

# FEMALE SUPPORT

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## AMENORRHEA FORMULA

### Female Weakness or Suppressed Menstruation

#### Formulae:

Motherwort herb, Chamomile Flowers, Blue Cohosh Root, Goldenseal Root, Ginger,

#### Therapeutic Action:

Dr. Christopher's Herbal Aid for Female Reproductive Organs: This is an amazing combination of herbs to aid in rebuilding a malfunctioning reproductive system (uterus, ovaries, fallopian tubes, etc.). Over the years herbalists and patients have seen painful menstruations, heavy flowing, cramps, irregularity, etc., that have been helped and the patient now has a painless menstrual period, good menstrual timing, and a new outlook on life by using these aids to readjust the malfunctioning areas.

#### Dosage:

Add 2 to 4 droppers full to 8 oz hot water, sweeten with honey if needed. (2 to 4 droppers full 3-4 times a day.)



## Dr. Christopher's CHANGEASE

#### Formulae:

Black Cohosh, Sarsaparilla, Ginseng, Licorice Root, False Unicorn, Blessed Thistle, Squaw Vine

#### Therapeutic Action:

This combination is full of excellent foods for the male and female reproductive organs. It is used to balance hormones especially during times of hormonal change such as adolescence, pregnancy, and menopause.

#### Dosage:

Two to Four droppers full (½ to 1 tsp.) 3 to 5 times a day has been found to be beneficial.



## Excessive Menstruation Formula

### Formulae:

Raspberry Leaves, Prickly Ash, Blue Cohosh, Wild Yam, Cinnamon

### Therapeutic Action:

This formula has helped in balancing female hormones that cause excessive menstruation, I have found these herbs will effectively slow down the flow during my cycle or it can be taken before to prevent the problem all together. This used in conjunction with the Female Formula will assist in balancing hormones that cause excessive bleeding.

### Dosage:

It has been found beneficial to begin using 2 to 4 droppers full 3 to 4 times a day beginning 7 to 10 days before the menstrual cycle begins, and continuing through the cycle if necessary. As with any herbal remedy you will need to find the best dose for your body. This is just a guideline you may need to use more or less depending on your personal situation.



## Nu-Fem

### Formulae:

Blessed Thistle, Cayenne, Cramp Bark, False Unicorn Root, Ginger Root, Golden Seal Root, Red Raspberry Leaves, Squaw Vine Herb, Uva-Ursi Leaves.

This is an amazing combination of herbs to aid in rebuilding a malfunctioning reproductive system (uterus, ovaries, fallopian tubes, etc.). Over the years herbalists and patients have seen painful menstruations, heavy flowing, cramps, irregularity, etc., that have been helped and the patient now has a painless menstrual period, good menstrual timing, and a new outlook on life by using these aids to readjust the malfunctioning areas.

**Recommended dosage** is ½- 1 tsp. herbal extract in cup distilled water morning and evening or three times a day if desired, six days a week for as long as required to get results desired.

We have seen many severe cases who have had many years of suffering cleared up in ninety to 120 days. Some get relief sooner, some take longer--no two cases are alike. This is a food to rebuild the malfunctioning organs.



## Vaginal Bolus

### Formulae:

Squaw Vine Herbs, Slippery Elm Bark, Yellow Dock Root, Comfrey Root, Marshmallow Root, Chickweed Herb, Golden Seal Root, Mullein Leaves

## FEMALE FORMULA

### Formulae:

Chaste Tree berry, Wild Yam root, Dong Quai root, Damiana leaf, Licorice root and Hops flowers.

### Therapeutic Action:

Regulation and balancing of the female hormones.

### Relief from symptoms of MENOPAUSE, and PMS such as:

Anxiety, depression, anger, nervousness, osteoporosis, water retention/bloating, hot flashes, hair loss, and dry vaginal tissue. Regulation and normalization of the menstrual cycle and relief of menstrual problems. Increase fertility. Increased sexual desire.

**An effective overall female tonic.** It provides women with herbal phytochemicals that are needed to create hormones, helps to balance the hormones and calms the nerves.

This tonic has proved a blessing for many woman who have become incapable of normal functioning, both physically and emotionally, because of menopause, PMS and hormonal imbalance. This tonic has been a lifesaver for them. Besides the obvious health benefits, many saved their marriages, their families, their careers and their sanity by using these formulae.

Over 1 billion woman use one or more of the herbs in these formulae. It gives women that sense of well-being and control. It does so by increasing the communication between the endocrine organs in the brain and the ovaries. It allows a woman the ability to age slowly and naturally and make comfortable transitions from puberty through menopause and beyond.

Today most estrogen is derived from torturing pregnant horses. Their urine is drained from their bladder via a catheter 24 hours a day. Even the manufacturers of estrogen use estrogen run a 4 to 14 times greater risk of developing uterine and breast cancers, not to mention liver disease and numerous other illnesses.

Over the years I've seen many women get off hormones. The Female Formulae allowed them to make the transition. This weaning off is best done gradually over a period of 30 to 60 days.

### Dosage For Menopause:

Start with 1 dropperful (35 drops) 3 times daily for at least one week. If this is not enough and symptoms still persist, increase to 1 dropperful 4 times daily. If needed you can increase to 6 dropperfuls daily, but spread them out. If your symptoms intensify during a particular time of the day or evening, use more of the tonic during that time. For example, for nighttime sweats, take 2 to 3 dropperfuls before bedtime to offset this situation.

### Dosage For PMS:

For a regular 28 day cycle on the 18th day after the start of your last period, take 1 dropperful (35 drops). On the 19th day take 1 dropperful in the morning and 1 in the evening. On the 20th day through the start of your next period take 1 dropperful 3 times daily. This dosage can be increased to 2 dropperfuls 3 times daily with an occasional dosage of up to 4 dropperfuls during extreme symptoms. Discontinue the formula once your period begins unless you have extreme menstrual problems.

### Dosage For Menstrual Irregularity:

If you have had long-term menstrual irregularity, start by taking 1 dropperful 3 times daily for 1 to 2 months. This should balance your hormones and regulate your periods. If it is for menstrual problems during your period, take 1 to 3 dropperfuls, 3 times daily as needed.

### Dosage For Infertility:

Start with 1 dropperful 3 times daily for a month. The next month you can increase to 2 dropperfuls 3 times daily. Continue with the formula. Stop if you become pregnant. As with most situations, but especially with infertility, you must do ALL of the Foundational Programs to get the best results.

