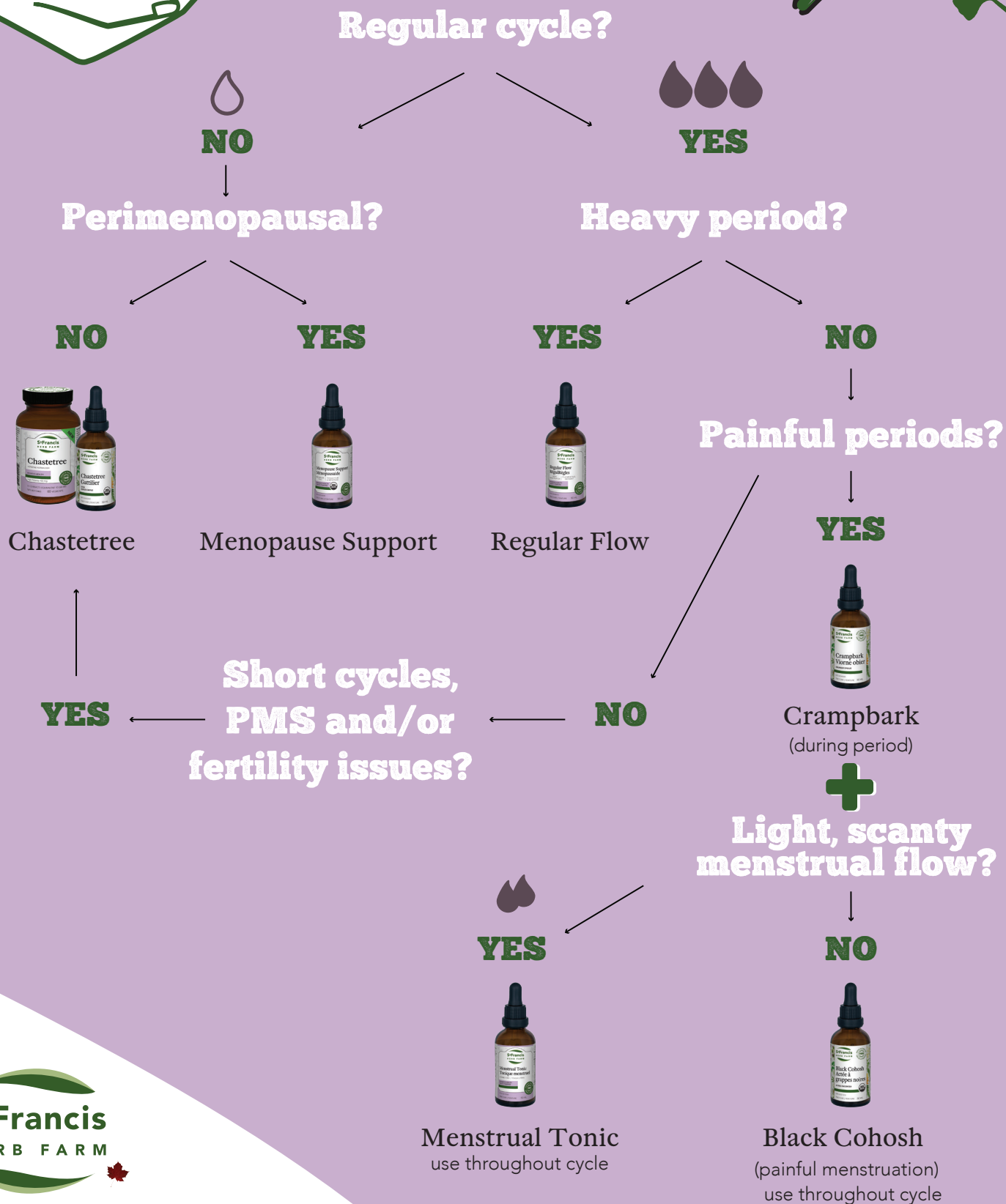
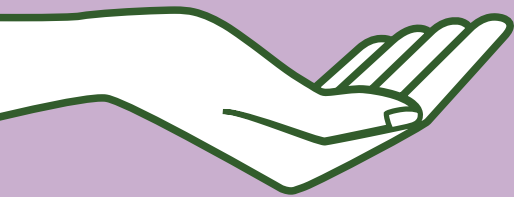














# Women's Health PRODUCT GUIDE



Benefit	Product & Herbs	Key Points
Relieves symptoms of menopause	 <p><b>Menopause Support</b></p> <ul style="list-style-type: none"> <li>• Dong Quai</li> <li>• Black Cohosh</li> <li>• Chastetree</li> <li>• Burdock</li> <li>• Sage</li> <li>• Motherwort</li> <li>• Rhodiola</li> </ul>	<p>Helps to ease uncomfortable symptoms of menopause, with:</p> <ul style="list-style-type: none"> <li>• Black cohosh - a hormone-regulating phytoestrogenic herb that helps reduce hot flashes and night sweats</li> <li>• Dong quai - known as “female ginseng”</li> <li>• Chastetree - a powerful hormone normalizer</li> <li>• Burdock – liver-supportive to help clear excess hormones and reduce high estrogen levels</li> </ul> <p><b>PRO TIP:</b> Use daily for symptom management and relief.</p>
Hormone Normaliser	 <p><b>Chastetree Tincture &amp; Capsules</b></p> <ul style="list-style-type: none"> <li>• Chastetree</li> </ul>	<p>A hormone normalising herb that helps stabilize menstrual cycle irregularities</p> <ul style="list-style-type: none"> <li>• Helps relieve premenstrual symptoms (PMS)</li> <li>• Eases uncomfortable symptoms associated with menopause such as hot flashes</li> </ul> <p><b>PRO TIP:</b> Use for a month or more to see results and to regulate period.</p>
Helps relieve heavy menstrual flow (menorrhagia)	 <p><b>Regular Flow</b></p> <ul style="list-style-type: none"> <li>• Shepherd's Purse</li> <li>• Wild Geranium</li> <li>• Yarrow</li> <li>• Chastetree</li> </ul>	<p>Herbal support to ease excessive menstrual flow, with:</p> <ul style="list-style-type: none"> <li>• Shepherd's purse, a traditional anti-hemorrhagic, coagulant herb</li> <li>• Wild geranium - an effective anti-hemorrhagic and astringent herb</li> <li>• Chastetree, a hormone-balancing herb that helps ease menstrual cycle irregularities</li> </ul> <p><b>PRO TIP:</b> Use while menstruating to help reduce heavy flow.</p>
Uterine tonic	 <p><b>Menstrual Tonic</b></p> <ul style="list-style-type: none"> <li>• Dong Quai</li> <li>• Rehmannia</li> <li>• Black Cohosh</li> <li>• Lady's Mantle</li> <li>• Blue Cohosh</li> <li>• Wild Yam</li> <li>• Ginger</li> </ul>	<p>Daily support for conditions that occur throughout the menstrual cycle, with:</p> <ul style="list-style-type: none"> <li>• Dong quai - “female ginseng,” a classic TCM herb that has a regulating effect on menstruation</li> <li>• Blue cohosh, black cohosh, wild yam, and ginger, herbs that effectively treat painful periods</li> <li>• Lady's mantle, a uterine tonic herb</li> </ul> <p><b>PRO TIP:</b> Use daily throughout the cycle to ease common conditions.</p>
Helps relieve menstrual cramps	 <p><b>Crampbark</b></p> <ul style="list-style-type: none"> <li>• Crampbark</li> </ul>	<p>Herbal relief from muscle spasms and menstrual cramps</p> <ul style="list-style-type: none"> <li>• An antispasmodic herb that helps to ease muscular tension and spasm</li> <li>• Targets cramps of voluntary muscles and uterine muscle problems</li> </ul> <p><b>PRO TIP:</b> Use throughout the day during periods, to reduce cramps.</p>
Helps relieve premenstrual symptoms	 <p><b>Black Cohosh</b></p> <ul style="list-style-type: none"> <li>• Black Cohosh</li> </ul>	<ul style="list-style-type: none"> <li>• Relieves premenstrual symptoms</li> <li>• Eases nervous and muscular tension</li> <li>• Alleviates menopausal symptoms</li> </ul> <p><b>PRO TIP:</b> Use for muscle and rheumatic pain arising after menopause.</p>

Benefit	Product & Herbs	Key Points
Reduces infection and inflammation due to mastitis or abscess	 <p><b>Breast Oil</b></p> <ul style="list-style-type: none"> <li>• Mullein</li> <li>• Calendula</li> <li>• Red Clover</li> <li>• Phytolacca</li> <li>• Lobelia</li> </ul>	<p>Gently reduces pain, infection, and inflammation from mastitis or breast abscess, with:</p> <ul style="list-style-type: none"> <li>• Mullein (inflamed glands), calendula (inflamed lymphatic nodes), red clover (inflammatory conditions)</li> <li>• Phytolacca, a lymphatic stimulant that supports detox &amp; immune cells</li> <li>• A complementary essential oil blend</li> </ul> <p><b>PRO TIP:</b> Can be used longer term by those with fibrocystic breasts or breast cysts.</p>
Increases milk supply in breastfeeding mothers	 <p><b>Fenugreek-Blessed Thistle Capsules</b></p> <ul style="list-style-type: none"> <li>• Fenugreek</li> <li>• Blessed Thistle</li> </ul>	<p>A blend of 2 traditional plant medicines that effectively promote milk production in breastfeeding mothers</p> <ul style="list-style-type: none"> <li>• Nutritive tonic rich in vitamins and minerals</li> <li>• With insulin-like effect that helps to lower blood glucose levels as well as cholesterol.</li> </ul> <p><b>PRO TIP:</b> A great gift for a new, nursing mother!</p>
For benign urinary tract infection	 <p><b>UTI Clear</b></p> <ul style="list-style-type: none"> <li>• Dandelion</li> <li>• Juniper</li> <li>• Golden Rod</li> <li>• Marshmallow</li> <li>• Echinacea</li> <li>• Hydrangea</li> <li>• Horsetail</li> <li>• Yarrow</li> </ul>	<p>Supports urinary health and fights infection, with:</p> <ul style="list-style-type: none"> <li>• Golden rod, anti-inflammatory and urinary tract antiseptic</li> <li>• Juniper, a gentle diuretic with antimicrobial properties</li> <li>• Dandelion, a powerful diuretic and liver tonic</li> <li>• Horsetail, an anti-infective herb that tones the bladder and urethra</li> <li>• Marshmallow –soothes inflammation of the genito-urinary tract</li> </ul> <p><b>PRO TIP:</b> Take at the first sign of urinary irritation or symptoms of infection.</p>
A highly effective formula to help women with PMS	 <p><b>PMS Support</b></p> <ul style="list-style-type: none"> <li>• Dong Quai</li> <li>• Black Cohosh</li> <li>• Chastetree</li> <li>• Burdock</li> <li>• Sage</li> <li>• Motherwort</li> <li>• Rhodiola</li> </ul>	<p>Relieves premenstrual symptoms, with:</p> <ul style="list-style-type: none"> <li>• Chastetree, a classic hormone normalizer</li> <li>• Dong quai, a versatile estrogenic alternative that has been called “female ginseng”</li> <li>• Black cohosh, an endocrine-regulating gynecological herb</li> <li>• Motherwort, long used for female reproductive disorders</li> <li>• Rhodiola, a superb adaptogen</li> </ul> <p><b>PRO TIP:</b> Take if you experience PMS. Use at minimum for 3 months.</p>
For low thyroid function	 <p><b>PhytoThyro®</b></p> <ul style="list-style-type: none"> <li>• Bladderwrack</li> <li>• Black Walnut</li> <li>• Ashwaagandha</li> <li>• Milky Oat Seed</li> <li>• Guggul</li> <li>• Blue Flag</li> </ul>	<p>Ramps up energy levels and metabolism, with:</p> <ul style="list-style-type: none"> <li>• Bladderwrack, an excellent source of iodine 127 and also di-iodotyrosine (DIT), an immediate precursor of the thyroid hormones thyroxine (T4) and tri-iodothyronine</li> <li>• Black walnut hulls, one of the few land plants rich in iodine</li> <li>• Ashwagandha, shown by studies to enhance thyroid function and produce an increase in T4 thyroid hormone</li> <li>• Oats, long used for the lack of energy that accompanies low thyroid</li> </ul> <p><b>PRO TIP:</b> Take if you're tired.</p>
For vaginal dryness and discomfort	 <p><b>Cala-Gel</b></p> <ul style="list-style-type: none"> <li>• Distilled Water</li> <li>• Shea Butter</li> <li>• Olive oil</li> <li>• Vegetable glycerine</li> <li>• Calendula extract</li> <li>• Myrrh extract</li> <li>• Vitamin E</li> </ul>	<p>A natural vaginal lubricant and moisturizer</p> <ul style="list-style-type: none"> <li>• Heals, restores, nourishes, and tonifies vaginal tissue</li> <li>• Made from Certified Organic or wildcrafted ingredients</li> <li>• Features the flowering tops of calendula infused in cold pressed extra-virgin olive oil</li> <li>• With antibacterial and anti-inflammatory myrrh</li> <li>• Also with Vitamin E to help stabilize and repair cell membranes</li> </ul> <p><b>PRO TIP:</b> Use for moments of intimacy.</p>

# Women's health

## Nature's holistic medicine

BY DR. BRIANA LUTZ ND, RH

Herbs are an effective, safe and gentle option to restore hormonal balance and address some of the most common menstrual irregularities.

### Cycle irregularity

An optimal cycle is roughly 28 days, with natural variation of plus or minus 1-2 days. Irregular cycle length can happen for a number of different reasons and a large deviation of cycle length can suggest a hormonal imbalance. Thyroid problems, polycystic ovarian syndrome, estrogen deficiency from malnutrition or over-training, lack of ovulation, or stress, to name a few causes, can alter cycle length, making women spot or bleed more frequently, or cause missed periods altogether. It is important to identify the cause of the irregular cycles, and a daily tonic may be considered throughout the cycle to correct the issue.

Chastetree (*Vitex agnus-castus*) can be a useful herb for irregular cycles, as it acts as a great hormone “normalizer”. It works at the level of the brain to tell our ovaries to develop a follicle and also to ovulate, both of which are important to help restore normal hormonal fluctuations throughout the cycle for an optimal cycle length.

### Painful periods and heavy bleeding

Pain-free periods are possible. Menstrual cramps are typically caused by inflammatory chemicals called prostaglandins, with higher levels contributing to increased cramping and pain. The aptly named herb Crampbark (*Viburnum opulus*) is an effective anti-spasmodic, meaning it can lessen the frequency and severity of menstrual cramps as they occur. Crampbark can be taken leading up to, and during, the time menstrual cramps occur.

Heavy or flooding periods can be an inconvenience for many women that could be related to an existing hormonal

imbalance, or caused by a hormonal transition such as after pregnancy or in perimenopause. Astringent herbs have a drying effect in the body, and Shepherd's purse (*Capsella bursa-pastoris*) is an astringent herb with “tissue specificity” in drying and toning the uterus. A formula such as Regular Flow is a combination of uterine tonics and astringent herbs that reduce menstrual bleeding and help tone and strengthen uterine tissue.

### Estrogen excess

Estrogen needs to be in a harmonious balance with progesterone. One of the main causes of “estrogen dominance” is an excess of estrogen. Excess estrogen can cause menstrual cramps, heavy bleeding, clots, painful breasts, bloating, and PMS. It can often be the cause behind large cysts and fibroids and can put one at risk for hormone-dependent cancers, including breast cancer.

To rid the body of excess estrogen, we must ensure estrogen elimination routes are functioning optimally, including liver detoxification pathways, and healthy digestion with regular bowel movements. The liver is instrumental when it comes to hormone metabolism, including phase I and II detoxification, and estrogen specific pathways. To increase liver function and offer gentle detoxification, one may consider Milk thistle (*Silybum marianum*) as a daily liver tonic. Healthy digestion also includes a robust, diverse microbiome to rid the body of estrogen, and is essential to convert and utilize plant compounds called phytoestrogens. These plant estrogen-like compounds will bind weakly to estrogen receptors, blocking the effects of too much

estrogen, such as occur in estrogen excess, or increasing the action of low estrogen, such as occurs in menopause. Phytoestrogenic herbs include flax, soy, hops, red clover, licorice, and kudzu.

### Perimenopause

Symptoms associated with perimenopause include hot flashes, night sweats, sleep disturbance, mood change, difficulties losing weight, low libido, and vaginal dryness, to name a few. Phytoestrogens, as mentioned earlier, have been shown to be useful to offset the symptoms of estrogen withdrawal that accompany menopause and also preserve tissues that estrogen protects, including the brain, heart, and bones. This reduces the risk for dementia and cognitive decline, cardiovascular disease and stroke, and fracture associated with bone loss.

Identifying and addressing any menstrual issues and hormone imbalances prior to menopause can smooth the transition through this hormonal shift. Further, as ovarian reserves dwindle, and ovarian production of estrogen slows, other bodily systems pick up the slack. The adrenal glands that make our stress hormones (cortisol, epinephrine and norepinephrine) become the predominant source of estrogen and progesterone production. Thus, this hormonal transition is an opportunity for women to look to their adrenal function and, specifically, what could be affecting cortisol production, including poor sleep, inflammation and lifestyle stress. Herbal adaptogens create more resilience and vitality within the body, allowing our stress hormones (cortisol) to be more effective at receptor sites, reducing adrenal burden and allowing for optimal estrogen production in the adrenals to mitigate symptoms of estrogen decline.

St. Francis Herb Farm has herbal formulations and a wide array of herbal singles to help women achieve hormonal balance and make menstrual symptoms become a thing of the past.



Dr. Briana Lutz, ND, RH, is a naturopathic doctor in Edmonton, Alberta who delivers naturally focused medical treatment with a special interest in women's health and hormones. With an expertise in botanical medicine, she educates on the clinical application of herbs as a Medical Consultant for St. Francis Herb Farm.