

Female Tonic

Fairly Mild
tasting

Actions:

This formula contains herbs that assist the progesteronic part of the menstrual cycle and herbs that normalize the female hormonal system as well as herbs that support the liver and assist in liver conjugation of estrogens. Additionally, this formula acts to stimulate normal functions of the lymphatic system and female sexual organs.

Indications:

This formula is used to decrease the symptoms associated with fibrocystic breasts, ovarian cysts and uterine fibroids as well as decrease their growth. It should be used long term for best results. (For bleeding uterine fibroids, recommend Uterine Formula.) Also can be used for endometriosis.

Suggested use:

30-60 drops in a little water, 3-4 times per day.

Contraindications, cautions and words of wisdom:

Abdominal pain can be a sign of serious health issues. A qualified health care practitioner should be consulted when there is abdominal pain of unknown origin. This formula is contraindicated in pregnancy unless taken under the guidance of a health care practitioner.

Adjunct therapies:

For uterine fibroids, use in conjunction with liver formula. (For bleeding uterine fibroids, recommend Uterine Formula.)

Profiles of herbs used in this formula:

Chaste tree, *Vitex agnus castus*, is thought to increase luteinizing hormone production and inhibit the release of follicle stimulating hormone. This shifts the ratio of estrogens to progestagens in favor of the progestagens with a corpus luteum hormone effect. Prolactin is inhibited by chaste tree. The luteinizing hormone release and progesterone synthesis has been attributed to inhibition of prolactin activity. It appears chaste tree directly binds to dopamine receptors in the anterior pituitary and inhibits prolactin synthesis and release. This is all animal research and has not been investigated in humans yet. This herb is thought to be useful in all ailments due to hyperprolactinemia and luteal phase defect. 309 It is used for uterine fibroids, endometriosis, chronic menstrual cramps, heavy bleeding, mid-cycle spotting and irregular cycles due to corpus luteum deficiency. It is also used for other hormonally related symptoms like acne, breast tenderness, fibrocystic breasts and premenstrual symptoms including water retention, headaches and depression.

