

# AMENORRHEA

HEAL Information Sheet  
Compiled from the writings of  
Dr. Christopher

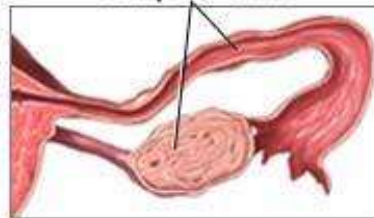


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## Definition

**Menstrual obstruction resulting in the absence, delay, retardation, or suppression of menstruation.**

Normal ovary and fallopian tube

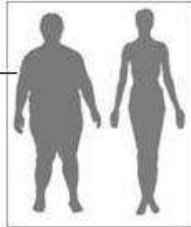


Imperforate hymen

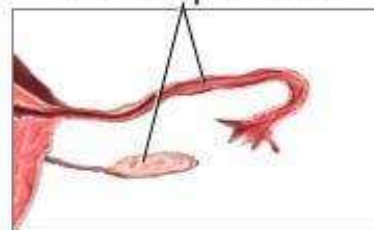


The absence of menstrual flow may be caused by one of many different conditions such as:

- extreme weight gain or weight loss
- a congenital abnormality such as an imperforate hymen



Underdeveloped ovary and fallopian tube



## Herbal Aids



**Chaparral:** Use a cup of the tea as an infusion as a douche.



**Sassafras:** Drink 1 teacupful of the infusion of Sassafras without further dilution; heat until blood-warm, then sip slowly 1 mouthful at a time over 1/2 hour, keep the lower area warm by wrapping in a blanket, and place feet in a mustard and water bath during the 1/2 hour period.

**NEVER TAKE SASSAFRAS WHEN PREGNANT.**





**Red Raspberry:** Drink the infusion of the leaves: 1 cupful at mealtime 3 times daily along with an intestinal tonic-laxative for 2-3 months or until the distressing symptoms has disappeared.



**Squaw Weed:** Make 1/2 ounce of powder or fluid extract to 1 pint of water, and take 1 wine glassful 4 times daily until the desired effect is obtained.

**Black Cohosh and Blue Cohosh:** Give a warm infusion of equal parts of Black Cohosh and Blue Cohosh.



**Amenorrhoea** (Suppressed Menstruation), Female Weakness:

**Formula:** Motherwort Herb, Camomile Flowers, Blue Cohosh Root, Goldenseal Root, Ginger Root  
**Dosage:** 1/2 teaspoon: 3-4 times a day.

**Gravel Root:** Used as a douche alone or with other herbal astringents, it can help in chronic amenorrhoea in a weakened female.

**Bayberry:** A weak tea may be used as a douche for amenorrhoea.



**Several Suggestions for Douching**

## Dr. Christopher's Herbal Aid for Female Reproductive Organs:

(Nu Fem) 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.

The female corrective formula [Nu Fem] consists of Golden Seal Root, Blessed Thistle, Cayenne, Cramp Bark, False Unicorn Root, Ginger, Red Raspberry Leaves, Squaw Vine, and Uva Ursi.

Recommended dosage is ½ to 1 teaspoon to cup hot 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.

## Female Reproductive Organs

