

FEMALE FORMULA

By Dr. Schulze

Female formula regulates and balances female hormones during puberty, PMS and menopause and alleviates symptoms such as menstrual cramps, headaches, sensitive breasts, mood swings, anxiety, insomnia, irritability, depression, anger, nervousness, water retention/bloating, weight gain, hot flashes, hair loss and dry vaginal tissue.

Metabolic action and Botanical chemistry:

Dong Quai, Chaste Tree and Wild Yam are the three most popular herbs for female complaints in traditional Chinese, European and American Herbal medicine respectively.

It is estimated that over 1 billion women worldwide have used Dong Quai and praise this plant as a lifesaver for hormonal imbalance. For many years it has been the #1 herb sold in the world.

Chaste Tree berry has had a tremendous amount of clinical findings, and scientific research is proving its effectiveness. It is documented in clinical trials to balance female hormones and successfully treat everything from acne, menstrual problems and PMS, to poor lactation and fibroid tumors.

Wild Yam root actually contains plant sources of steroids. At one time, this herb was the sole source of chemicals that were used in manufacturing hormones. This valuable herb has been successfully and clinically proven to help with a myriad of female hormone imbalance problems.

All of the chemicals in these 3 powerful herbs are thought to affect the pituitary and Hypothalamus in the brain, which both control the manufacture and release of hormones from the ovaries, through the release of metabolic chemicals like gonadotropin releasing hormone.

Damiana leaf may have been one of the most widely used herbs in all of history. It is the female version of what Ginseng is to a man, a powerful strengthener and aphrodisiac.

Both Licorice root and Hops flower contain phytosterols, chemical precursors to hormones. Throughout history these herbs have been used to treat hormone imbalances and just about every female problem known. They not only give women that sense of well-being and control, but allow women to age slowly and naturally and make comfortable transitions from puberty through menopause and beyond.

Botanical ingredients:

Dong-quai, Angelica polymorpha sinensis root, Chaste Tree berry, Vitex agnus-castus, Wild Yam, Dioscorea villosa root, Damiana leaf, Turnera aphrodisiaca, Licorice root, Glycyrrhiza glabra and Hops flower, Humulus lupulus.

Dosage for menopause:

Start with 1 dropperful (30 drops) 3 times daily for one week. If symptoms still persist, increase to 1 dropperful 4 times daily. If needed, you can increase to 6 droppersful daily, but spread them out. If your symptoms intensify during a particular time of the day or evening, use more of the formula during that time.

Dosage for PMS:

For a regular 28 day cycle, on the 18th day after the start of your last period, 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 droppersful 3 times daily with an occasional dosage of up to 4 droppersful 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 1-2 months. This should balance your hormones and regulate your periods. If it is for menstrual problems during your period, take 1-3 droppersful, 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 droppersful 3 times daily. Continue with the formula. Stop if you become pregnant. As with most situations, but especially with infertility, you must do all the foundational programs to get the best results.

Dosage for general use:

1-2 droppersful 3 times daily. This formula can be used indefinitely.

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