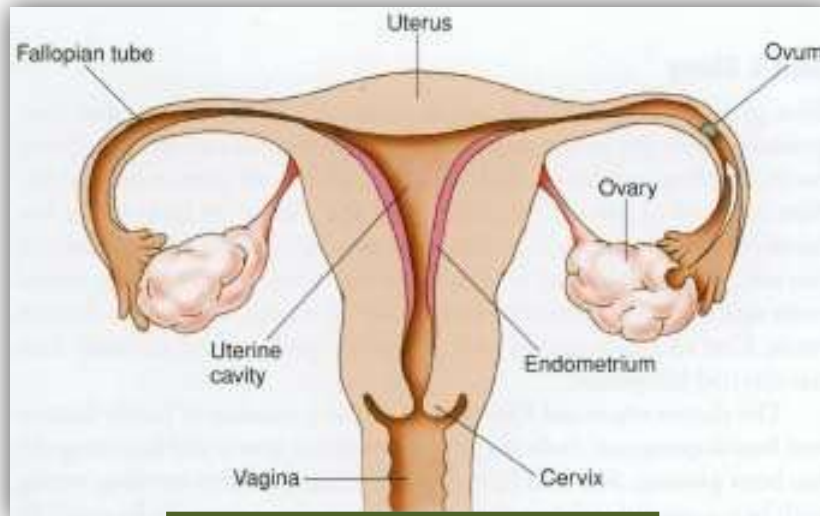


# MENSTRUATION

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## Definition



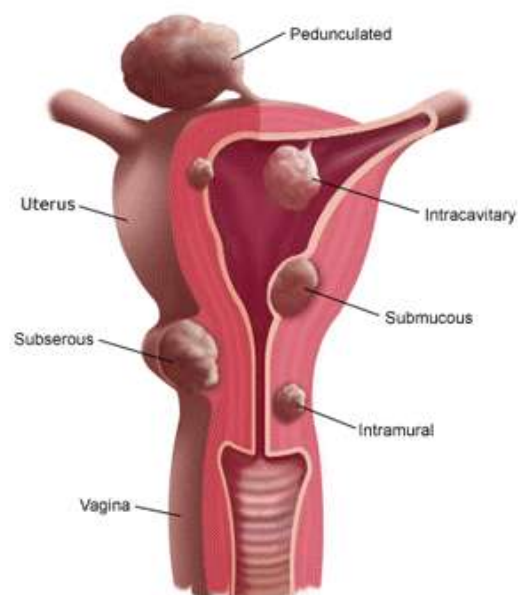
Female Reproductive System

**Amenorrhea:** menstrual obstruction resulting in the absence, delay, retardation, or suppression of menstruation.

**Dysmenorrhea:** Painful menstruation or dysmenorrhea, a condition of weakness in the generative organs from colds and general body weakness, with accompanying severe pains at the time of menstruation in the abdomen, loins and back.

**Menorrhagia:** profuse menstruation or menorrhagia, resulting from too frequent or too excessive menstrual flow, or continuing longer than normal, with accompanying symptoms of lumbar pains, bearing down in the abdomen, possible nervous irritation, constipation frequently, etc.

Uterine Fibroids



Uterine Fibroids are a leading cause of  
Dysmenorrhea and Menorrhagia

## Herbal Aids



**Excessive Menstruation Formula:** Raspberry Leaves, Prickly Ash, Blue Cohosh, Wild Yam and Cinnamon.

**Amenorrhea (suppressed menstruation):** Motherwort, Camomile, Blue Cohosh, Golden Seal and Ginger Root.

**Dysmenorrhea (painful menstruation):** See formula using Squaw Vine, Red Raspberry, Uva Ursi, Golden Seal and White Poplar.

**Dysmenorrhea (painful menstruation):** See formula using Squaw Vine, Red Raspberry, Rue, White Pond Lily, Black Cohosh, Uva Ursi, Ginger Root, Camomile and Spearmint.

**Note of caution:** RUE is a potent healer, but in large doses it has powerful ecboic and abortifacient action that can be most detrimental to the health and life of the user (producing inflammation and nerve derangement), so care must be taken to use the appropriate and indicated dosage. If there is any doubt as to whether or not the delay in menstruation might be conception, avoid rue and use another safe emmenagogue. Never use rue during pregnancy.

- **Ecboic;** *Promotes the expulsion of the contents of the uterus.*
- **Abortifacient ;** *A substance that induces abortion.*

**Menstruation (decreases or regulates flow):** Use the diluted decoction of **Bistort** as a douche.

**Dysmenorrhea (difficult or painful menstruation):** When taken hot, Valerian will promote menstruation.

**Dysmenorrhea (difficult or painful menstruation):** See formula using cramp bark, squaw vine, white poplar, unicorn, beth root, blue cohosh, pennyroyal, sacred bark and allspice.

**General Instructions for Painful Menstruation:** If you happen to suffer from menstrual cramps, try some of the following.

- **Catnip Tea** is a great pain reliever and general relaxant. Take it sweetened with honey, nice and hot. It can also bring on delayed menstruation.
- **Camomile Tea** is a favorite for these uses. Sometimes, if you have enough camomile around for this purpose, you can make a very strong brew and add it to a hot bath for pain relief and relaxation.
- **Basil, Marjoram, and Thyme**--the common kitchen friends--make up into relaxing and pain-relieving teas.
- **Hot Ginger Tea** can bring on a delayed period and relieve cramps.



**Foods for Irregular Menstruation: Beets, Corn, Lettuce, Peas.**

## Ginger for Suppressed Menstruation:

A **Hot Cup of Ginger Tea** is said to be an excellent remedy for suppressed menstruation. It has an agreeable, warming feeling which is so grateful in this condition. Dr. Christopher used Ginger alone, with amazing results, in the treatment of menstrual cramps. It can also be used as a catalyst with black cohosh to bring the cramps to a timely end.



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

**The Nu-Fem Formula** 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 tsp. herbal extract in a cup of 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.

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. 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.**

## Teenage Girls

A girl approaching puberty should drink a cup (or more) of **Red Raspberry Leaf Tea** daily and the same of **Blessed Thistle Tea**. These supply the estrogen materials her body will require.

Continue to drink these throughout the teenage years. They taste pleasant, and you can sweeten them and cool them in the refrigerator for a healthy substitute for soft drinks.



## Painful Periods & Uterine fibroids *by Dana Dietz*

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 15 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** (½ tsp.) or **Cramp bark** (½ 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.

## Testimonials

**Ten Dollars of Herbs Solves Ten Year Old Problem:** A woman in American Fork, Utah, had experienced difficult periods since puberty. She had spent the whole of her adult life traveling from coast to coast, averaging a cost of over \$1,000 a year for ten years, paying medical doctors to tell her what was wrong. She suffered vicious menstrual cramps and extremely long periods. No one was able to help; she was very discouraged; but one of her neighbors said, "Why don't you go to the next town, to Orem, where a man called Dr. Christopher lives? He could give you some help."

When she arrived, Dr. Christopher read her eyes, noting that she did have problems with the reproductive organs. He told her to start on the **Female Formula** and the hormone and estrogen formula **Changease**; which consists of: Black Cohosh, Sarsaparilla, Ginseng, Blessed Thistle, Licorice Root, False Unicorn Root, and Squaw Vine.

He promised her that if she would follow through, within 90 to 120 days she would get results. Within 120 days, she came back, saying that she was on a 28 day cycle, with no menstrual pains. She was delighted! Where she had spent over \$10,000 traveling from doctor to doctor, it cost her approximately \$10 for the herbs to cure her.



**Twice Monthly Menstrual Cycle Made Normal:** We had a young lady who had a great fear of marriage. She would have menstrual periods every two weeks or so and be in bed 6-7 days each time. She was weak, anemic, and could hardly sit up in bed. We simply used the Lower Bowel Tonic to clean out the defilement in her bowels, and then put her on the Cleansing Program, the Regenerative Diet and emmenagogue herbs, within just six weeks she was feeling wonderful and looking beautiful. She gained weight, took on the glow of health, and was the happiest girl in the world. Not long after this, she got married and later entered motherhood normally with a bouncing baby. These herbs have great power in bringing order and strength to the generative system wherein there may be a fruition of life in both the mother (and father) and the prospective child (embryo).

# 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 ( $\frac{1}{2}$  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.

