

# Women's Formula

## *Hormonal Balancing Act*

This fluid extract formula is specifically designed for women and their particular needs. A woman might be facing a range of health concerns, especially around the menstrual cycle and due to the major hormonal changes of menopause. Issues regarding weight gain, bloating, dry skin, mood swings, food allergies, breast tenderness, hot flashes, sweet craving with increased glucose sensitivity, loss of bone density after menopause, and the common PMS symptoms of cramps, irritation, and depression, can add to the everyday stresses of life. And stress can take its toll on women as they get older—when the adrenal glands are out of balance, a woman can experience the “tired and wired” feeling. The combination of coffee and sweets can make it worse. There is always in the background the concern of the hormonal balance between the interaction of progesterone and estrogen—an excess or lack of either one can lead to a number of the well-known problems mentioned above. Low levels of certain neurotransmitters can also involve depression.

This formula is an energy tonic that is not too warming. The intent is to quiet nervous stress and tension, regulate the menstrual cycle, improve circulation, curb menopausal weight gain, water retention, mood swings, and keep the vaginal lining healthy, while providing a balanced energy for the entire body.

Suggested usage: 1-2 dropperfuls in the late morning, 1 in mid-afternoon if a booster is needed.

Relief could take up to 4-8 weeks, or likely sooner. Recommended with **Macro Night, Vita Power, Energy Enzyme Blend, Supreme 7, Friendly Colonizer, Liver Restore**, also vitamin E, coconut oil, and if the kidneys are weak, **Kidney Aid**. And drink plenty of water.

### **Ingredients:**

**Vitex:** Traditionally known as having broad tonic qualities for women, especially helping to balance hormone production (progesterone), counteract premenstrual syndrome, and regulate the menstrual cycle. It helps the pituitary gland produce the luteinizing hormone that normally triggers ovulation and prevents vaginal dryness. It also elevates mood, aids breast health, curbs hot flashes and excessive weight gain (fluid retention).

**Black cohosh root:** Traditionally used in the treatment of uterine disorders. It promotes healthy menstrual activity and improves blood circulation, so it is good for cramps and painful menstruation. Its abundant mineral profile benefits bone health. Used for night sweats, nervousness, and helps lower blood pressure.

**Bupleurum:** Helps improve the immune system and the decongestion of the liver (which interferes with hormonal balance). Good for monthly menstrual maintenance, lung function, and mood tonality. Works on improving stagnant blood and on building blood. It reduces sugar craving, helps calm irritability and anxiety.

**Dong Quai:** Long history of aiding with all gynecological complaints. Known as a glandular, nervous system and circulatory tonic. Its relaxing properties help relieve muscle and menstrual cramps, and the symptoms of menopause. Helps bring both estrogen & progesterone to good levels. Also a blood purifier, promoting blood circulation and blood building (good for cases of anemia or heavy menstruation, excess bleeding). Can be somewhat heating, so it plays more of a supporting role in the formula.

**Motherwort:** Relaxes the nervous system, lowers blood pressure, and supports the heart, liver and adrenal glands. Used for hot flashes, mood swings, anxiety, menstrual cramps, and other menstrual difficulties.

**Wild yam:** Helps regulate hormone production and glandular balance, specifically the ratio of progesterone to estrogen. Contains hormone precursors for natural progesterone. Good for menstrual cramps, a fortifier.

**Maca:** Well-known South American herb for increasing energy, libido, sexual potency (for both men and women). Helps with the adrenals, stimulates hormonal activity, but it controls estrogen dominance—it balances estrogen to progesterone. Has proven its efficacy in clinical trials in South America and Europe.

**Damiana:** Widely used in Mexico as an aphrodisiac, increasing energy and restoring libido; also for depression and menstrual problems. Used in the formula as a supporting herb.

**Licorice:** Chinese formulas use as a nutritive harmonizer, sweetens and complements the other ingredients.

With **concentrated mineral co-factors**