AHG Webinar Henriette Kress

August 6, 2012

Menstrual problems: cramps, heavy bleeding, PMS, irregularities Female infertility



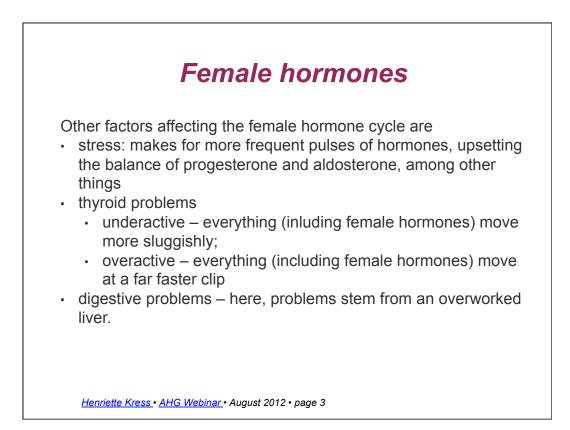
(GnRH) which makes the pituitary produce either follicle stimulating hormone (FSH) or luteinizing hormone (LH).

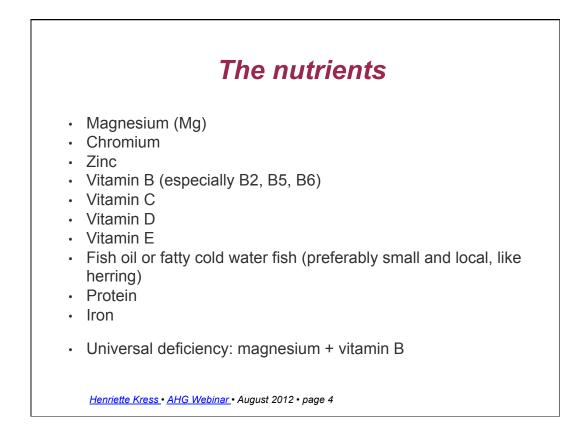
FSH makes the follicles produce estrogen

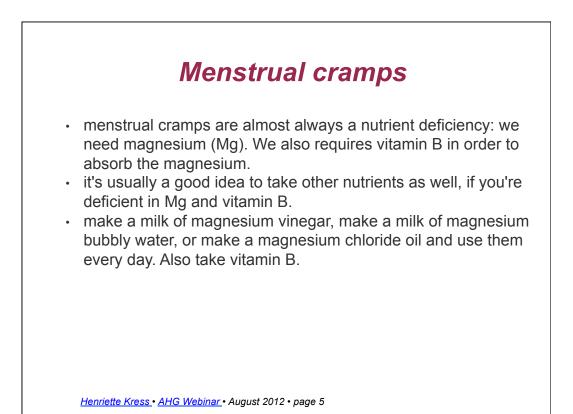
and LH makes the corpus luteum produce progesterone.

All of this is very much more smoothly if

- 1. you have raw materials for the various hormones needed (= take missing nutrients) and
- 2. your liver works nicely and clears out used-up hormonal pieces as and when they arrive in the liver.









Menstrual cramps: the herbs

There are a few herbs to stop cramps in their tracks, while you're waiting for the nutrients to kick in.

The strongest are angelica root (fairly fresh) and/or calamus root. I tend to recommend these in endometriosis.

Chew the roots of either whenever that cramp hits, but also take Mg + B.

(pics: angelica, acorus)

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Angelica archangelica, angelica.

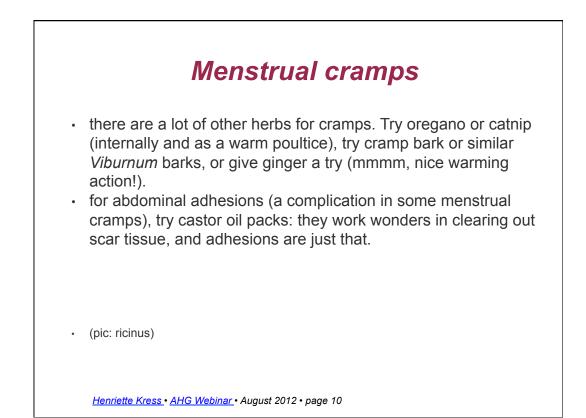


- chew on a root
- take some tincture
- · eat some seeds
- (the leaf is least active part of our local angelica)
- (I've found that dried angelica deteriorates rather fast; dig new roots every year.)
- Note that angelica can make you bleed more.

Acorus calamus, calmus.



- chew on a root
- take some tincture made
 from the root
- dried calamus tends to get stronger as years go by. This doesn't hold true for all dried roots, though.
- both angelica and calamus work *really* fast: the cramp hits, you chew on a piece of root, whew, glad that's gone ...



Ricinus communis, castor.

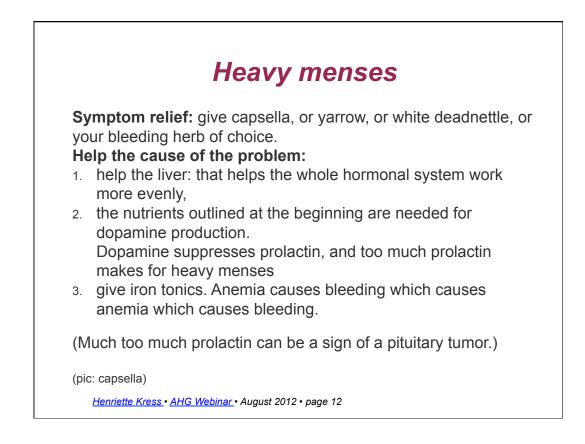


Castor oil pack:

- Warm a tablespoon or so of castor oil
- Apply it to a piece of cloth
- Drape it over your achy abdomen
- Relax for about 30 minutes.

Repeat when needed.

(Don't ingest castor oil! Unless, of course, you crave its internal effects.)



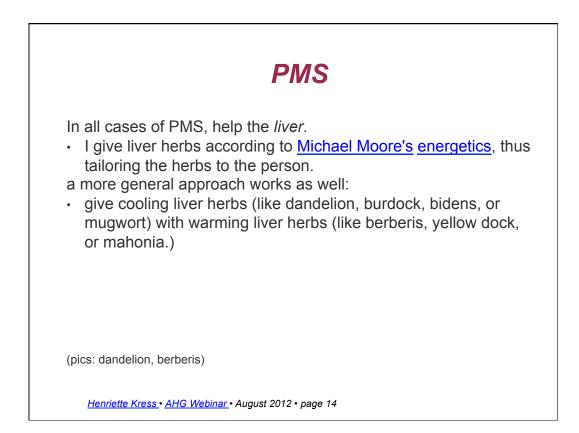
Capsella bursa-pastoris, shepherd's



take some tincture

- drink some tea
- eat some green herb
- or dried herb, for that matter.
- (Capsella tastes of old cabbage, but it does work wonders.)
- the tincture works admirably for bleeding even if it's old (years old!). It's the oxytocic effect that's gone in about six months.

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Taraxacum officinale, dandelion.

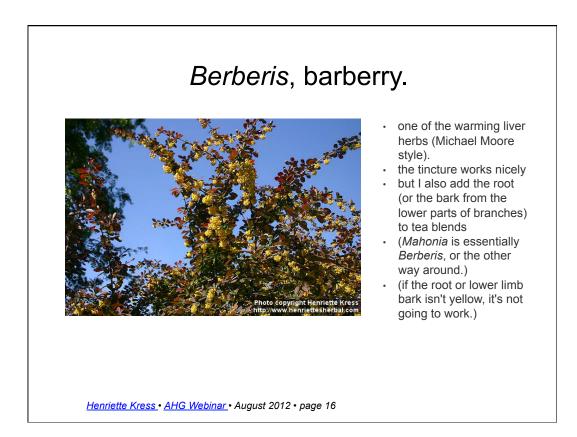


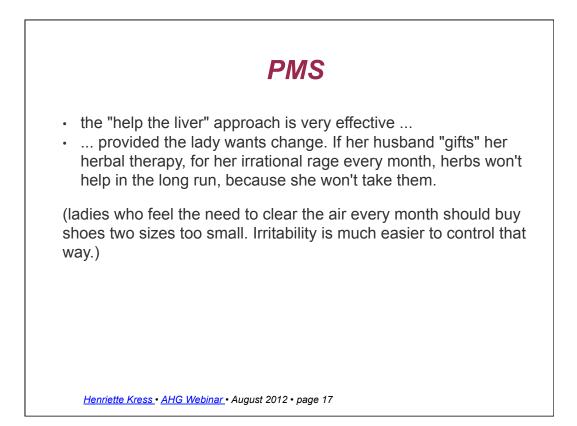
herbs (Michael Moore style).chew on a piece of dried

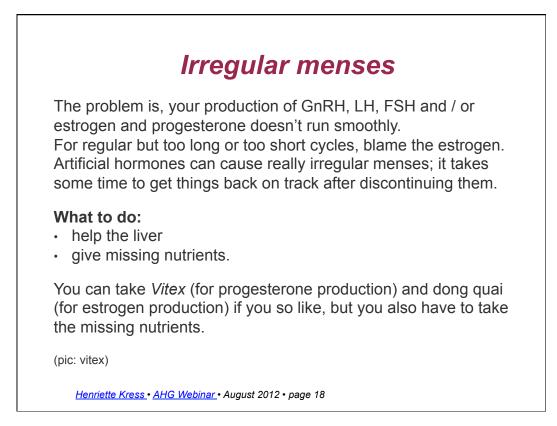
one of the cooling liver

- root
 or eat a dandelion leaf salad
- or take some dandelion root or leaf tea
- or dandelion coffee
- chicory works the same way
- note: dandelion is very diuretic. Also take salt if your blood pressure is low.

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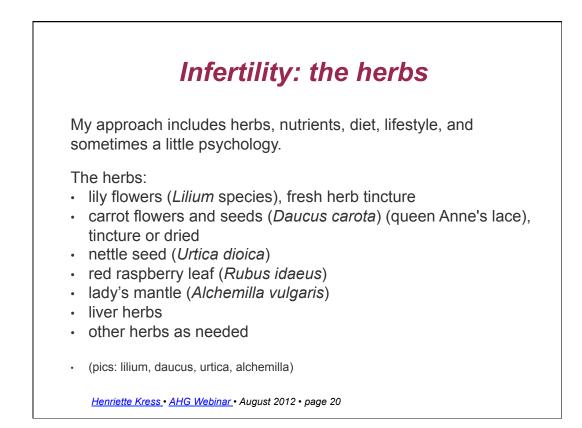


Vitex agnus-castus, chaste berry.



- Yes, it will help progesterone production.
- Unfortunately, it does so by raiding nutrient reserves, which are needed to produce dopamine and similar feel-good hormones
- So if you take only Vitex for hormonal problems, without also adding nutrients, you're creating problems for later.

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I tincture the fresh petals of any *Lilium* species. My fresh herb tinctures are 1:2 95 %; the dose is 2-5 drops 1-3 times a day. "They" say it should be a

white lily, because white signifies innocence l've used any color I can lay my hands on, that is, whatever is in flower in my garden when I go after the lily flowers. (I used to give it for menstrual cramps, until one lady got pregnant.)

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Daucus carota, carrot / Queen Anne's lace.



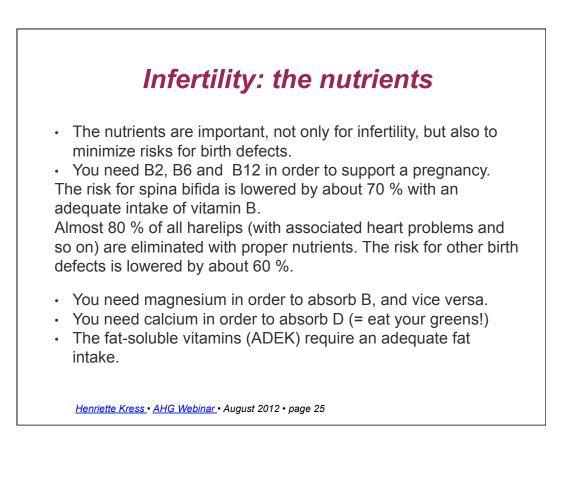
- The flowers and/or green and/or brown seeds are used as a contraceptive
- But if you forget to take your carrot seed, you're pregnant.
- Based on that, I've given it for infertility.
- Babies have ensued ... possibly because of carrot, possibly because of the other things I give and do for infertility.

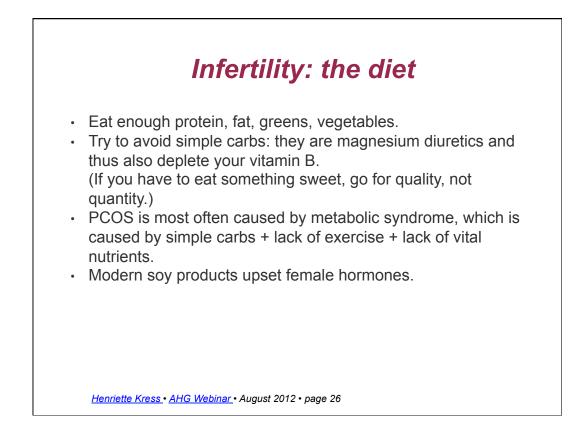
Urtica dioica, stinging nettle.

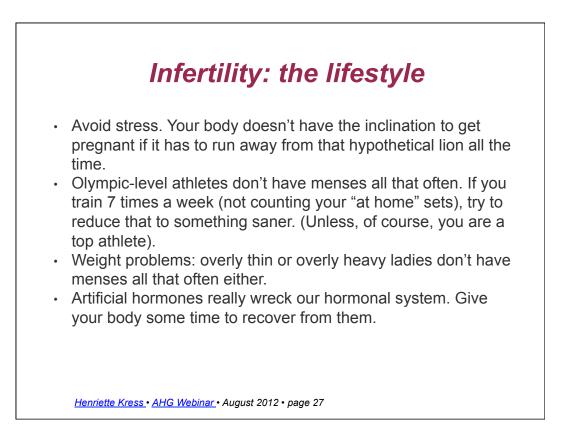


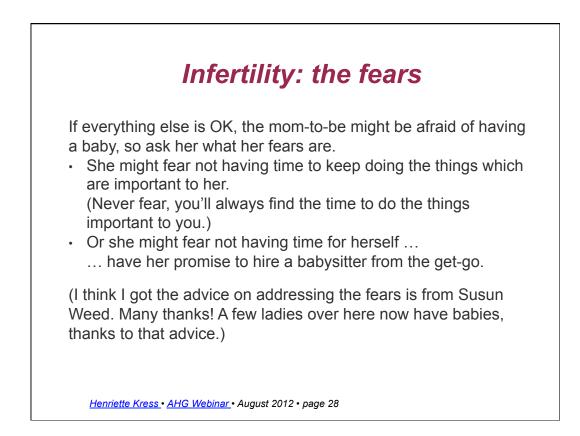
- The seed, when ripe, hangs down.
- It's a nice adrenal and kidney tonic.
- I use the dried seed and give it in tea- or tablespoon doses to overly tired people.
- Some people get hyper from the fresh seed, others only ever get the "nettle seed" effect from the fresh seed.











About Henriette Kress

I'm a herbalist in Helsinki, Finland, Europe. I've been practising since 1998. A lot of women have various menstrual problems; a few of them have come to see me for herbal therapy. Cramps and PMS are easy ... endometriosis is not. Irregularities can be easy or difficult, depending. I love to try my hand at infertility; it's such a devastating problem for the women or couples involved, and such a great joy when babies arrive. (Sometimes, sadly, babies don't arrive after all.)

My site is <u>http://www.henriettesherbal.com</u> – it's one of the oldest and largest herbal sites on the net. My book "<u>Practical Herbs</u>" was published in 2011. It has received rave reviews. (A new book should be out in 2013).