

An Herbal Approach to Women's Health

A Natural Approach to Women's Health:

- Customized Liver & Colon Cleanses
- Individualized Nutritional Consultations
- Personalized Hormonal Balancing Herbal Blends
- Nurturing Juice Fast Protocols



An Herbal Effect On Women's Health

Herbal medicine refers to using a plant's seeds, berries, roots, leaves, bark, or flowers for medicinal purposes. Plants offer a variety of minerals, nutrients, and phytochemicals which may assist in improving overall health and wellness. Certain plants contain phytoestrogens or plant estrogens, which may mimic and assist our body's own estrogenic effect on hormonal and reproductive health. From the onset of menstruation and continuing through menopause, women experience physical and emotional highs and lows linked with fluctuating hormone levels. Plants that may be beneficial to a woman's health at all life stages are listed below but take note: **Not all herbs are appropriate at all times.** Especially to be avoided when pregnant: black cohosh, chasteberry, dong quai and red clover. Herbal supplements are best taken under the guidance of a trained health care provider so be sure to consult with your doctor or pharmacist before taking any herbs.

According to Deb Soule, author of *The Roots of Healing*, and Master Herbalist, Louise Tenney, the following herbs may have a beneficial effect on a woman's health.

- **Black Cohosh** (*Cimicifuga racemosa*) assists in balancing hormone levels, aids in relaxing muscle tension, and helps with regulating menstruation. During menopause, it assists in relieving hot flashes and vaginal dryness.
- **Wild Yam** (*Dioscorea villosa*) assists with maintaining a healthy estrogen/progesterone balance in the body. As a nervine it soothes the nervous system, relaxes muscles and relieves pain.
- **Chasteberry** (*Vitex agnus-castus*) has a regulating effect on hormones which may benefit PMS, ovarian cysts, hot flashes, vaginal dryness, and may be used to stimulate breast milk production.

- Naturopathic Consultations
- Nutritional & Detox Coaching
- Personalized Hormonal Balancing Herbal Blends

- I-ACT certified Colon Hydrotherapy
- Manual Lymphatic Drainage
- Ionic Foot Bath Treatments

From Scratch Wellness

Located in Haven Wellness Center
603 Geneva Road • St. Charles, IL
2nd location in Mundelein, IL
630-945-3867
www.fromscratchwellness.com



- **Cramp Bark** (*Viburnum opulus*) reduces muscular and uterine cramping.
- **Dong Quai** (*Angelica sinensis*) considered the "ultimate woman's herb" in Traditional Chinese Medicine. Dong quai may regulate menstruation and eases painful or delayed periods. Dong Quai is useful in alleviating menopausal symptoms, especially hot flashes and vaginal dryness. Often recommended along with other herbs, including chasteberry and red raspberry.
- **Red Raspberry** leaves (*Rubus idaeus*) act as a uterine tonic and relaxant which assists irregular or excessive menstruation.

Herbs are available in several different forms: teas, oils, liquid extracts, tinctures, creams and dry extracts (pills or capsules). Contact your primary health care provider to decide which form is best for you. The health of the reproductive system is dependent upon the health of the whole body. Herbal supplementation is most beneficial when used in conjunction with a balanced diet, exercise, and a healthy state of mind.

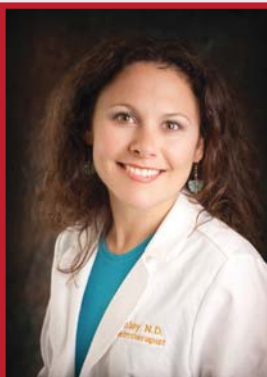
Recently, the World Health Organization estimated that 80% of people worldwide rely on herbal medicines for some part of their primary health care. In Germany, about 600 - 700 plant-based medicines are available and are prescribed by some 70% of German physicians. The German Commission E, an expert medical panel, actively researches the safety and effectiveness of herbs.

For more information on herbs and their benefits contact Jennifer Stanley, traditional naturopath with From Scratch Wellness Services at www.fromscratchwellness.com or call 630-945-3867.

For Educational Purposes Only

FREE 30 Minute Ionic Foot Bath Treatment

(valued at \$45) with your initial naturopathic consultation.
Exp. 7-7-10



Jennifer Stanley

Jennifer Stanley, Traditional Naturopath, graduated from Midwest University of Naturopathic Medicine. Jennifer Stanley is certified through the American Naturopathic Certification Board as a Traditional Naturopath. She is also an I-ACT certified colon hydrotherapist. She owns From Scratch Wellness Services located within the Haven Wellness Center in St. Charles and also has an office in Mundelein. Jennifer Stanley offers naturopathic and customized nutritional consultations, colon hydrotherapy and manual lymphatic drainage. For more information contact Jennifer Stanley at 630-945-3867 or www.fromscratchwellness.com