



Herbal Aids for Women's Diseases

Estrogen and Progesterone

- The natural design of the body is to produce estrogen and progesterone.
- Estrogen is produced mainly in the ovaries, although a little is produced in the adrenal glands, placenta and fat cells.
- At puberty estrogen encourages the development of breast and expansion of the uterus.
- After that, estrogen works to regulate the menstrual cycle, maintain bone density, and keep cholesterol in check.
- Estrogen is the primary hormone the first two weeks of the cycle—preparing the endometrium for pregnancy.
- Progesterone surges to maintain the pregnancy and to prevent a second pregnancy.

Ovarian Cysts

Ovarian cysts result in estrogen overproduction. They can be painless or cause sudden, sharp severe pain, and pain during sexual intercourse.

- As a result of various factors you have a failed or disordered ovulation it can and most often results in ovarian cysts. The follicles are enlarged but failed to rupture from the ovary.
- During the cycle you have FSH – follicle stimulating hormone that stimulates their development. Then LH – luteinizing hormone that promotes ovulation and transforms the follicle into the corpus luteum. This is the progesterone producing structure.
- Progesterone is what shuts off ovulation in one ovary or another.
- But when you have cysts developing on the ovaries you do not have the progesterone production to shut off this process. So every month your body is going to attempt to ovulate, it may be a failed attempt.
- If sufficient natural progesterone is supplied prior to ovulation, then LH levels are inhibited and ovulation does not take place.
- Adding natural progesterone cream from day 10-26 suppresses the LH and its effects. It hinders ovulation and the ovarian cysts will not be stimulated and can have a chance to regress and atrophy.

Ovarian Cancer

Although it is very rare, ovarian cysts can become malignant if out of control.

- But one of the known causes of ovarian cancer is many sexual partners, poor hygiene (of the male) which can cause exposure to HPV – Human Papilloma Virus.
- This is a virus that causes genital warts and is involved in cervical cancer.
- It results from bacteria on the foreskin of a man that is introduced into the vaginal tract. So hygiene prior to relations is very important for anyone, but especially if you are already suffering with a female health problem.
- Gene p53 is a gene which ordinarily ensures that genetically defective or cancerous cells do not multiply.

- Taking the birth control pill enables (allows) HPV to cause cancer and to poison Gene p53.
- Elevated estrogen levels stimulates HPV as Gene p53 cannot keep up with the rapidly multiplying cells.

Internal Therapy for Ovarian Cysts and Endometriosis

- Cut cotton in pieces two inches by four inches. Lay them on top of each other until you have a small pile about one inch high. Tie string tightly around the middle and leave one end about ten inches long loosely hanging. Purchase from a pharmacy “ichthammol” (a black salve) and vegetable glycerine. Mix two teaspoons of ichthammol and two teaspoons of glycerine together in a cup or small pan. Use more of this mixture if needed. Soak the cotton in this mixture thoroughly and insert it into the vagina up to the cervix, leaving the long end of the string hanging out. Wear a heavy cotton cloth or sanitary napkin over the vaginal opening so the mixture will not leak on your bed clothing. Follow this procedure five nights weekly before bed and remove it each morning by pulling slightly on the string. This will draw out the infection and help shrink fibroid tumors and ovarian cysts, or other growths that are in the uterus. Santillo says “I have seen a fibroid tumor completely disappear in one month that was so large it blocked the colon and inhibited bowel movements”. Douche in the morning with a tea made with equal parts of goldenseal and myrrh. Make a quart of this tea and add one teaspoon of apple cider vinegar. This procedure is also good for chronic vaginitis and other vaginal and uterine infections.
- If ichthammol black salve cannot be found, make a poultice out of equal parts of slippery elm powder, white oak bark powder and enough water and French clay to make it of thin consistency. Mix the cotton layers in this and follow the above directions.
- Douche—a well known method is an internal cleansing and healing bath used in the vaginal area. Yellow dock tea is one of the most potent of all douches for strengthening, cleansing and purifying the female genital area; and it is a well-established fact that lemon juice or vinegar alone has far more strength than most commercial products, with none of the harmful effects of these inorganic compounds.
- Slippery Elm Suppositories are used for inflammation of the vagina, ovarian inflammation, uterine weakness, impurities, leucorrhea, growths and tumors. As a medicinal base, powdered slippery elm bark can be easily formed into suppositories and moistened as needed to insert into the female genitor-urinary organs. Preparation: add sufficient water to slippery elm to make a bolus (soft mass). Knead until it is quite stiff, 3 inches long and the size of the patients middle finger. Cut into 3 pieces, each 1 inch long. Onto a fine sea sponge, sew a piece of silk thread firmly, leaving 3-4 inches of the thread extra. Smear the sponge with equal parts of non-petroleum jelly and vegetable glycerine and set aside for use. Administration: Dip 1 piece of the slippery elm bolus into hot water and insert as far as possible into the vagina. Follow with the second and third pieces. Next insert the smeared sponge into the vaginal opening, which will hold the bolus in place, and leave for 2 days. Remove the sponge by pulling down on the silk thread, syringes (rinse) thoroughly with a cleansing agent such as an infusion of yellow dock, goldenseal and myrrh, and repeat the pack.

External

- Put a castor oil pack over the ovaries four consecutive nights per week. Before applying the castor oil pack, rub poke root oil over the ovary that is affected, then apply the pack. Poke root oil can be made by mixing powdered poke root with olive oil and letting it sit for one week, shaking it as often as you see it. Or place it in a small crock pot and let it simmer for 3-4 hours, do not burn. Strain both finished product.

Diet

- It is important to use a cleansing diet, followed with a short fast and a vegetarian diet, deleting meats, fish, fowl and all dairy products.

Hydrotherapy

- Foot Baths: A vessel should be used that is deep enough to cover the legs up to the knees. The alternating hot and cold foot bath is used for headaches, toothaches, colds, head and sinus congestion, ovarian congestion, suppressed menstruation, poor circulation to the pelvis and abdomen.
- The hot foot bath leads the blood to the feet and helps to draw out impurities. It is excellent for painful menstrual period, pelvic pains and suppressed menstruation. When trying to draw the blood to the feet with hot or warm baths when trying to decongest the upper body, never follow the warm with cold.

Endometriosis

Endometriosis is a disease which tissues that ordinarily develop inside the inner layer of the uterine wall develop outside.

- These tissues respond to ovarian hormones exactly as cells do within the uterus—they increase in size, swell with blood, bleed into surrounding tissue at menstruation.
- Endometrial tissues are more receptive to estrogen but less receptive to progesterone. So they become permanently stuck during the 1st half of the menstrual cycle, not being instructed to stop by progesterone.
- Pregnancy is suppose to correct the problem as progesterone levels are elevated to maintain the pregnancy, and the estrogen is not present to grow more tissue.
- Symptoms begin 7-12 days before menstruation and can be very painful.
- If you use progesterone cream, John Lee M.D. recommends using it day 6-26. 1 ounce per week for 3 weeks in an effort to elevate progesterone levels and prevent overgrowth of endometrial lining.

Helpful Herbs

- Turmeric 250-500mg twice a day. Or 1-2 caps two times a day between meals – relieves pain and inflammation.
- Vitex – 2-3 caps 3 times a day. It increases progesterone secretions.
- Wild Yam (dioscorea) 2 caps 3 times a day after meals. Helps especially with pain that is worsened by lying down.
- Dong Quai – 2 caps 3 times a day. It reduces blood estrogen levels.

Hot bath, hot water bottle over the abdomen to relax the muscles and reduce cramping.

Uterine Fibroids

Uterine Fibroids are a well-defined, solid growth in the myometrium, or smooth muscle supporting the uterus.

- They vary in size from a dot to a cantaloupe.
- Some produce symptoms of pain, heavy bleeding or non at all.
- As they grow they can cause organs to be displaced, frequent urination necessary and cause constipation.
- Fibroids grow like uterine tissue and are stimulated by estrogen.
- If your fibroid is causing hemorrhaging you should have it examined to determine the location of the tumor. Submucosa fibroids can often cause miscarriage. These types of fibroids grow inside the

uterine wall just beneath the endometrium (lining of the uterus) and protrudes into the uterine cavity. When they enlarge, they break the smooth lining of the uterus, thereby causing heavy bleeding. This bleeding can, at times, become so severe a woman might bleed to death without medical attention. They can disturb pregnancy when the placenta, or afterbirth, starts to grow inside the uterus, it might grow into the area of the myoma. This area will not have the same blood supply as the normal part of the uterus. Consequently, the placenta will not adhere adequately to this area. This might result in bleeding and miscarriage.

Helpful Herbs

- Black Cohosh 1-3 caps 2-3 times per day. Helps stop bleeding and relieves pain, especially leg pain.
- Castor Oil packs at night over the abdomen, cover with plastic, a light towel and place a hot water bottle over the top.

Gonorrhea - Barberry 3 caps 3 times a day. Contains berberine, which kills gonorrhea bacteria.

- **Candida** – The body is normally host to a great variety of bacteria that play neutral or helpful roles in the body. A yeast infection occurs when one of these organisms, the yeast *Candida albicans* grows out of control. It only becomes a problem when the good bacteria that normally keep it in check, such as *Lactobacillus acidophilus*, become weakened.
- Aloe Vera juice boost the ability of white blood cells to kill yeast cells.
- Echinacea 2-3 caps 3 times a day stimulates production of macrophages, which destroy yeast cells.
- Lavender oil applied treats yeast infections of the skin.
- Tea Tree Oil 1-2 drops per glass of water taken 2-3 times per day, helps to kill yeast cells. Also using 4-6 drops per quart of warm water and douche with it daily for 1 week or more.

General Herbal Therapies

- Goldenseal Root—Tincture, Fluid Extract, Powder. Internally, it is a specific for all problems of the mucus membranes. (try poultice, and douche).
- False Unicorn is commonly used for female infertility and impotence. It can be taken for several months. It also has been used for treating irregular menstruation and leukorrhea (discharge). It is usually combined with other herbs such as cramp bark or black haw, but it can be taken alone. Indicated Uses: Amenorrhea (suppressed period); Female hormone imbalances; Infertility; Menorrhagia (excessive period); Miscarriage prevention; Prolapsed Uterus; Uterine and Ovarian problems; Uterine Displacement.
- Oat tea—specific especially for ovarian and uterine disorders. Its influence is directed to the brain and functions of the body.
- Saw Palmetto—for ovarian enlargement; sterility. It is a sexual stimulant and valuable in treating diseases of the reproductive organs, ovaries, prostate and testes.
- Squaw Vine—Congestion of pelvic organs; Leukorrhea; Painful menstruation; Uterine and ovarian pains. It is a uterine tonic and will relieve congestion of the uterus and ovaries. It is excellent for absent or painful menstruation. Combined with Witch Hazel leaves makes an excellent injection (douche) for leukorrhea.
- Wild Yam—Painful periods; Cramps; Ovarian neuralgia (pain). Wild Yam has steroid-like substances that are used in the process of making birth control pills. This is why wild yam is present in many gland balancing formulas. It is used for abdominal cramps and menstrual cramps. It will counteract nausea (use in 2 ounce dosage with honey added). To prevent miscarriage mix 1 tsp. wild

yam to ½ tsp dried ginger, and 1 tsp. red raspberry and steep in one pint of water for twenty minutes, strain and take a mouthful every half hour when threatened by miscarriage.

- Chaparral & Black Walnut leaves, bark, or hull—are good for breaking up a cyst.
- Herbal Formula—Mix the following herbs and fill in #00 capsules and take two caps three times a day. 1 part licorice root, 1 part prickly ash bark, 2 parts chaparral, 2 parts pipsissewa, 1 part cramp bark, 1 part helonias root (false unicorn), 1 part saw palmento, 1 part red clover.

Disclaimer: All materials presented by Herb Time Plus are for educational purposes only. These statements have not been evaluated by the FDA, and are not intended to diagnose, treat, cure, or prevent any disease. Consult your own physician regarding the applicability of any opinions or recommendations with respect to your own symptoms or medical conditions.