

WOMEN'S HERBS

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ADRENAL SUPPORT for fatigue, improve vaginal lining

Siberian ginseng, ginseng, reishi. TCM kidney tonics: rehmannia, ligustrum

EOs: Rose, rose geranium. Stimulating; fennel, anise

NERVINES: hops, CA poppy, valerian, linden, passionflower, chamomile

EOs: lavender, rose, neroli, lemon, lemon grass, jasmine, cloves

BRAIN: HYPOTHALAMUS (hormonal communication to nervous & system)

Regulates metabolic rate (temperature, sleep patterns), stress reaction, libido, mood, pituitary function

Increase endorphins, phytoestrogens, acupuncture, exercise (3.5 hrs/wk, late afternoon, not eve)

Hypothalamus/pituitary/adrenal axis:

Adaptogenic herbs: Ginseng, Eleutherio. Maybe ashwaganda, licorice, fennel, anise

AROMATHERAPY: Probably: valerian, spikenard, "green odors" like fennel, rose

LIVER (converts/clears estrogen). milk thistle, burdock, turmeric, artichoke, dandelion, schisandra, ginger, yellow dock

Vit B & E, Choline, inositol, methionine amino acid

HERBS with HORMONAL INFLUENCE

Vitex. corrects progesterone/estrogen ratio & decreases prolactin.

Influences LH (luteinizing), FSH (follicle-stimulating), GnRH (gonadotropin-releasing) hormones May enhance immune system & repair nerve damage.

Ginseng. May balance all hormones. Ups brain neurotransmitter action, diabetic carbohydrate tolerance & protein synthesis. Lowers blood alcohol.

Stimulates estrogen-regulated RNA, but not cancer cell growth.

Don Quai. Sometimes reduces hot flashes, uterine toner

Black Cohosh. Prevents estrogen from over-stimulating uterus. Suppresses cancer cell growth & oxidation. Normalizes menstruation, breathing, circulation. Reduces PMS mood swings, hot flashes, vaginal atrophy, pain/swelling, ear ringing, high BP.

Licorice. Modulates estrogen. Increases progesterone & aldosterone.

Evening Primrose Oil (GLA): Decrease prostaglandins, maybe prolactin, Helps with cysts, cramps, endometriosis, bleeding, schizophrenia & high blood pressure & cholesterol. Regenerates liver. Treats skin, brittle nails, viruses, asthma, neuropathy, MS, CFS. *GLA sources: chia, purslane, flaxseed, avocado, nuts*

Essential Oils: geranium, rose, orange blossom (neroli)

ESTROGENIC: hops, kudzu, fo-ti, yucca, yellow dock, red clover (in Essiac & Hoxsey formulas), Japanese dong quai, *Houttuynia cordata*,

Lower Progesterone: red clover, licorice, pennyroyal. Some: goldenseal, nutmeg

ISOFLAVONOIDS = converted by intestinal bacteria to estrogen

Red Clover = formononetin, daidzein, genistein. lvs: biochanin

Soy = genistein & daidzein

Almost the same: black-eyed peas, adzuki beans

parsley leaf: (apiin and apigenin) + 2 new self-limiting glycosides

Higher: black turtle beans, lima & kidney beans, yellow/anasazi red lentils

80% more: fava & great northern beans

LIGNANS (+ anticancer). Norway spruce (*Picea abies*)

FOOD: pomegranate, rice, aduki. Somewhat: garlic chives!

Gamma-oryzanol (ferulic acid) = rice bran + grains, tomatoes, olives, citrus

ESSENTIAL OILS: angelica, anise, clary sage, coriander, cypress, fennel, lemon,

Sage. Somewhat: peppermint, basil. [Geraniol, cineole & pinene compounds]

PROGESTERONIC: vitex, red clover, hops, Somewhat: verbena, damiana, oregano

Suppress estradiol: dong quai, saw palmetto, wild yam (but progesterone-binding in 20-30% women)

Bind estrogen receptors: yucca, pomegranate, thyme, turmeric, yellow dock, retinoids

Slow cancer cell genes: red clover, hops, vitex, dong quai. licorice (weak)

Lower estrogen: vegetarian, high fiber diets

Borage = improves tamoxifen's lowering of estrogen in women's estrogen tumors

PMS

Low FSH (follicle-stimulating hormone), serotonin, GABA (gamma-aminobutyric acid).

High aldosterone (regulates sodium, chloride, potassium)

High/low thyroid aggravates PMS

CATEGORIES (Guy Abraham, 1983) relax, yoga, meditation, aerobic exercise

PMS-A (High estrogen/low progesterone & magnesium):

Anxiety, irritability, tension, mood swings, insomnia

Take vitamin B6 (100mg), vitex, black cohosh, soy

PMS-B (PMS-H = hyperhydration): High prolactin, potassium imbalance

Bloating, weight gain, mood swings, breasts swell, sometimes tender liver,

poor B6 assimilation. Take Vit. E & C, niacin, zinc, esp. magnesium, GLA, diuretic (dandelion). Avoid salt, caffeine, cigarettes.

PMS-C (Low blood sugar): Food cravings, esp sweets, fatigue, dizzy, headache,

sometimes heart palpitations (low magnesium = 400 mg)

Avoid sugar, salt. Eat complex carbs before period. Increase protein rest of cycle. Bitters (gentian, dandelion) for digestion.

PMS-D (Depression): low progesterone/estrogen decreases serotonin & ups androgen.

Withdrawal, confusion, forgetfulness

Tryptophan (turkey, spirulina, almonds, yeast), Antidepressants (St. John's wort), liver & relaxing herbs = 2 weeks prior to period

PMS Formula: 4x vitex; 3x wild yam; 1x burdock, dandelion rt, feverfew

PMS Digestive Formula: 3x artichoke lf; 2x ginger, gentian root; 1x cardamom, cinnamon; 1/2x orange peel, licorice

PMS Headache Formula: 2x wood betony, ginkgo, valerian, feverfew. 1x ginger, peppermint. For migraine, increase feverfew. vitamin D/calcium

PMS Oil: 3 drops lavender, rose geranium, petigrain; 1 drop neroli, rose, ylang ylang, chamomile in 1 oz. carrier oil (ie olive, almond, coconut, etc.)

MENSTRUAL PROBLEMS. Avoid alcohol (Increases pain & bleeding)

HEAVY PERIOD: weak blood vessels. Vitamin A & K. Anti-free radicals (Vit E)

Decrease menstruation: agrimony, lady's mantle, clary sage, vitex, blue vervain

Redirect pelvic blood: yarrow, shephard's purse, cayenne, raspberry lf, nettle

Reduce Bleeding Formula: 6x shepherd's purse, yarrow, 2x raspberry lf, vitex

ANEMIA: IRON: dulse, dried fruit, red meat, chicken, blackstrap molasses.

FOODS: dark-green, leafy & most root veggies, whole grains, black beans, carrots, walnuts, peanuts, sesame seeds, cherries, oysters, clams, mussels, lactic acid (fermented foods, yogurt, sauerkraut, miso)

Need vit B & folic acid in intestine

B 12: molasses, whole grain, nutr yeast, legumes, nuts, egg yolk, organ meat

Iron formula: 2x nettle, yellow dock, watercress; 1x dulse, oatstraw, raspberry lf; 1/2 x horsetail, dandelion

IRREGULAR or NO MENSTRUATION

Diet/digestion problems, over exercise/work, BC pills, hormone imbalance

Food: greens, beans, millet, alfalfa, mango, wheat germ oil

Increase menstruation emmenagogue: TCM blood movers.

dong quai, feverfew, motherwort, black cohosh, partridge berry

Gentle: ginger, Roman chamomile, lemon grass, turmeric, rosemary

somewhat: garlic, willow *Strong:* pennyroyal, mugwort

Period-Regulating Formula: 3x vitex, 2x burdock. St. John's wort

1x black cohosh, motherwort & maybe California poppy

Uterine cramps: add valerian &/or cramp bark.

UTERINE TONICS: raspberry, nettles, chamomile

CIRCULATION (Blood-movers): Bitters. Ginger, prickly ash bk, yarrow, yellow dock, black cohosh, motherwort, nettles

Chinese ginkgo, dong quai, red sage, rhemannia, fo-ti

Sitz bath: rosemary, lavender, or juniper. [geranium & rose eos]

Aerobic exercise, acupuncture

Castor oils packs, cabbage poultice, essential oil compresses, lymph herbs

LYMPHATIC: mullein, cleavers, burdock, prickly ash bk, red clover flw, red root (*Ceanothus americanus*). Somewhat: calendula

IMMUNE SYSTEM SUPPORT

UTERINE PAIN: Prostaglandins = animal protein create excess arachidonic acid

Anti-inflammatories: chamomile, feverfew, enzyme bromelain (pineapple)

Pain relievers: lower prostaglandins, anti-inflammatory, some are antispasmodic
willow, meadowsweet, feverfew. meadowsweet, Jamaican dogwood, corydalis

Prostaglandin regulators: GLA, guggul, licorice, peony, aloe vera,
Food: cinnamon, garlic, ginger, onions, cloves, thyme

Muscle relaxants: cramp bk, wild yam, valerian, chamomile, kava, hops.
also: false unicorn rt, catnip, peony rt, scullcap, CA poppy

Magnesium (*M. aspartate, malate, citrate, succinate, fumarate vs oxide, gluconate, sulfate, chloride*)

Krebs Cycle: mitochondria energy from aerobic respiration, consuming oxygen that results in CO₂/water, converting ADP to energy-rich ATP.

ENDOMETRIOSIS (Endometrium Tissue)

DIET: High fiber. Avoid fat, salt, fried, smoking, alcohol, caffeine

Vit E: prevent tissue damage & limit scarring & inflammation

+ Vit. C: immune system, capillaries, connective tissue, reduce bleeding

Vit B, beta-carotene for immune system.

saw palmetto, acupuncture, lymph massage, castor packs, sitz bath

Endo: 3x vitex, wild yam, motherwort; 2x raspberry lf; 1x cramp bark, horsetail

FIBROIDS & CYSTS

DIET: Vegetarian, fiber & low fat lower estrogen. Carotenoids (carrot, tomato),
GLA (500mg), Vit E (400iu) & C (1gm), selenium (400mcg), zinc (30 mg)

No caffeine or theobromine, theophylline, epinephrine

CYSTS = excessive prolactin (pain/stress), estrogen, maybe low thyroid

Kneipp (19th cen): horsetail, nettles, yarrow, calendula tea + poultice

EOs: helichrysum, lavender, Indian davana (*Artemesia*)

Cyst Formulas: 3x calendula; 2x burdock, mullein lf, 1x yarrow, nettles, cleavers

Compress: calendula, mullein, yarrow

FIBROIDS:

HERBS: Vitx, calendula, plantain, shepherd's purse, St. John's wort, prickly ash
dandelion, stone rt, yarrow, partridge berry, shep's p, lady's mantle,
ginger, raspberry, motherwort, nettle, [goldenseal?] (C. Cabera)

blue mallee eo (*Eucalyptus polybractea*), pokeroot oil (toxic so externally)

Gui Zhi Fu Ling Tang: cinnamon, *Poria cocos*, *Peonia lactiflora* [?peach kernal]

*Uterine Fibroid Formula: 4x vitex, 3x black cohosh, 1x dandelion rt, prickly ash, 1/2x
cramp bark, cinnamon bark*

CERVICAL DYSPLASIA: stacks of Squamous + columnar cells (secrete mucus)

Increased Risk: stress, warts, BC pills, cervical irritation, smoking (nicotine ups risk 2-3x & depletes vitamins C & B6, zinc, selenium & immune system), fetal exposure to xenoestrogens, ie. DES (diethylstilbestrol)

Often folic acid deficiency, with low C, E, A, riboflavin, Lycopene

HERBS: vitex, black cohosh, phytoestrogens (red clover, kudzu, soy, etc)

Cervical Dysplasia Formula: 3x vitex, burdock, red clover, astragalus; 2x peppermint, wintergreen/birch bk

Tampon Tea Soak: 1 teas calendula, plantain; 1/2 teas Oregon grape rt, in 2 cups water. Add 1 drop tea tree or lavender eo.

Cervical Dysplasia Suppository: 1 teaspoon each: calendula, OR grape rt., lavender infused in 1-2 oz cocoa butter. Strain & Add 3 ea drops tea tree, lavender eo.