below navel) with gentle circular strokes. You can use carrier oils (olive, safflower, coconut oil, etc) with essential oils for added benefits.

Benefits:

- Helps release metabolic waste products
 - Opens up the abdominal cavity to release energy
 - Restores harmony of the digestive system
 - Reduces stress on the lower back, oblique muscles and pelvis
 - Stimulates digestive process
 - Stimulates your vital energy center
 - Helps with indigestion and constipation
 - Helps with back pain
 - Makes abdominal muscles strong
 - Improves circulation and blood supply to the organs of abdominal cavity
- Many people complain of abdominal cramps on accounts of irritable bowel syndrome, menstrual cycles, endometriosis or colitis. Performing an abdominal massage for cramps can help relieve the pain caused in these conditions. Back and abdominal muscles work in co-ordination to keep the spine straight and any weakness in these muscles can result in severe back pain. An abdominal massage therapy helps in relieving back pain by strengthening the various muscle groups in the abdominal region. Thus many people would massage the abdomen to relieve the back pain.

It is important to keep in mind that a massage therapy for abdominal muscles should never be done for a person on a full stomach or a full bladder.

Furthermore such massages should not be given to people with hernia problems, kidney stones, stomach or intestinal ulcers, ovarian or fallopian tube problems.

Herbs

9 Herbs have been selected for you to begin learning their names, benefits and what areas they will be most effective

Alfalfa-

Alfalfa is naturally high in many essential vitamins and minerals, including A, D, E, K, and even the full family of B vitamins; biotin, calcium, folic acid, iron, magnesium, potassium and many others, as well as being very high in protein, especially when dried. It is "The king of all foods"!

Aids in flushing the bowels of built up toxins, used for diuretic purposes especially common among people who had been experiencing things like heavy water retention or urinary tract infections; a direct connection to lowering cholesterol detoxifying and better purifying the blood lower blood pressure and balance hormones; healing properties against bad breath, sore or achy joints, imbalanced skin conditions, and it even increases immune system functionality, relieves headaches or migraines

Aids in protection against xenohormones (man-made hormones), aids in vaginal atrophy (thinning and inflammation of vaginal wall) and dryness

Aid: preparing for pregnancy, hormone balance

Chamomile-

There are many different species of chamomile; the two most common being German chamomile (*Marticaria recutita*) and Roman chamomile (*Chamaemelum nobile*). They have been used since Ancient times for their calming and anti-inflammatory properties and each offer their own additional health benefits. It's used as a remedy for numerous medical complaints including asthma, colic, fevers, inflammations, nausea, nervous complaints, children's ailments, skin diseases and cancer, relaxes the smooth muscles of the uterus helps ease the discomfort of menstrual cramping.

Has been used for centuries in teas as a mild, relaxing sleep aid, treatment for fevers, colds, stomach ailments, and as an anti-inflammatory,

The plant's therapeutic activity, including antiseptic, antispasmodic, antipyretic, antibacterial, antifungal, and anti-allergenic activity.

Promotes general relaxation and relieve stress.

As a tea, used for lumbago, rheumatic problems and rashes.

As a salve, used for hemorrhoids and wounds.

As a vapor, used to alleviate cold symptoms or asthma, reduce inflammation and facilitate bowel movement and helps with insomnia

Aid: painful menstruation (dysmenorrhea)

Chaste Tree Berry (Vitex)-

Chaste tree berry is a slow-acting herb, so it often takes several months to see its full effect. Since it supports the body's own hormone cycle rather than providing any hormones itself, it works more slowly while the body adjusts to normal hormone production. Often, the most noticeable effect is seen after 3-6 months of use. It's known as an all-around female reproductive enhancer, aids in regulating hormonal balance of the hypothalamic-pituitary-ovarian axis, promotes ovulation, improves timing of the menstrual cycle, normalizes reproductive system as a whole, increases circulation to the genitals, increase vaginal mucous to enhance sexual sensation, improves energy level, boosts progesterone production (low progesterone is one of the leading reasons for miscarriage), used also for hemorrhage following childbirth and assisting with the "passing of afterbirth."

Aid: heavy menstrual bleeding (menorrhagia), boost libido, prevent miscarriage, endometriosis, PCOS, hormone balance, uterine fibroids

Dandelion-

Dandelion is a very rich source of beta-carotene which we convert into vitamin A. This flowering plant is also rich in vitamin C, fiber, potassium, iron, calcium, magnesium, zinc, phosphorus, B complex vitamins, trace minerals, organic sodium, and even vitamin D. Dandelion contains protein more than spinach. It has been eaten for thousands of years and used to treat anemia, scurvy, skin problems, blood disorders, and depression.

Acts as a mild laxative that promotes digestion, stimulates appetite, and balances the natural and beneficial bacteria in the intestines; a diuretic that helps the kidneys clear out waste, salt, and excess water, which then lowers blood pressure, improve liver function by removing toxins and reestablishing hydration and electrolyte balance.

Antioxidants – Every part of the dandelion plant is rich in antioxidants that prevent free-radical damage to cells and DNA, slowing down the aging process in our cells; acts against cancer to slow its growth and prevent its spread.

Immune System – boosts immune function and fights off microbes and fungi.

Dandelion leaves, flowers, and roots are all edible.

Anyone with an allergy to ragweed, chrysanthemum, marigold, chamomile, yarrow, or daisy should avoid dandelion and anyone pregnant, nursing, or taking prescription drugs should talk to a health care professional before adding something new to their diet.

Aid: cervical mucous, hormone balance, preparing for pregnancy

Lavender-

Lavender has the following properties:

Antidepressant, Analgesic, Antiseptic, Expectorant, Nervine, Vulnerary
Especially beneficial to the respiratory tract in particular coughs, colds, influenza, eases breathing when lungs and sinuses are choked with phlegm, defends system against airborne viruses. Lavender has been named as one of the most useful of the essences for the relief of anxiety and stress. Good for aches and pains and muscle stiffness and may also help with rheumatic discomfort and joint stiffness. Lavender can be used in a tincture to help promote relaxation and sleep. For headaches, smelling lavender and peppermint oils or rubbing lavender oil into the temples often helps

Aid: feminine odor, calming effect

Red Clover-

Red clover is also a source of many valuable nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C. It is considered to be one of the richest sources of isoflavones, which are water-soluble chemicals that act like estrogens (known collectively as phytoestrogens). Red Clover is therefore used for hot flashes/flushes, PMS, breast enhancement and breast health as well as lowering cholesterol, improving urine production and improving circulation of the blood, to help prevent osteoporosis, reduce the possibility of blood clots and arterial plaques and limiting the development of benign prostate hyperplasia. Increases cervical mucous, aids, vaginal dryness, increases circulation to the reproductive organs, one of the best purifying blood herbs, aiding in detoxification of environmental pollutants prior to conception, rich in phytoestrogens and may help protect body from xenohormones (man-made hormones), aids in reducing and preventing uterine cramps, support proper uterine tissue formation

Aid: cervical mucous, hormone balance, painful menstruation (dysmenorrhea), preparing for pregnancy, uterine health

Red Raspberry-

Red raspberry is beneficial to women at all stages of life.

It is filled with essential vitamins and minerals, naturally high in magnesium, potassium, phosphorous, selenium, sulfur, vitamins C, E, A, and B complex, calcium and iron which make it helpful for nausea, leg cramps, and improving sleep during pregnancy. It is an astringent, contracting and shrinking internal and external blood tissues, prevent excessive bleeding (hemorrhage) and reduces bleeding of the endometrial tissues. It also tones the uterine muscles, normalize blood flow during menstruation, and prepares the uterus for pregnancy and labor. The tannins in raspberry leaf give it astringent properties which make it soothing both internally and externally. Swishing with a tincture or infusion of Raspberry Leaf is great for the gums and can help alleviate the symptoms of gingivitis or gum disease.

One of the best herbs for uterine health.

Aid: endometriosis, preparing for pregnancy, uterine fibroids, uterine health

Uva Ursi-

The leaves of this small shrub have been used as an herbal folk medicine for centuries as a mild diuretic and astringent, and in the treatment of urinary tract infections such as cystitis, urethritis and nephritis, pyelitis and in pyelonephritis, help to reduce accumulations of uric acid and relieve the pain of bladder stones, chronic diarrhea.

As a nutritional supplement and muscle relaxant, Uva Ursi soothes, strengthens, and tightens irritated and inflamed tissues, used as a diuretic, astringent, and antiseptic. Folk medicine around the world has recommended Uva Ursi for nephritis, kidney stones, and chronic cystitis. The herb has also been used as a general tonic for weakened kidneys, liver or pancreas. Native Americans used it as a remedy for headaches, to prevent and cure scurvy and to treat urinary tract infections. Although uva-ursi is all natural and has been used for centuries, it should be avoided by women who are pregnant or breast feeding, and those with kidney disease or high blood pressure. Uva-ursi may also increase the effects of ibuprofen and other corticosteroids.

Aid: uterine health, urinary aid

Yarrow-

Its basic components are Alpha Pinene, Acetate, Borneol, Beta Pinene, Borneol, Cineole, Camphene, Camphor, Gamma Terpinene, Isoartemisia Ketone, Chamazulene, Limonene, Sabinene and Tricyclene.

The fresh leaves were used to stop bleeding wounds, treat gastrointestinal problems, fight fevers, lessen menstrual bleeding and better circulation. The fresh leaves were also chewed on to relieve tooth aches. Scientists have credited yarrow for its benefits relating to almost every organ in the body. Affects the kidney, spleen, liver and energy channels throughout the body. Is categorized as a uterine tonic, which supports the circulation in the uterine. Many studies show that it helps the uterine by improving the tone, increasing menstrual flow and reducing spasms in the uterine.

Fights bacteria, decongestant, astringent, promotes digestion

Aid: absent menstruation (amenorrhea), cervical mucous, endometriosis, heavy menstrual bleeding (menorrhagia), ovarian cysts, uterine fibroids

Red Rose Buds & Petals- {Additional}

Red rose buds and petals are not only a beautiful accent to add to steam but also holds nutrient healing properties as well. The petals contain volatile oil, tannic acid, coloring matter, saccharine matter, mineral salts, and salts of malic, tartaric acids and substantial proportions of vitamin C. Researchers are of the opinion that the presence of malic acid and citric acid are the reason behind the laxative and diuretic effects. Rose petals are rejuvenating and prove to be a tonic used to treat internal asthma, high blood pressure, bronchitis, slow circulation, diarrhea, dysmenorrhea (painful menstruation), cough, fever and fluid retention, indigestion, insomnia, palpitation, stress, depression, fatigue and urinary tract infections.

Due to their strong and pleasant fragrance, rose petals are used for making essential oils and perfumes. The petals effectively combat infections in the digestive system and restore the normal and essential bacteria in the intestines. Rose petals help to get rid of the waste and toxic substances in the body, through the kidneys.

19 Ways to Become Divine

By Rev. Dr. Malachi K. Z. York

1. Cleanliness is next to Godliness
2. Stay at peace and relaxed
3. Don't worry about what people think about you, worry about what you think about yourself
4. Don't change, we all make mistakes
5. Block out all foreign thoughts, just relax
6. You don't have to go along with the majority
7. Admit what you like to yourself and others
8. Accept the ways the evil ones distract you
9. Accept aggregable and disagreeable beings
10. Admit what you don't like to yourself and others
11. Start looking inside, not outside a person
12. Accept what is inside of you and not what you look like on the outside
13. Know that you are being tested by the evil one and accept it
14. When you are teaching someone block out all distractions
15. Make teaching your job, be very serious
16. Make sure the student overstands you
17. Don't start what you can't finish
18. Be sincere, don't try to impress anyone
19. HAVE NO FEAR OF ANYONE OR ANYTHING, PERIOD!



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Notes

