

Herbal Approaches to
Fertility

for folks who want to become pregnant

Creation

- The Generative System is connected to creativity
- Carries with us our ancestors and our descendants, their strengths and their traumas
- Connected to our purpose, how we are in this world
- Healing physical, emotional, and spiritual trauma





Meditation

Intentional Conception

- Prayer
- Create an altar space
- Speaking to the Spirit of Your Child
- Get clear, is this what you want?



Healing Past Trauma or Loss

Safe

Healthy

Connected

Processing any Blocks



Flower Essences

Energetic Infusions of the Life Force of
Flowers

Pomegranate Flower Essence:

A symbol of fertility, Pomegranate flower essence restores self-nurturing and regenerates fertility on all levels. This flower remedy helps to identify long-buried emotional needs, especially in relation to the mother, childbearing and creative issues.

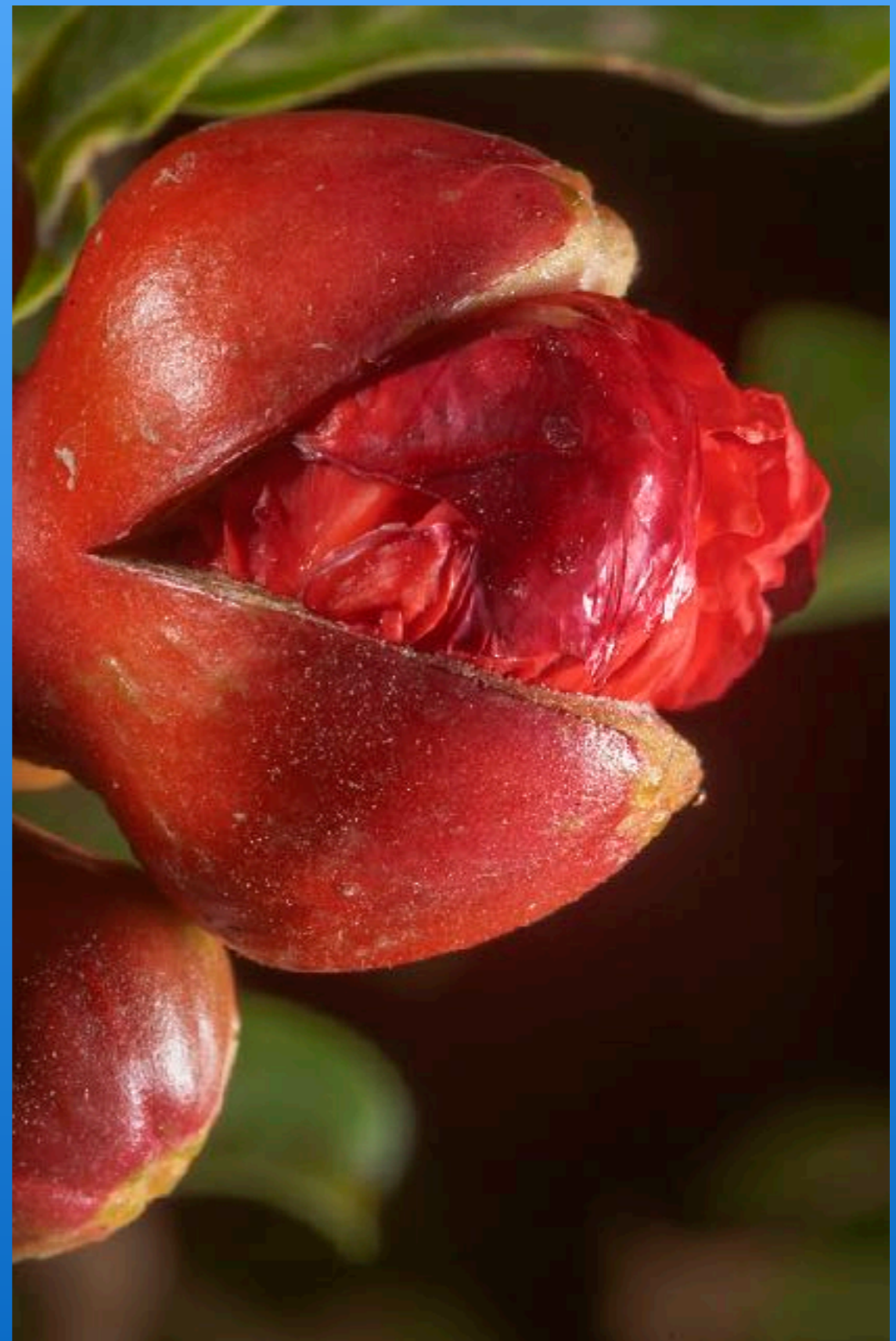
Aspen - anxious, afraid of the unknown

Mimulus - when you are dwelling on a specific fear

Elm - when overwhelmed or feeling inadequate

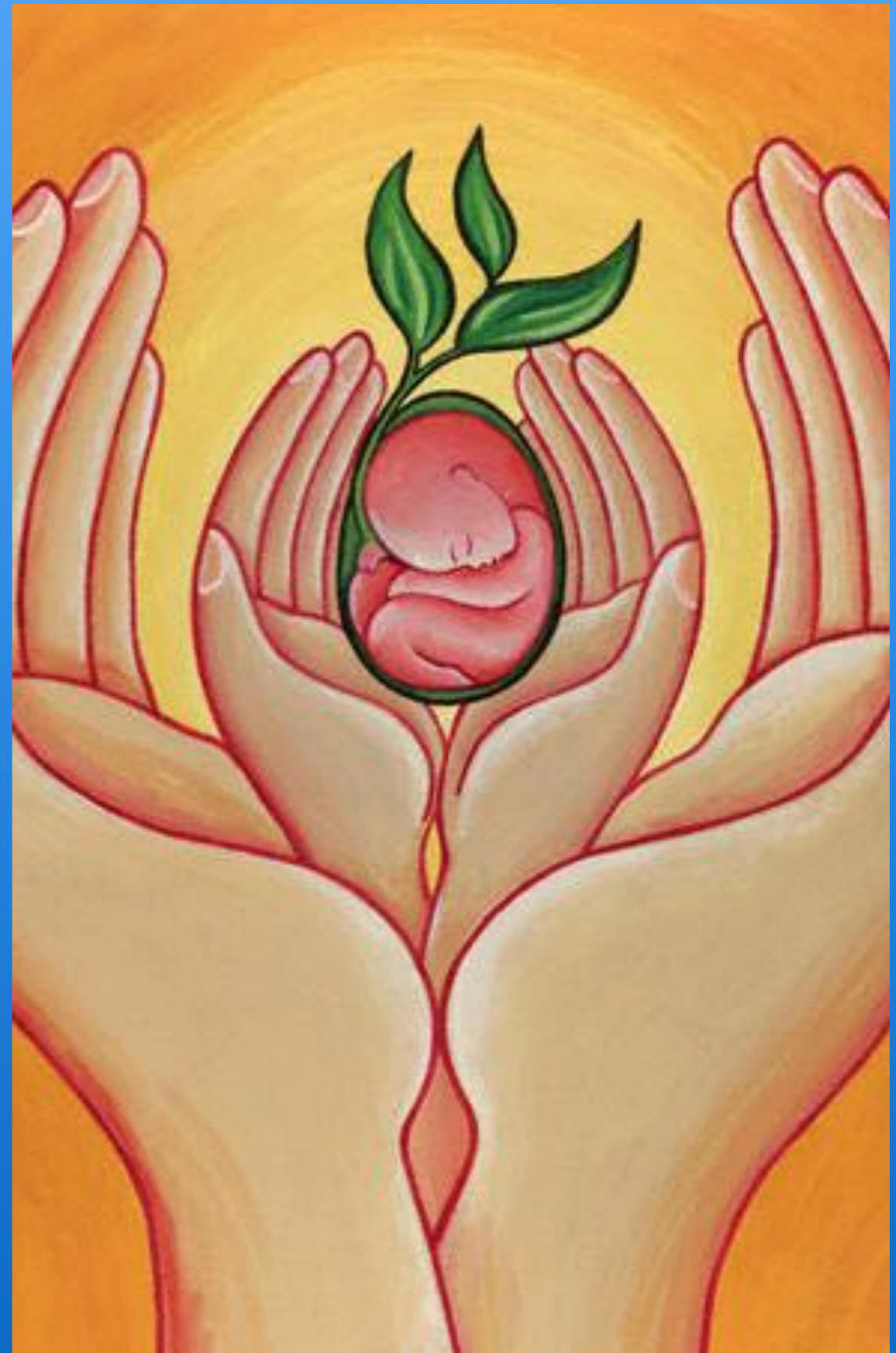
Red Chestnut - when afraid or worried for baby to be

Rock Rose - when trembling, shaking, or weeping from anxiety or fear



Invitation to Baby

Fertility Candle Ritual



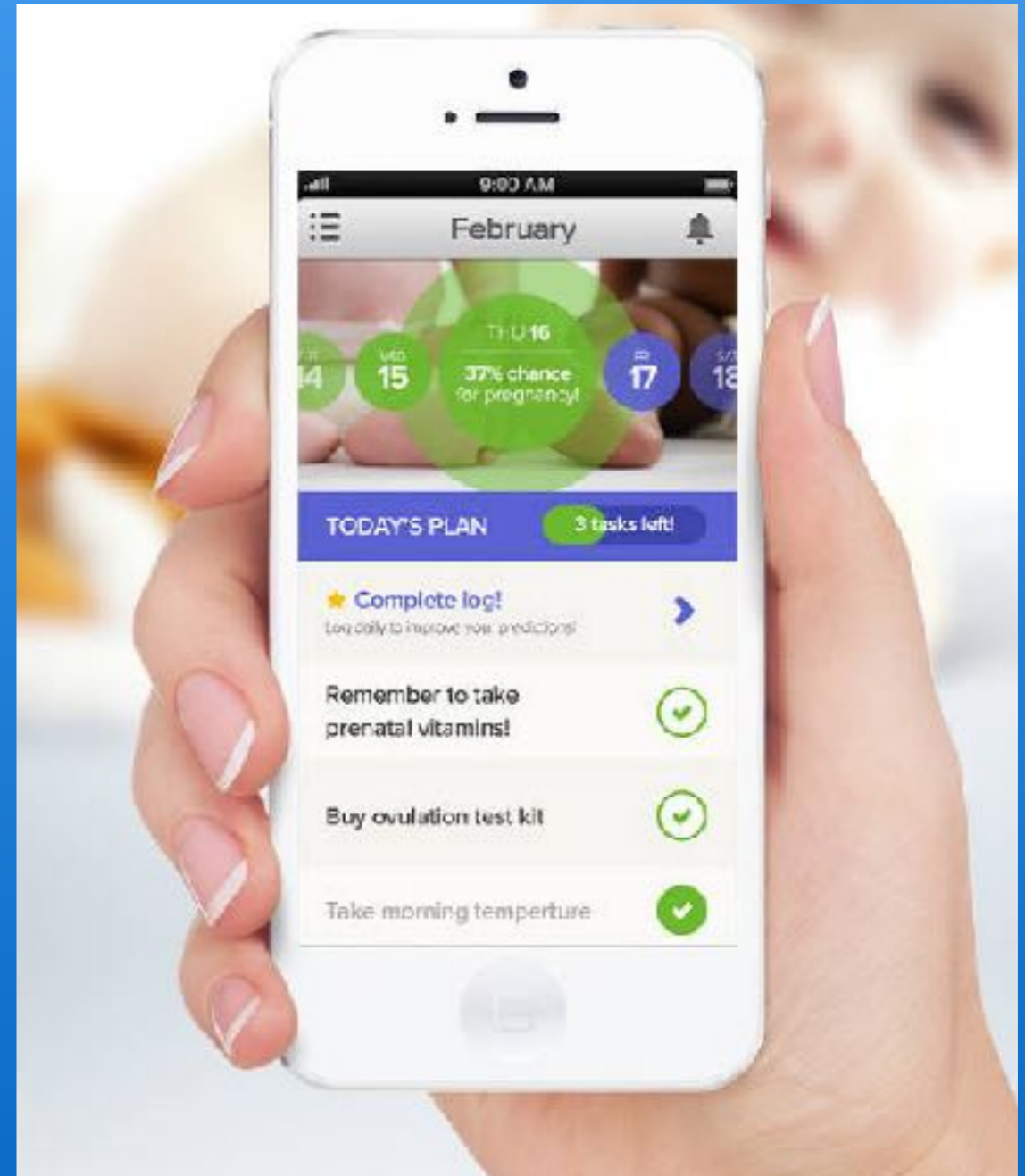
Fertility Awareness

- Cervical secretions - consistency, dry, sticky, creamy, eggwhite, stretchy. Stretchy secretion indicates ovulation
- Basal body temperature, may notice basal body temperature is about 97-97.5 before ovulation and is 97.6-98.6 during ovulation
- Charting to see rhythms



Phone Apps

- Glow
- Ovia
- Natural Cycles - will adapt to info as it is entered over time



Fertility & Moon Cycles

- For thousands of years, across many cultures, the menstrual cycle and fertility have been associated with the moon. The moon is a symbol of fertility in many cultures. The average menstrual cycle length is approximately 28-30 days. The lunar orbit around the earth takes 28 days.



Moon Cycles

- All around the world, cycles are most likely to start around the time of the full moon when night skies are brightest. Birth is also most common around this time
- On the flipside, a person will often be most fertile with the new moon - when it is barely visible
- Due to evolution and the fact we used to live outdoors and we were exposed to lunar cycles for thousands and thousands of years.

- **New Moon:** A new cycle. An energy of new possibilities. Time to set your intentions for what you want to bring into your life.
- **Waxing Moon:** New growth, continued action, results will come about
- **Full Moon:** High tide of power, amplifying and creative. It is a time to release that which no longer serves you, what you no longer need in your life or an aspect of yourself that you have outgrown.
- **Waning Moon:** Withdrawing, a pulling impact
- **Dark Moon:** A time to go within.

Womb Massage Fertility Massage



Well Nourished

- Whole Foods
- Organic
- Good Healthy Oils & Fats
- Whole Food Based Pre-Natal
- DHA (fish or vegan)
- Healthy Movement & Exercise



Pre-Pregnancy Prep

- Creating a space free from smoking, alcohol, raw meats, radiation, excessive caffeine, antacids, aspirin, antihistamines, hair dyes, heavy metals, agrochemicals, fumes, paints, contact with cat feces
- The main focus when choosing herbs for preconception is to nourish the body, detoxify for hormonal balance/optimal health, support uterine tone, build the blood, and support a healthy stress response. Preconception herbs are best used at least 3-6 months prior to conception. Many of these herbs should not be used into pregnancy.



Pre-Pregnancy Herbs

- **Alfalfa** aerial parts (*Medicago sativa*): Alfalfa is very nutritious, high in vitamins and minerals, contains some phytoestrogens and aids in protecting against xenohormones. It also aids in vaginal atrophy and dryness.
- **Ashwagandha** root (*Withania somnifera*): Ashwagandha supports overall endocrine system function for proper hormonal balance, while also helping the body to support the immune system and stress response.
- **Burdock** root (*Arctium lappa*): Burdock root is nourishing and cleansing for the liver which aids in hormonal balance.
- **Dandelion leaf** (*Taraxacum officinale*): A nourishing herb, Dandelion leaf is used to increase nutrition and is supportive of liver health for hormonal balance.
- **Hibiscus** (*Hibiscus sabdariffa*): Hibiscus is very high in vitamin C and may support healthy cervical mucous. Vit.C is essential for proper absorption of iron. It is best combined with herbs high in iron such as, Raspberry lf., Yellow dock and Nettles. It also supports proper heart health and blood pressure.
- **Lemon Balm** leaf (*Melissa officinalis*): Lemon balm offers excellent nervous system support. It supports a healthy stress response and lessens depression and anxiety. Good emotional health, and stress response is important prior to conception. Not for use for people with hypothyroidism.
- **Milk Thistle** seed (*Silybum marianum*): Milk Thistle seed is one of the best plants for liver health. Liver health is vital for hormonal balance. The liver helps to filter toxins from the body, including excess hormones.
- **Oatstraw** (stems), **Milky Oats** (tops) exert a stronger effect than oatstraw, (*Avena sativa*): This herb is very nourishing, aids in stress reduction by supporting the nervous system and offers great support for stress related fertility issues.

Pre-Pregnancy Herbs

- **Nettles leaf & Seed** (*Urtica dioica*): Nettles are nutritive; high in minerals, vitamins and chlorophyll. This herb is supportive of gentle cleansing of the liver, lungs, intestines and kidneys. Nettles offer great adrenal support and proper blood formation through its high iron content.
- **Red Clover** leaves, blossoms (*Trifolium pratense*): Red Clover is a nourishing food/herb. It is rich in a variety of vitamins and minerals. It is one of the best blood purifying herbs, aiding in detoxification of environmental pollutants prior to conception. It is also phytoestrogenic and may help protect the body from xenohormones. It may also increase cervical mucous.
- **Schisandra**, fruit and seed (*Schisandra chinensis*): An adaptogen, Schisandra supports healthy hormonal balance through endocrine system support and promotes proper immune and stress response.
- **Red Raspberry** leaf (*Rubus idaeus*): Red Raspberry leaf is one of the best herbs for pregnancy preparation. This is because it is extremely nutritious, being high in vitamins and minerals. It is also one of the most beneficial uterine tonics available which can help a woman prepare her uterus for pregnancy and labor.

Nourishing Herbal Infusions

- Nettles, Red Raspberry, Oatstraw, Alfalfa, Red Clover
- 1 - 4 cups daily
- quart daily
- Dry plant material 1/4 to half full
- Fresh plant material fill quart jar
- Pour hot water over
- Infuse 1 -12 hours, strain and drink



Herbs to Avoid

- Jack-in-the-Pulpit, All types of Thistles will induce temporary sterility
- Uterine Contractors
 - Cotton Root Bark, Blue Cohosh,
- Implantation Preventors:
 - Wild Carrot Seed, Smartweed Leaves, Holy Basil



Avoid Emmenagogues

- Herbs that Induce or Promote Menstrual Flow
 - Angelica, Lemonbalm, Birthwort, Black Cohosh, Blue Cohosh, Cotton Root Bark, Bitter Melon, Jackass Bitters, Feverfew, Hyssop, Lovage, Motherwort, Mugwort, Osha, High Dose Ginger, Tansy, Pennyroyal, High Dose Vitamin C, Sumac, Rue, Rosemary, Pennyroyal, Fresh Parsley, Culantro, Sweet Flag



Herbs for Before Pregnancy Fertility Promotors

- 1) Nourish and tonify the uterus
- 2) Nourish and tonify the body
- 3) Relax the nervous system
- 4) Establish the balance normal functioning if the hormonal system
- 5) Balance sexual desire

**DO NOT TAKE FERTILITY
ENHANCING HERBS alongside
fertility drugs, hormone
treatments, or hormonal birth
control**

Red Clover Flowers

- infuse dried blossoms, one to four cups daily, several months two a couple years
- Helps with irregular menses, scarring of fallopian tubes, abnormal cells in reproductive tract, “unexplained” infertility
- high vitamin content as well as trace minerals especially useful for the uterus
- high in protein as well as absorbable calcium and magnesium which relax the nervous system and promote fertility
- helps restore hormonal functions



Nettle Leaves

- very high mineral content, reduces stress and powerful uterine tonic, high vitamin K content to prevent hemorrhage
- Strengthens the kidneys and adrenals
- High mineral content particularly helpful for hormonal function



Red Raspberry Leaf

- high nutrient profile, especially calcium
- uterine tonic, helps to prepare uterus for birth
- discontinue use if you notice contractions
- large amounts of calcium
- Raspberry Leaf is most popular as a tonic for pregnancy and labor, but it is also excellent as a nutritive and tonic in preparation for pregnancy. It is one of the main herbs that is considered safe (in most cases) to use during pregnancy in preparation for labor.
- Raspberry leaves are high in carotenoids, citric acid, tannins, vitamin A, B complex, C, and E. They also have an easily assimilated form of iron, calcium, phosphorus, potassium and silica.



Partridge Berry

- *at risk of over harvest
- two flowers form one berry
- excellent uterine tonic herb
- helping to prevent recurrent miscarriages due to weak uterus
- very safe to use in pregnancy where miscarriage is concerned.
- been used for hundreds of years by the Native Americans to prepare women for childbirth.
- Partridgeberry was also used to relieve painful menstrual cramps,
- ease labor and labor pains, aiding in a smooth and efficient childbirth.
- Partridgeberry is helpful when experiencing painful cramping, uterine spasm, bleeding, and/or passing of blood clots in the first trimester of pregnancy.



Chase Tree

- supporting and regulating effect upon the pituitary gland. The pituitary is known as the “master gland” because it controls many vital bodily functions such as sending chemical signals to the ovaries, telling them how much hormones to make. This communication is known as the hormonal feedback loop
- Vitex increases the secretion of luteinizing hormone (LH), which in turn increases progesterone.
- Increased progesterone levels: Vitex has been shown to stimulate the formation of the corpus luteum. The corpus luteum is responsible for the secretion of progesterone. In a study of 45 people, 86% responded positively with normalized or significantly improved progesterone levels.
- Vitex has a beneficial impact on progesterone levels. If miscarriages are due to low progesterone, Vitex may help to normalize or increase progesterone levels. Vitex may be considered safe to use during pregnancy,



Black Cohosh

*at risk of over harvest

- **Ammenorhea** (absent period): Black cohosh has been used for hundreds of years to help bring on a menstrual period. Aids in tone, regular function and shedding of the uterine lining.

- **Relief of uterine contractions associated with threatened miscarriage:** While this herb is not recommended for regular use in pregnancy, it has been used successfully in some cases to prevent pre-term uterine contractions in a threatened miscarriage. It is always used in combination with other herbs to help prevent miscarriage and should never be self-prescribed for miscarriage.

The success of using Black Cohosh is dosage dependant, only a skilled midwife or herbalist would be able to determine the best amount to use and it what combination with other herbs.

Congested pelvic conditions: Because it is an excellent anti-inflammatory herb and heart tonic, it promotes healthy blood flow to the pelvic area. Aids in healing of uterine fibroids, ovarian cysts, and endometriosis.



Preventing Miscarraige

- Healthy Lifestyle, Nutrition
- Control Exposure to Toxins
- Bedrest for Threatened Miscarraige
- Natural Progesterone Patches
- Black Haw - one to two cups daily as soon as person becomes pregnant - Black haw is extremely effective at reducing uterine contractions, and uterine muscle spasm. If there is uterine cramping without cervical dilation, Black Haw has been traditionally used to help stop uterine spasm and contractions. It is interchangeable with Cramp Bark and has the same actions as Cramp bark.
- False Unicorn - 3 drops tincture four to five times a day, beginning 1 month before conception and through first trimester - False Unicorn root has been used traditionally when recurrent miscarriages related to uterine and cervical weakness occur. This plant is endangered!
- Partridge Berry leaves & stems (*Mitchella repens*): A uterine tonic traditionally used to help strengthen a weak uterus, Partridge berry is helpful when the person is experiencing painful cramping, uterine spasm, bleeding, and/or the passing of blood clots in the first trimester of pregnancy.



Preventing Chronic Miscarriage

- Vitex also known as Chaste tree berry, dried berries (*Vitex agnus-castus*): Vitex has been traditionally used by midwives and herbalists to prevent miscarriage associated with low progesterone. Low progesterone is the number one reason for recurrent miscarriages.
- Wild Yam root (*Dioscorea villosa*): Traditionally used to treat irritable uterus and threatened miscarriage with uterine contractions present, Wild Yam is often combined with Cramp bark or Black Haw. It has also been used for hyperemesis gravidarum (extreme nausea and vomiting in pregnancy).



Prevenying Recurrent Miscarraige Formulas

- Midwife and Doctor Aviva Romm's Habitual Miscarriage Prevention Formula
It is suggested that this formula should be started 3 months prior to conception and continued until at least 2 weeks past the latest weeks' gestation of previous miscarriage (if the previous miscarriage occurred at 8 weeks, continue the formula until at least 10 weeks). You will need to work with an herbalist or naturopath so they can monitor your herbal program as some of these herbs have not been shown to be safe during pregnancy through studies.

Aviva suggested to combine the following tinctures together (1 oz = 30ml)

Vitex: 50ml

Cramp Bark: 30ml

Partridgeberry: 20ml

Suggested usage: 5ml twice a day

- Herbalist Juliet Blankespoor of the Chestnut School of Herbal Medicine has her own threatened miscarriage prevention blend. She uses equal parts of Partridgeberry, Black Haw and Wild Yam: 20mL, 3-6 times a day.
- For threatened miscarriage or pre-term labor after the first trimester, Juliet has found that for folks with irritable uterus, worry about miscarriage with too frequent braxton-hicks contractions, equal parts of Raspberry leaf and Partridgeberry tincture, at 2-3 dropperfuls a day may be helpful. This would only be taken until the contractions subside.

Ovulations

Luteal Phase Deficiency

- resulting from insufficient progesterone levels, can cause the ovulatory phase to be too short or prevent the ovarian follicle from ripening and the egg being released altogether.
- Several herbs, including vitex (*Vitex agnus-castus*), peony (*Paeonia* spp.), and evening primrose oil can be very effective in promoting a healthy ovulatory phase of the cycle. Typically taken as a tincture, vitex can be used daily. Peony is often found in combination with dong quai (*Angelica sinensis*) in traditional Chinese herbal formulas, and the two herbs may be used together to promote ovulation.



Stress Related Infertility

- Chronic stress may cause hormonal imbalance, lowered egg and sperm health, as well as create a lack of libido.
- Herbs that support a healthy stress response, nourish the nervous system and support endocrine function are important.



Herbal Stress & Fertility Support

- **Fo-ti**, also known as Ho Shou Wu or He Shou Wu, root (*Polygonum multiflorum*): According to TCM Fo-ti helps to restore jing (life essence). It supports both thyroid and adrenal function (both are extremely important and sensitive to stress). The vine and leaf are sometimes used to aid stress, nervous tension and insomnia.
- **Ashwagandha** root (*Withania somnifera*): Both a nervine and adaptogen, Ashwagandha works to re-regulate thyroid and adrenal gland function. It also supports overall endocrine system function for improved stress response and hormonal balance.
- **Lemon Balm** leaf (*Melissa officinalis*): Excellent nervous system support, Lemon Balm supports a healthy stress response and lessens depression and anxiety. Good emotional health, and stress response is important prior to conception. Not for use for people with hypothyroidism.
- **Linden flower** and bract (*Tilia platyphyllos*, *T. cordata*): Linden flower/bract mildly lowers blood pressure, works to reduce depression and supports nervous system function. It is great for anxiety, depression and insomnia, and is very gentle and safe.
- **Motherwort** aerial parts (*Leonurus cardiaca*): Famous herbalist Nicholas Culpepper 1616-1654 said, “There is no better herb to drive away melancholy vapours from the heart, to strengthen it and make the mind cheerful.” Motherwort supports heart health and reduces anxiety
- **Reishi mushroom** (*Ganoderma lucidum*): Reishi is a well known adaptogen herb shown to improve adrenal cortical function, which is why it has the ability to support the body during states of stress
- **Bee Pollen/Propolis**: Bee pollen has been reported to have great results in boosting immunity and fertility. Bee propolis has been found to support a healthy immune, inflammation and stress response in the body.
- **Chamomile flowers** (*Matricaria recutita*): This herb is a nervine and mild sedative it may help to reduce stress, relax the nervous system and induce a restful state in the body.

Absent Period

(Amenorrhea)

- **Black Cohosh** root (formerly known as *Cimicifuga racemosa*, now *Actaea racemosa*): Black Cohosh may bring on menstrual bleeding. It aids in tone, regular function and shedding of the uterine lining.
- **Dong Quai** root (*Angelica sinensis*): Dong quai helps to increase circulation to the uterus, is iron rich for proper blood formation, tones and strengthens the uterus by regulating hormonal control, and improves the timing of the menstrual cycle.
- **Maca root** (*Lepidium meyenii*): Maca promotes hormonal balance, and is nourishing to the endocrine system, which controls hormone function.
- **Motherwort** aerial parts (*Leonurus cardiaca*): This herb is very effective at reducing uterine muscle spasm, cramping and improving uterine tone. Motherwort has been found to mildly stimulate the uterus, while also aiding the uterus to work efficiently, which is helpful in bringing on menstruation.
- **Mugwort** (*Artemisia vulgaris*): Used traditionally world wide to encourage menstruation in people with amenorrhea, Mugwort is a mild uterine stimulant. It also supports healthy digestion, aiding in assimilation of vitamins and minerals. Its mild nervine action helps relieve tension and stress.
- **Parsley** tap root, leaves, seeds (*Petroselinum crispum*): Parsley has been used as an emmenagogue to bring on menstruation and is a rich source of vitamin C.
- **Vitex**, Chaste tree berry (*Vitex agnus-castus*): Vitex aids in regulating hormonal balance, promotes ovulation and improves timing of the menstrual cycle.

Absent Period

(Amenorrhea)

- **Shatavari** root (*Asparagus racemosus*): Shatavari promotes regular menstrual cycles by aiding in the regulation of estrogen levels.
- **Tribulus** aerial parts and fruit (*Tribulus terrestris*): Tribulus may normalize ovulation when used prior to ovulation. It may help to increase sex hormone production, specifically serum FSH and estradiol levels in women.
- **White Peony** (*Paeonia officinalis*): This herb helps build the blood and increases circulation to the reproductive organs. Overall this herb has excellent hormone balancing support. It also aids in pain reduction and relaxation. White peony moves the blood in the pelvic area, good for uterine stagnant conditions including an absent period.
- **Yarrow** aerial parts (*Achillea millefolium*): Yarrow stimulates the uterus to bring on menstruation by increasing muscular activity to the uterus. The stimulation of the muscles of the uterus aid in the shedding of the endometrium, stimulating regular menstrual cycles in the absence of pregnancy.

Estrogen Balance

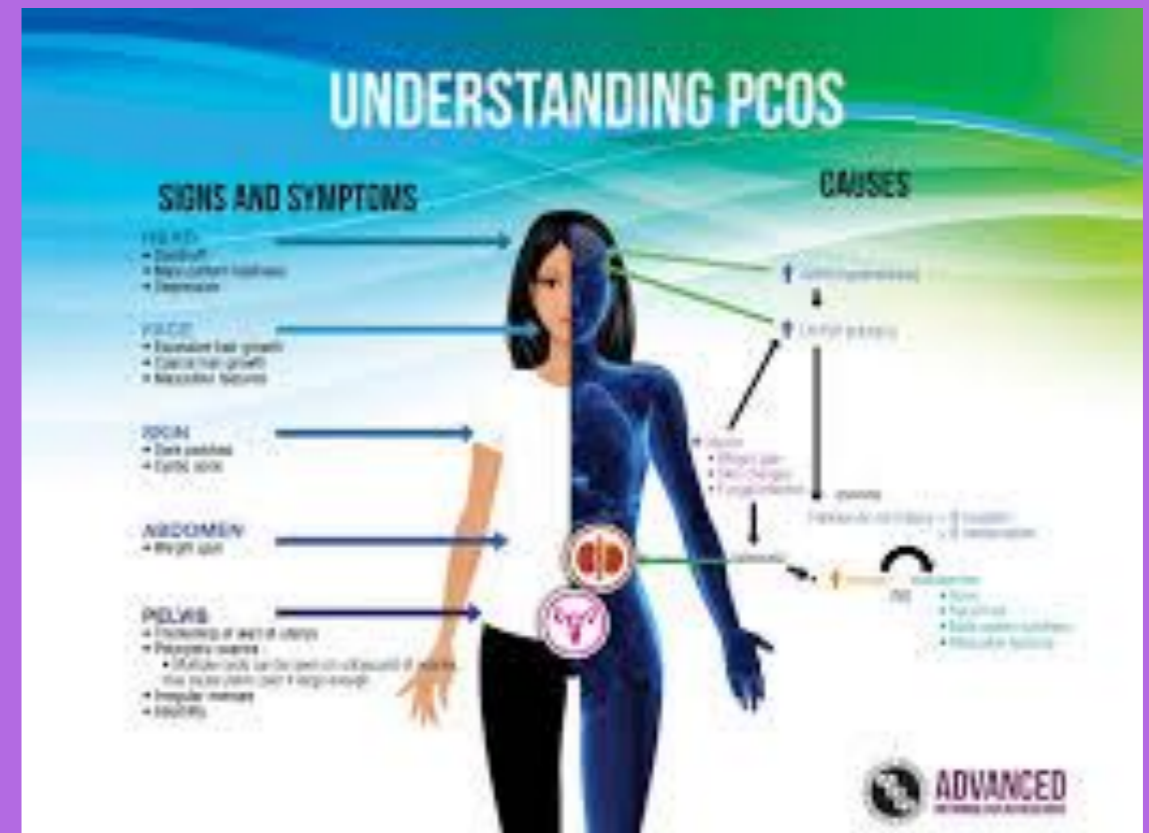
- In order to promote healthy estrogen balance we must consider how herbal phytoestrogens protect us from harmful xenoestrogens, which come from human-made chemicals. Xenoestrogens may cause estrogen dominance. Because of this we must consider liver supporting herbs for natural detoxification. Endocrine nourishing herbs are also very supportive of healthy estrogen balance.
- **Burdock root** (*Arctium lappa*): Burdock root is nourishing and cleansing for the liver, aiding in hormonal balance. It helps to remove excess estrogen from the liver for proper estrogen balance in the body.
- **Dandelion root** (*Taraxacum officinale*): This root aids in liver health and stimulates digestion for improved hormonal balance.
- **Evening Primrose Oil**, cold pressed from the seed (*Oenothera biennis*): EPO supports overall hormonal balance through its high content of the omega-6 essential fatty acids (EFA's), Linoleic Acid (LA) and Gamma Linolenic Acid (GLA). LA is needed for prostaglandin E and GLA is needed for the synthesis of prostaglandin E. One of the many functions of Prostaglandins is to help control regulation of hormones

Estrogen Balance Cont.

- **Flax seed** (*Linum usitatissimum*): Flax seeds contain lignans, which are the second strongest group of phytoestrogens. Flax is also high in fiber. Studies have shown that the combination of lignans and fiber in flax seeds help to remove excess estrogen from the body, while also protecting it from xenoestrogens.
- **Licorice root** (*Glycyrrhiza glabra*): Licorice is an adaptogen herb, supporting the endocrine system for overall hormonal support. It also has the propensity to mimic estrogen (phytoestrogen). Licorice is also hepatoprotective, meaning it is protective of liver health.
- **Maca root** (*Lepidium meyenii*): Maca helps to control estrogen/progesterone balance in the body.
- **Milk Thistle seed** (*Silybum marianum*): Milk Thistle seed is one of the best plants for liver health. Liver health is vital for hormonal balance. The liver helps to filter toxins from the body, including excess hormones.
- **Red Clover** aerial parts, blossom (*Trifolium pratense*): Red Clover is a nourishing food/herb. It is rich in a variety of vitamins and minerals. It is one of the best blood purifying herbs, aiding in detoxification of environmental pollutants prior to conception. Rich in phytoestrogens, Red Clover may help protect the body from xenohormones

PCOS

- PCOS (Polycystic Ovary Syndrome) is a hormonal condition that is thought to affect more than 5 million people in the US alone. Initially, PCOS was thought to be a condition caused by imbalances in the “sex hormones” (estrogen, progesterone, and testosterone) but now we know that the condition is due to insulin resistance (a condition whereby your cells don't respond to the normal actions of insulin). Thus, PCOS is considered to be a harbinger of metabolic syndrome and Type 2 Diabetes, which makes it important to pay attention to and treat properly.
- In fact, 50 to 70% of people with PCOS demonstrate measurable insulin resistance beyond that which would be expected by their body weight or degree of obesity. Insulin stimulates secretion of testosterone by the ovaries, and inhibits hepatic sex-hormone binding globulin (SHBG) production leading to increased circulating testosterone – this accounts for the acne, facial hair, and hair loss in many who have PCOS.



PCOS

Polycystic Ovarian Syndrome

- The overall goal with PCOS is to balance blood sugar levels in the body, maintain hormonal balance, promote healthy digestion for improved estrogen and androgen metabolism, while also working to promote regular ovulation and menses.
- PCOS is associated with irregular ovulation and infertility. It is primarily treated with vitex and peony to help regulate ovulation. A healthy diet to regulate blood sugar, reduce excessive weight, and reduce insulin resistance is also especially important in the treatment of this disease. Be sure to include plenty of essential fatty acids in the diet.



PCOS Herbs

- **Ashwagandha root** (*Withania somnifera*): Ashwagandha supports overall endocrine system function
- **Cinnamon inner bark** (*Cinnamomum verum*, *C. zeylanicum*): Preliminary studies have shown cinnamon to be extremely useful for people with insulin resistance by helping to balance blood sugar levels. It may also help to slow heavy menstrual bleeding caused by endometrial hyperplasia (thickening of the uterine lining) associated with PCOS. Cinnamon is also widely used to encourage healthy circulation to reproductive organs
- **Burdock root** (*Arctium lappa*): Burdock root supports overall liver function for improved hormonal balance. It is also supportive of balanced blood sugar levels and cleansing for the entire body, especially where congested tissues and organs are present.
- **Eleuthero root and stem bark** (*Eleutherococcus senticosus*): This adaptogen herb supports overall endocrine function which supports hormonal balance.
- **Licorice root** (*Glycyrrhiza glabra*): Licorice root helps to maintain proper hormone production and release. It also supports healthy insulin levels and liver health for hormonal balance support.
- **Saw Palmetto** berry (*Serenoa repens*): Saw Palmetto has been found to inhibit DHT production by reducing 5 alpha-reductase production, which may help prevent Hirsutism (hair growth, thinning hair on head) in people with PCOS. This herb also helps to reduce endometrial hyperplasia and hormonal acne symptoms.
- **Vitex** also known as Chaste Tree berry, dried berries (*Vitex agnus-castus*): People with PCOS often have irregular menstrual cycles and anovulation. Vitex works to balance the hormonal feedback loop, it also promotes ovulation and regular cycles.
- **White Peony root** (*Paeonia lactiflora*): When Peony is combined with Licorice Rt. (*Glycyrrhiza glabra*) it performs better, especially for relaxing muscles, reducing painful menstruation, as well as lowering serum and free testosterone levels in people with PCOS. It moves the blood in the pelvic area which is good for uterine stagnation, including conditions such as uterine fibroids, endometriosis, & PCOS.

Progesterone Support

- These are herbs that support production of progesterone. They do not contain progesterone, they support areas of the body that produce progesterone or regulate hormonal balance by supporting the endocrine system. Herbs that help to reduce estrogen dominance may also support the body in balancing progesterone levels. Reducing excess estrogen is important to getting progesterone levels back up. Avoiding xenoestrogens and protecting the body from xenoestrogens with phytoestrogen herbs may also play an important role to proper progesterone levels.



Herbs to Support Progesterone Production

- **Alfalfa aerial parts** (*Medicago sativa*): Alfalfa is very nutritive, contains some phytoestrogens and aids in protecting the body against xenohormones. It aids in vaginal atrophy and dryness and is high in vitamins and minerals.
- **Vitex, Chaste tree berry**, dried berry (*Vitex agnus-castus*): Vitex increases luteinizing hormone (LH) production while mildly inhibiting the release of follicle stimulating hormone (FSH). This indirectly boosts progesterone production and the chances of achieving and maintaining a successful pregnancy.
- **Schisandra fruit and seed** (*Schisandra chinensis*): Another adaptogen, Schisandra supports healthy hormonal balance through endocrine system support and promotes a proper immune and stress response.
- **Eleuthero root** and stem bark (*Eleutherococcus senticosus*): Eleuthero root supports proper endocrine function through its adaptogenic properties, supporting overall hormonal balance

Natural Progesterone Cream

- Use only during second half of cycle (after ovulation), discontinue use if pregnancy does not occur
- Some practitioners recommend continuing through the first three months of pregnancy until body has adequate progesterone to continue pregnancy



Herbal Support for Fibroids

- Hormone balancing herbs are utilized, as well as ones for pain management, and proper detoxification. Other herbs that are helpful have astringent, circulatory and anti-inflammatory actions to help the body shrink swollen tissues and to promote overall health of the uterus. Uterine fibroids are considered an estrogen dominant condition, so herbs that support proper estrogen/progesterone balance should be taken into consideration.

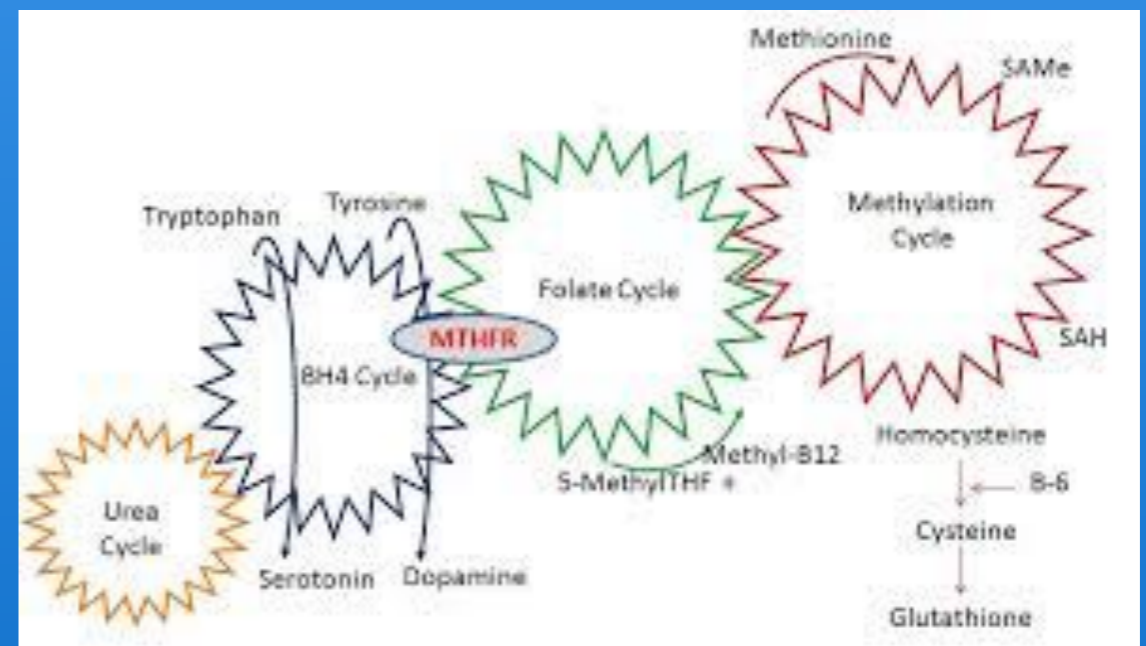


Herbal Support for Fibroids

- Bee Propolis: Bee propolis has been shown to be extremely anti-inflammatory and promotes proper hormonal balance.
- Castor Oil, oil pressed from bean (*Ricinus communis*): When Castor Oil is applied as a pack to the abdomen it can be used to enhance circulation and promote healing of the tissues and organs underneath the skin. Castor oil works to dissolve foreign tissue growth, including uterine fibroids.
- Dong Quai root (*Angelica sinensis*): Dong Quai increases circulation, which helps to bring in fresh healthy blood to remove excess tissue growth, heal tissue damage, limit scar tissue and adhesion formation. Healthy circulation ensures healthy natural cleansing of the body as well. Proper circulation is required to remove toxins, dead tissue, diseased tissue and metabolic waste from our bodies. This is very important for people with uterine fibroids.
- White Peony root (*Paeonia lactiflora*): Used in TCM to increase iron levels in people with menorrhagia, White Peony combines well with Dong Quai. Peony encourages proper circulation in the pelvic area, making it useful for uterine stagnation including conditions such as uterine fibroids.

MTHFR

- Medically, because of the importance of adequate amounts of circulating folate, because of the potential harms of excess circulating homocysteine, and the hazards of methylation not properly occurring, the MTHFR C677T SNP has been associated with increased risks of the following:
 - Vascular disease, high blood pressure, heart disease, cognitive dysfunction and dementia (including Alzheimer's)
 - Clotting disorders leading to excessive clotting (also increasing dementia and stroke risk)
 - Glaucoma
 - Depression, anxiety, and psychiatric disorders, as well as decreased response to antidepressant medications
 - Fertility problems, miscarriage, Pregnancy Induced Hypertension (PIH), pre-eclampsia, and placental abruption.
 - Intrauterine development of neural tube defects including anencephaly, spina bifida, and cleft lip and palate
 - Vitamin B12 deficiency which can cause megaloblastic anemia, fatigue, weakness, constipation, loss of appetite, weight loss, neurological changes such as numbness and tingling in the hands and feet, difficulty maintaining balance, depression, confusion, dementia, poor memory, and soreness of the mouth or tongue.



Clotting



Let's Make Medicine!

- Harvest & Observe Fertility Herbs
 - Nettles, Red Raspberry, Black Cohosh, Ashwaganda, Chase Tree
- Nourishing Herbal Fertility Tea
 - Red Raspberry, Nettles,

