



Vaughn Lawrence

Herbal Remedies Class Nine: Women's Health

- A. **One of the keys to women's health is hormones, especially related to fertility and pregnancy.** The body creates hormones using the ovaries, adrenals, thyroid, pancreas, pituitary, hypothalamus and pineal gland. These hormones affect every aspect of physical and emotional health.
- B. **Infertility and miscarriages are an epidemic problem in our culture today.** The main reason women miscarry in our culture today is imbalances in estrogen and progesterone. Lack of progesterone is a major concern during pregnancy. Wish garden has great products for this called Progesteronic and Welcome Womb.
- C. **Women's hormones are greatly governed by LIGHT.** Moonlight walks are amazing for women. Getting sunshine without blocking the sun is important. All fertility hormones begin production upon light getting into the eyes, such as Luteinizing hormone and follicle stimulating hormones. Of course, light also makes us happy because God is Light!
- D. **Healthy adrenals and thyroid are crucial for women's health.** Many women focus on the thyroid because it relates to weight, metabolism, body temperature, etc. But it would be a mistake to leave out the adrenal glands. They produce steroid (sexual) hormones, adrenaline, cortisol and are responsible for sugar metabolism, energy and mineral balance.
- E. **Poor nutrition is the main reason for women's hormone imbalances today.** It really does matter what we eat. Heavy foods, sugars, white flours, overconsumption of grains, manmade fats and oils have all damaged women's hormones. Synthetic chemicals in our food supply, hormone in meat and dairy and pesticide and herbicides all have estrogenic effects on the body that cause damage and imbalances. We should be eating foods that promote fertility and health!
- F. **Vitamins and Minerals are also vitally important to women's hormonal health.** Electrolyte minerals are needed to produce healthy hormones and so are certain vitamins. Magnesium is a major deficiency that every woman could benefit in taking.

- G. **Hormone Replacement Therapy is deceptive, dangerous and unnecessary.** God designed the body to function a certain way. We cannot use man-made chemicals that are falsely labeled as "bio-identical" and pretend they do what God does naturally. Many women have been damaged by these therapies and it is a guessing game to try and find balance. There are some that are entirely plant derived so be sure you know! The goal is always to correct the imbalance in the body.
- H. **A congested lymphatic system and/or liver is the greatest reason for hormone imbalance today.** Congested lymph leads to breast lumps, breast cancer, ovarian cysts, uterine fibroids, etc. If a woman has endometriosis, PCOS or other hormone related issue it is almost always due to congestion in the body. If a woman has a tough pregnancy (nausea and sickness, pain, etc.) this is not normal! It is a sign of congestion and an unhealthy liver and clogged lymphatic system. Address this before the next child.

Herbs for Women's Health

- A. **Iodine rich herbs (black walnut, kelp, seaweeds, bladderwrack):** Iodine is vital for women's health. It is important to help with thyroid health, ovary function, breast health and also well known for breast cancer prevention. Iodine is greatly lacking in today's food supply.
- B. **Deer Antler:** Deer antler helps with adrenal gland strengthening, sexual function, and improves hair, skin and nails.
- C. **Maca:** This Peruvian root vegetable got popular over ten years ago and still is at the top of the list for hormone health, in both men and women. This food has been used for centuries for fertility, PMS symptoms, mood swings, improved mood, sexual function, hot flashes and helping with vaginal dryness.
- D. **Chaste Tree Berry (Vitex) and Wild Yam:** These are grouped together because of their beneficial effect on progesterone. Progesterone deficiency is the main reason for miscarriages today. These are the herbs also commonly used for menopause and to help women working through related symptoms. These are also the best herbs for any woman with an irregular cycle.
- E. **Red Raspberry Leaf and Stinging Nettle:** These are two of the best overall herbs for pregnancy. This includes anyone wanting to promote fertility, women who are pregnant and women who are breastfeeding. In other words, these herbs are beneficial for every stage of the pregnancy process. These herbs tone and strengthen the uterus and all muscles around the pelvic region. They help reduce labor pains and promote breast milk production. They are truly the master tonic herbs for pregnancy!
- F. **Goat's Rue, Fenugreek and Fennel:** Along with red raspberry and nettle mentioned above, these are the top herbs for promoting breast milk flow. Goat's rue has an added benefit in that helps stabilize and lower blood sugars. Fenugreek and Fennel are also great for digestion.

- G. **Ashwagandha:** Ashwagandha has been shown to reduce stress hormones (ie., cortisol) which disrupt endocrine function and prompt premature aging. Ashwagandha stimulates blood flow to a woman's reproductive organs to increase arousal and sensitivity, making it a popular choice for women who wish to regain their sex drive and satisfaction. Women experiencing menopause also report that ashwagandha helps to produce positive effects on hot flashes, anxiety, and depression. Ashwagandha is also one of the best overall herbs for thyroid and adrenal health.
- H. **Bupleurum and Peony:** These herbs are great for the liver. In Chinese medicine, it is well known that female hormone issues are often related to liver issues. The combination of these two herbs corrects estrogen imbalances and can help to remove synthetic estrogens from the body.
- I. **Schisandra Berries:** Schisandra contains lignans to restore the nervous system, and even a mild phytoestrogen that protects the heart in post-menopausal women. Schisandra is renowned for its beauty effects, both with internal and external use. In particular, it has been shown to maintain collagen production in the skin, and to maintain moisture content. For women with vaginal dryness, this herb is the best. These vital berries also improve memory, prevent deterioration of eyesight, and have a mildly calming effect. What more could you want from an anti-aging herb?