

## Painful Periods & Uterine fibroids

Posted on [October 18, 2012](#) by [Dara](#)

Sadly, my story is far too familiar. When womanhood began pouring out of me during my fifth grade year it marked the beginning of a monthly cycle of misery. On that fateful day my parents rushed to my school with a change of clothes and the female products necessary to rescue me from the girl's bathroom. Release from the cycle of pain would not be so easily secured. Over the next twenty-five years I normally kept a supply of over the counter female remedies in my purse at all times. The onset and intensity of my menstrual pain was too unbearable for even a quick trip to the corner store once my cycle began.

In my late twenties the development of uterine fibroids intensified an already intolerable state of things. The fibroids caused my cycles to increase in volume and duration. A prescription for birth control pills provided some normalcy and relief but these were not the healing answers I so badly needed. My body continued to show serious signs of hormonal imbalance. During routine salon visit for a wash and cut in 1996, my stylist informed me she felt I had abnormal hair loss. She had to be right; the apparent hair loss was visible every time I ran a brush through my hair.

Browsing through the herbal remedies at my local health food store I came across a jar of Progesterone Cream, a hormonal support product made from Wild Yam. I began rubbing a small amount into my skin morning and evening. Within a couple of weeks my hair stopped falling out and my next cycle was nearly normal. The wild yam continued to prove itself and within a few months the heavy bleeding and painful cycles had greatly subsided. Two years later in 1998, I discovered the power of herbal extracts and the Female Formula which contained a list of balancing herbs used by women for hundreds of years. The Female Formula brought an end to Twenty Five years of monthly misery.

### What to expect when using the Female Formula

Working with hundreds of women over the past 30 years a pattern has emerged in the way the Female Formula generally affects the cycles over the first three months of use. Three months is the average time needed to normalize a hormonally unbalanced system. It is not uncommon to skip a cycle during the first

full month of using the **Female Formula**. The second month the cycle will resume with less hormonal issues. Most women experience greatly improved to normal cycles by the third month.

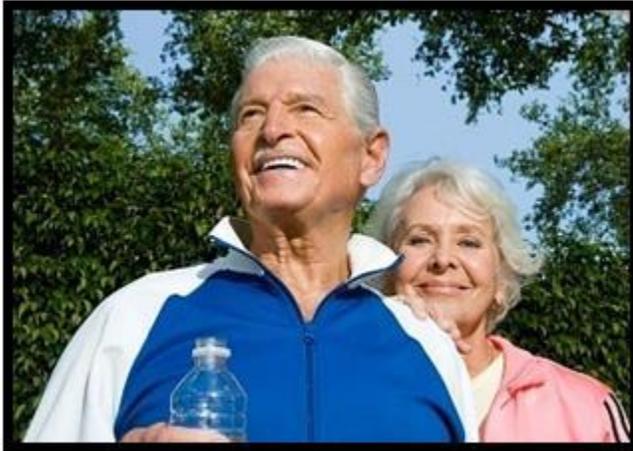
The **Ex-Mens Formula** is an excellent aid and can be used with great results during a cycle where there is excessive bleeding. During my heavy bleeding I found it slowed down my flow in a matter of a few hours. This formula can provide additional support while the fibroids are clearing and the system is balancing.

Here is a tried and true way to stop the misery quickly and without drugs.

A tincture of **Lobelia** ( $\frac{1}{2}$  tsp.) or **Cramp bark** ( $\frac{1}{2}$  to 1 tsp.) will effectively stop even the most severe cramps in 10 to 15 minutes. About 10 minutes after using the tinctures a wave of relaxation will wash over the body and the vaginal and uterine tension will begin to relax, after another 5 minutes a second wave passes through the body and the pain is gone. If you are up and moving about you may not feel the two distinct waves but you will notice the relief just the same.

# Erectile Dysfunction

Posted on [April 20, 2015](#) by [Dara](#)



The phone rings, Hello HEAL Marketplace how can I help! I hear a woman's voice in the back ground, "Tell her, you tell her what is going on." A man's voice stammers uncomfortably his embarrassment apparent as he says, "My wife said I should tell you... that you would be able to help," he begins. Over the years several phone calls have begun this way, what comes next varies man to man but is really the same. Erectile Dysfunction, is more than broken toys, it is often

the first indication serious circulatory issue exist. E.D. is the "canary in the cave" so to speak.

*There is a very strong link between erectile dysfunction and heart disease. Several studies have shown that if a man has ED, he has a greater risk of having heart disease. For instance, in one study, 57% of men who had bypass surgery and 64% of men hospitalized for a heart attack had had ED.*

*Having ED can predict that a man will probably have heart disease symptoms within five years. In fact, having ED is as much a risk factor for heart disease as a history of smoking or a family history of coronary artery disease. [Read More](#)*

We know the problem; the question is how to clear this naturally. Below is a list of suggestions that have proved very effective in the past.

**Clean up the food program.** This might be a good time to cut out animal products or seriously cut down on them. An excellent DVD guide available is: "[Forks over Knives](#)". If you are not willing to look at or adjust your food program there is little point in going on. The herbal aids may provide some support, while leaving the serious issues unresolved.

Begin using a daily regimen of Cayenne, Garlic, and Wheat germ oil. These herbal supports work to clear Plaque and cholesterol. Plaque is made up of fat, cholesterol and other substances found in the blood. Over time, the amount of plaque can increase, causing narrowing of the arteries. When this happens, it is more difficult for the blood to flow.

Make sure the Three Foundational Programs, ([Bowel Cleansing](#), [Boosting with Echinacea](#) and [Superfood](#)) are in place.

Using the M&L Salve along with Castor oil packs over the affected area to break up congestion is often quickly helpful. One or two **drops** of cayenne tincture into the castor oil as it warms will be enough to greatly increase circulation. Don't get too generous with the cayenne for this application.

### **The Application:**

1. Massage the M&L Salve over the entire genital area (Penis & Scrotum), use a good amount of the salve.
2. When this is done encase the entire area with two layers of flannel soaked in warm castor oil.
3. Cover with plastic wrap.
4. Leave pack on all night.

### **Herbal Supports:**

#### **The Male Formula**

is a high-octane super-fuel. It can be used by all men who feel a need for a lift. It provides men with herbal phytochemicals that are needed to create hormones.

This formula is for men who feel they have lost their edge and their male drive. It stimulates male energy, sexual desire, will promote more frequent, harder erections and for longer durations. It will also increase sperm production.

#### **Flush the Liver**

Liver flushing is not an option. [Do an ELF](#) at least once a week while clearing the issue. For serious long standing issues do a full week of liver flushing once or twice a month.

# Heartburn during Pregnancy

Posted on [November 4, 2014](#) by [Dara](#)



Many women experience indigestion and heartburn, and sometimes gas, during pregnancy. This may be caused by the stomach having less room to do its work, nervous tension which inhibits good digestion, too many stomach acids, or a relaxed stomach, which allows foods to back up.

Be sure that you **DO NOT TAKE** antacids during pregnancy. They further inhibit digestion, and they may cross over the placenta into the baby.

The [Digestive Tonic](#) is an excellent remedy for all cases of Heartburn. Add one teaspoon to a glass of water and drink all at once. This is a simple but effective formula made up of Ginger Root, Peppermint Leaf, Fennel Seed and Peppermint Oil. The Digestive Tonic can be used freely.

To deal with symptoms of Heartburn, Dr. Christopher first emphasized that we must chew our food. Many of us just gulp it down, and the large particles cause gas, fermentation, and pain. Chew well; even juices should be swished in the mouth to mix them with saliva and begin digestion.

Avoid drinking with your meals; water or other liquids dilute the digestive fluids; you may, however, want to take broth or juices with the meal, but you should “chew” these, too.

Increase your B-vitamin foods, including whole grains, brewer’s yeast, wheat germ, yogurt, perhaps acidophilus.

Don’t smoke or drink tea or coffee; these irritate the stomach and increase heartburn.

Eat small meals frequently; if you must be away from home, take juice, fruit and nuts with you to prevent your blood sugar going down and stomach acids overproducing.

Papaya can aid digestion—fresh, dried or in tablets.

Some women take tablets of activated charcoal to absorb gases in the system.

Slippery elm gruel will alleviate heartburn and absorb gases and toxins.

# Three Supportive Herbs for Every Expecting Mother

Posted on [November 4, 2014](#) by [Dara](#)



**Red Raspberry** is a great agent for cleansing a canker condition of the mucous membranes in the alimentary tract, leaving the tissue toned.

In pregnancy the infusion, when taken regularly, will quiet premature pains, and will produce a safe, speedy and easy delivery. Raspberry leaves stimulate, tone and regulate (both the leaves and fruit are high in citrate of iron which is the active alterative, blood-making, astringent and contractive agent for the reproductive area)

before and during childbearing, assisting contractions and checking hemorrhage during labor, relieving after-pains, then strengthening, cleansing, and enriching the milk of the mother in the post-delivery period.

Dr. Christopher recommended taking at least a daily cup of Red Raspberry tea throughout pregnancy.

He said that in addition to Red Raspberry's good effects on the uterus it is also anti-nausea.

A woman who was expecting her ninth child often experienced nausea during pregnancy. When she suspected that she might be pregnant again she began taking the tea even before she began to feel morning sickness. She never experienced any discomfort so she wondered if it might just be an unusual or unhealthy pregnancy, so she discontinued the tea. Not long after she began to feel nausea! She quickly began to take the tea again and felt no discomfort since then.

**Alfalfa:** Many people consider Alfalfa an important herb to take throughout pregnancy.

- **If an expectant mother is suffering from morning sickness, she can eat Alfalfa sprouts in her diet, until the condition is under control.**
- Many people consider that a daily green drink consisting of Alfalfa, comfrey and fresh red-raspberry leaves is an excellent pregnancy drink; it is preferred to a tea made of the same substances.
- **After the birth, Alfalfa is sometimes taken to prevent hemorrhages. Some women have eaten Alfalfa after their births like candy in order to shorten the postpartum bleeding time.**



- Alfalfa is also thought to dramatically help bring the milk in for the nursing mother. It certainly enriches the quality of the milk and is much preferable to other hot beverages, such as regular tea, which can pollute the breast milk.
- **Alfalfa tea can be flavored with mint, orange peel, and honey.**



**Kelp and Toxemia:** Kelp, as might be expected, is also of use in the female organs. It will tone up a weak uterus and help produce a healthier baby, as the balanced minerals will be supplied fully with the use of Kelp. Some women who had lost babies in childbirth and others who had not been able to carry babies were helped by the use of Kelp by Dr. Powell's prescription of Kelp to carry healthy baby's full term. Especially when toxemia threatens during the last stages of the pregnancy, Kelp, being a carrier of important minerals and a toner and an antiseptic, can help clear up an otherwise dangerous condition.

## Pregnancy Green Drink

Posted on [November 4, 2014](#) by [Dara](#)



Interestingly the [Red Raspberry] berries are said to provide many of the medicinal factors of the leaves. We have been encouraged by midwives to eat freely of the berries, if possible, for the same good effect during pregnancy—a lovely medicine!

Since some people never get used to the taste of the tea a good way to use the leaves is to make a green drink. Our “pregnancy green drink”, to which we have grown so accustomed that we can hardly imagine pregnancy without it.

### Directions for Making the Pregnancy Green Drink

It is made thus, to a cup or more of pineapple juice in a blender container, add a handful of Red Raspberry leaves, a handful of comfrey leaves and a few alfalfa leaves. Blend until the fibers of the leaves are broken down and drink immediately. You can add a couple of ice cubes or a little cold water if you want an icy or thinner drink.

# Supporting Menopause Herbally

Posted on [December 5, 2013](#) by [Dara](#)



This is the season for emotional stress, no need to add hormonal fuel to that fire. Today I want to share a little Menopausal wisdom. Not a day goes by that I don't hear from a woman dealing with some menopausal issue. There are answers and they do work.

The primary reasons woman resort to hormone therapy during [menopause](#) is to control **Hot Flashes, Excessive Bleeding, and Extreme Emotional**

**Mood Swings**. Here is a bit of herbal wisdom which has proven effective. My own menopause experience was an excellent proving ground for the herbal supports. I can say they do work.

## Freedom from Excessive Bleeding

During the final two years of perimenopause my [cycle](#) decided to skip around and only showed up once every three months. This was great except for the excessive bleeding and horrid emotional swings. The [Female Formula](#) provided the tools I needed to get the bleeding under control, usually within a couple of hours, but no longer than a day.

As soon as the cycle began I started using a **TABLESPOON** of the **Female Formula** two times a day. I continued this heavy dosing until the bleeding ended usually about five days. This heavy dose of Female Formula also supported the emotional "free fall" accompanying those crazy cycles.

## Break Through Bleeding

Any break through bleeding during the month or if the bleeding tried to start up again I immediately begin dosing the Female Formula at a tablespoon twice a day. I learned it was necessary to keep up the high dose for a few days to build a strong wall against any further break through bleeding.

## No Dangerous Side Effects

The good news is there are absolutely not dangerous side effects from using the herbs this way. The only negative effect I experienced from the high doses of **Female Formula** was tender breasts. The high dose of wild yam which contains natural progesterone can cause the breast to become tender. There is nothing to be concerned about; when the dose is reduced the tenderness will subside. No harm done. I felt it was a small price to pay for the relief provided.

## Hot Flashes

The Female Formula used routinely (1.5 to 2 tsp. daily) will normally control Hot Flashes. When the Female Formula is not enough it is time to add the [Changease Formula](#). Using both formulas together along with a good food program (stay off the junk foods) and periodic liver flushing has supported many women with some pretty difficult menopause issues.

## Menopause & Your Heart

Menopause can bring on a host of weird and strange symptoms, not the least of which is arrhythmia or tachycardia. According to Dr. Christopher, “. . . increase in blood pressure aggravates the symptoms of menopause, like palpitation, tachycardia, suffocation, dyspnea of effort, abnormalities in the peripheral circulation, etc.”

Calls come in regularly from women going through menopause or from those who finished years ago who are experiencing any number of [heart related issues](#). To a large extent these issues are tied to the fluctuation in hormones and can be cleared by using a good hormonal food supplement. The body needs the correct hormonal food for supporting the hormone producing glands. This Hormonal food is found in Dr. Christopher's hormonal food formula, '**Changease**'.

When one is experiencing arrhythmia or tachycardia here are a few herbal suggestions that have worked to clear the issue quickly.

- 1 tsp Cayenne (get it down any way you can.)
- 1 tsp – 1 tablespoon Hawthorne extract in cup hot water.
- ¼ – ½ tsp NF Formula

Get all three into your system as soon as you feel your heart acting up. Quite often you will feel relief within minutes. Lie down quietly and rest for a while.

An additional Herbal Support I've found helpful for many digestive and heart issues is:

## Changease

- Dosage: ½ -1 tsp. 3 times a day.
- For more on Menopause & our Female Support Items see the PDF files below
- <http://www.ladyofherbs.com/ailments/Female-Herbals.pdf>
- <http://www.ladyofherbs.com/ailments/Menopause.pdf>

## Understanding Menopause

Posted on [August 21, 2013](#) by [Dara](#)

### Why do some women suffer so intensely from the hormonal shifts during menopause?



To answer this question we will need to look at more than the physical system. It is important to understand the entire process taking place during this “change of life” period. The cessation of the monthly cycle is only the outward sign of the huge rewiring of the brain occurring on the inside. The hormonal curtain has been lifted providing a clear view into the inner workings of you. It is time to make friends with yourself.

During the teenage years the young woman develops the need to nurture a family. The hormones regulating her monthly cycle also create her yearning for a home and children. The hormonal curtain lowers between her and her inner self causing her attention to be focused outward on home and family. This hormonally driven need to create a home and nurture children continues until at menopause the cycle stops, bringing an end to the desire for and ability to have children.

During the preceding ten years also known as perimenopause there is a complete rewiring of the brain. The hormonal curtain is being lifted for greater and greater periods of time until at menopause it rises never to fall again.

### How will the lifting and eventual removal of this hormonal curtain affect the woman?

The lifting of this hormonal curtain allows the woman to connect with her inner self again. We have all heard stories of the wise older woman. [Menopause](#) is a passage from one era of life to another. The woman is now free to access her creative side, free to focus inward on her own needs. This is her time to become and do. All the wisdom collected from her life experiences can now be freely accessed.

The down side to all this connecting with one's self is the stash of emotional bills often found behind the hormonal curtain. Issues put off and out of mind will no longer be put aside. The time has come to deal with your life. Everything you had swept behind the curtain to deal with at a later time is now staring you straight in the face. Later is here, the curtain is gone, you can no longer hide from yourself.

The more unfinished emotional business lurking behind the curtain the harder and more symptomatic menopause will be. Life is giving you an opportunity to finally get it right. Do the hard work on you and become the woman you always knew you were. The flip side is not a pretty picture. That's why antidepressants were invented. Refusing to deal with yourself is refusing to live the life you have been given. If you opt to check out on life they have developed plenty of chemical supports to smooth the way.

## [Herbal Supports](#)

There are very effective herbal supports to catch those hormonal swings, easing the passage through menopause. The first and balancing herbal support is the [Female Formula](#). This formula will support in stopping the hot flashes, night sweats, and emotional free fall which can be a part of menopause. At some point in the process the Female Formula may not be enough. The [Changease Formula](#) added to the Female Formula routine will provide the increased hormonal support needed.

Many women report heart palpitation which can be supported herbally as follows:

- [NF Formula](#)
- [General Nervine](#)
- Cayenne extract
- Hawthorne extract

## [Testimony](#)

My Peri-menopause journey has included what I have termed "panic attacks". I will wake up feeling dizzy and light-headed and my heart will be racing like a freight train. It is a frightening thing to go through on a regular and consistent basis. However, the good news is I have them mostly under control now. How, you ask? I found some herbal supports that have been a wonder to me and I don't know what I would do without them.

Every night I make a cup of hot tea which I call my “hot totty”:

- 3 droppersful of Cayenne (most people have to work up to that gradually)
- 6 droppersful of Hawthorne

### Difficulty Sleeping

I find 2 droppersful each of the General Nervine and NF formulas help with my difficulty in sleeping and staying asleep at night. These combinations work for me almost all the time.

The only exception is when I have overdone the caffeine or sugar or a combination of both.

When I wake up with palpitations I do a Cayenne/Hawthorne mixture until it stops. Usually I only have to do that once and it quits, but if I have been particularly bad that day, it may mean I have to repeat the mixture a time or two more. I do this every five minutes until relieved. –G.H. Rutherfordton NC

## Menopause & Your Heart

Posted on [November 19, 2012](#) by [Dara](#)

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When one is experiencing arrhythmia or tachycardia here are a few herbal suggestions that have worked to clear the issue in the past.

- 1 tsp Cayenne (get it down any way you can.)
- 1 tsp – 1 tablespoon Hawthorne extract in cup hot water.
- 1/4 – 1/2 tsp NF Formula

Get all three into your system as soon as you feel your heart acting up. Quite often you will feel relief within minutes. Lie down quietly and rest for a while.

An additional Herbal Support I've found helpful for many digestive and heart issues is:

- 1 tsp Digestive tonic
- 1 tsp Lg/Ap

Combine in one or two ounces water and drink all at once.

These suggestions can be repeated and used as often as necessary. Nothing suggested above will harm in any way.

## **Changease**

Dosage: 1/2 -1 tsp 3 times a day.

For more on Menopause & our Female Support Items see the pdf's Below.

<http://www.ladyofherbs.com/ailments/Female-Herbals.pdf>

<http://www.ladyofherbs.com/ailments/Menopause.pdf>

# Herbal Suggestions for a Healthy Person

Posted on [October 18, 2012](#) by [Dara](#)

I am often asked the question, “What herbal supports do you use on a daily basis?” or “What is a good basic herbal program to use for someone in good health?” My answer over the years has tended to remain the same.

When I first get up I make three drinks:

- 16 oz distilled water with 1 tablespoon Bragg’s Apple cider vinegar. (Maple syrup or honey can be added)
- Hot cup water with 1 tsp Changease Formula: (Hormone food)
- Hot cup water with 1 tsp Calcium formula & 1 tsp BF&C Formula
- One week each month I do an ounce each morning Echinacea in hot water

After I have dressed and moved downstairs I fix myself two more drinks:

1. Superfood in fresh fruit juice with Flaxseed Oil and 10 Kelp & 10 Alfalfa Capsules.
2. I then make myself a cup of “Pero” (a coffee substitute) adding ½ tsp Brain Formula.

This is my normal Morning routine.

My suggestion for a healthy person would be:

Superfood drink, BF&C , *(Women add Calcium)*, & a Hormonal Support that is right for you.

## Hormonal Support:

- Menstruating women: Female Formula
- Post Menopausal: Changease Formula
- Men: Male Formula
- Additional support for the healthy Older Man: Changease Formula

For more on Hormonal Supports:

- **Ask for the Men’s Health** pdf :
- **Ask For the Female Support** pdf:

