

1 HERSTORY

2

THANK YOU SANDY!!!!!!

3

4 We are all subject to CYCLES, SEASONS, & CHANGE

5 DIET & NUTRITION COUNT Nourishing the liver is key

6 SUPPLEMENT WITH HERBS & NATURAL REMEDIES

7 PREVENTION

- * Kefir, Yogurt - healthy gut flora

- * Find your Herbal Allies eg. Nettles, Raspberry; know them, enjoy them

- * Process symptoms while they are subtle

- * Allow for dreaming & get enough sleep

8 Stinging Nettles

9 RED CLOVER BLOSSOMS

10 A HEALTHY VAGINA

- * Is the cleanest space in the body!

- * The vagina is full of bacteria; they are lactobacilli, the same bacteria found in yogurt

- * A normal vagina should have a slightly sweet, slightly pungent odour; it should have the lactic smell of yogurt

11 PLAIN, ORGANIC YOGURT

12 VAGINAL YEAST OVERGROWTH

- * Many women say it gives them an excuse to say no to sex. Say no when you feel like saying no, yeast or no yeast

- * Try inserting 2 caps of acidophilus powder into your vagina, near the cervix, or yogurt

- * Treat your partner with black walnut tea, or apple cider vinegar and/or yogurt for 5 minutes daily

- * Eat plain yogurt & more Vit B rich foods

- * Try a diluted yogurt or a.c. vinegar sitz bath

- * Drink two cups of Nettle infusion daily

- * Boric acid capsules as a last resort

- 13 BLACK WALNUT HULL
- 14 AVOID DOUCHING! It kills off the beneficial lactobacilli & paves the way for infections
- 15 TUNE INTO LUNAR CYCLES/
MENSTRUAL TIDES/MOODS
- 16 To paraphrase Jeannine Parvati, a well-known herbalist....
The 28-day menstrual cycle 'norm' was invented by male scientists. Women's moon cycles vary as much as women do. Find what is 'normal' for you and love it, nourish it, embody it.
- 17 DANCING WITH THE MOON
- 18 PMS
- 19 75% of women have some degree of Pre-Menstrual Syndrome (PMS is from an imbalance of hormones)
80% of women in prison committed their crime the week before their period
- 20 WHICH HERB'S FRAGRANCE APPEALS TO YOU?
- 21 CHASE TREE BERRY (VITEX)
- 22 DONG QUAI
- 23
- 24 DID YOU KNOW...
▪ Your uterus synthesizes and secretes beta-endorphins and dynorphins, two of the body's natural opiates and chemical cousins to morphine and heroin. It makes anandamide, a molecule almost identical to the active ingredient in marijuana
- 25 BETA ENDORPHIN

26 There are at least 60 forms of estrogen in the body, however

27

28 hormone ***Estradiol***

29 hormone, **Estrone**

30 **BODIES LOVE ESTROGEN!**

- The body makes estrogen everywhere and the body eats estrogen everywhere. Bones, blood vessels, the brain.
- The half-life of estrogen is brief, maybe thirty to sixty minutes and then its broken down, to be recycled or eliminated.
- Estrogen is like chocolate – strong in very small doses.
- It can either excite or soothe, depending on which tissue is doing the devouring.
- Estrogen stimulates the cells of the breast & uterus, but calms the blood vessels & keeps them from getting narrow, stiff & inflamed.

31 One of the biggest reasons women reject HRT is because they have positive feelings about menopause. They don't think of it as an illness, so what's to treat?

32 **MENOPAUSE IS NOT A DISEASE!**

33 **MENOPAUSE IS A PROCESS, A FEMALE RITE.**
It happens to every woman. Why medicalize it?

34 **PHYTOESTROGENS**

35 **HERBS & OTHER OPTIONS:**

- 1
 - * Chaste Tree Berry
 - * Dong Quai
 - * White or Red Sage
 - * False Unicorn Root
 - * Black Cohosh
 - * Squaw Vine
 - * Motherwort
 - * Ginseng, Siberian
- 2
 - * Wild Yam
 - * St. John's Wort
 - * Hawthorn
 - * Other: Royal Jelly

Homeopathic remedies
Dr. Christopher's MENO Formula
Bach remedies

- 36 HOT FLASHES
- 37 WISE WOMEN PRACTISES
- 38 BREAST HEALTH!
- 39 BREAST CYSTS are COMMON
- 40 OMEGA-3 FATTY ACIDS
Mackerel, Sardines & Salmon
- 41 MEDITATION
- 42 CRONE GODDESSES
- 43 ENTER INTO THE DREAMTIME
- 44 HEART DISEASE IS THE BIGGEST, NUMBER ONE
KILLER OF WOMEN
- 45 HAWTHORN
- 46 **Motherwort**
- 47 Cramp Bark
- 48 "UNTIL WOMEN GAIN POWER OVER THEIR OWN
BODIES FROM THE GYNECOLOGISTS, THEY
CANNOT OWN THEIR OWN POWER AS WOMEN."
- 49 FALSE UNICORN ROOT
- 50 Raspberry leaves
- 51 PARTRIDGE BERRY
(SQUAW VINE)

- 52 BLACK COHOSH
- 53 BLUE COHOSH
- 54 SEAWEEDES
- 55 WILD YAM
- 56 MILK THISTLE SEED
- 57 DANDELION ROOT

58 Urinary Herbs

- 59
- 60 Marshmallow
- 61 Buchu
- 62 Cleavers

- 63 Propolis
- 64 Children's Herbs

- 65
- 66 Catnip
- 67 Linden

68 **Chamomile**

69 MIDWIFERY

70 INFANT MASSAGE - with warm sesame oil

71 BREASTFEEDING

72 ECHINACEA

73 ARNICA (homeopathic tablets, & crème - for shock,

bruising)

74 FEVER

Catnip, Yarrow, Elder blossoms, echinacea, propolis, cool sponge baths, lots of fluids, tepid baths

75 PLANTAIN

76 LOBELIA inflata

77 HUMIDIFIER/ESSENTIAL OILS

78 EAR INFECTIONS

79 GARLIC

80 ALLERGIES - Crab Apple, Rescue Remedy, Holly & Beech

81 Male Herbs

82

83 Stinging Nettles

84 BURDOCK ROOT

85 Saw palmetto

86 Ginseng

87