

busy, busier than you've ever dreamed possible with the most important task you could undertake.

### III. Menopause and Croneship

Just as puberty awakened the creative flow and power of our menstrual cycle and our emergence as young women, so menopause marks the completion of that cycle and our emergence into the final stage of womanhood. In modern societies, these powerful cyclic changes do not often occur in supportive environments. Even though menopause is a positive or neutral experience for many women, without the needed support and understanding of society, much of what is experienced becomes confusing, stressful and sometimes painful.

In most traditional cultures, the older woman was the village wise woman, the healer and consultant. At least, she was respected for her position as the care person for the young children of the tribe. She had a honored place in her society.

We do not paint such a positive picture of the older woman in our society. In a culture where so much emphasis is placed on youth, beauty, and sex, the older women's respected places have been usurped. Viewed as past her prime now that her reproductive life has ended, the popular stereotype of the menopausal woman is that of the irritable, hard to live with older woman. Fortunately, **NONE** of these stereotypes are true; we need to stop supporting the myth that they are.

Many of the unpleasant aspects of menopause are not specific physical problems at all, but are transitional situations often associated with these particular years of a woman's life. The children have grown and are leaving home; parents are reaching their elderly years and may be becoming dependent; often relationships change; careers may undergo dramatic change; and one is relentlessly faced with exploring and asking questions about the meaning of life once again! Though these can all be positive changes, transition is of it's nature difficult.

In my arrogance, I used to believe I was unaffected by such images. When younger, I looked forward to getting older and possessing the wisdom of the old; I'm sure that image presupposed I would still look and feel twenty. Now, approaching menopause, I realize how deeply effected I am by my culture's perception of youth and age. Surprisingly and with annoyance, I find myself facing many of the associated images of the older women and the feelings that go with them. I am aware that my hair is silver streaked, am perplexed by the fact that my energy is not as boundless as it use to be, and wonder why I can't play all night and go to work the next day. On deeper more positive levels, I feel the wise older woman visiting me and instructing me. I can feel those powerful

hormonal changes beginning to take place in my body as I prepare for menopause. And I am acutely aware of the quiet strength and beauty that is inherent in these changes and am determined to live these changes in a powerful way.

Even when the signs and "symptoms" are minimal, menopause is still often viewed as a negative cycle in a woman's life. In part, this is because of lack of understanding and misinformation. There is certainly not a lot of positive information available on the subject of menopause. We often enter this stage of our life as ignorant and ill informed as we entered puberty twenty five years earlier. Remembering the awkward, often embarrassing introduction we had to our first moon cycles, it is no wonder that so many women continued to experience their menstruation as a frustration throughout its entire course. Likewise, menopause is surrounded with negative images and mystery. Viewed as a disease and/or a passing phase, it is considered something that either needs to be corrected or is pointedly ignored by the medical profession. This lack of information creates anxiety and fear.

As a woman approaches menopause there is a period of great hormonal change that may last for several years. This change begins some years before menstruation ceases and menopause begins. The hormonal changes are marked by a gradual decrease in the cyclic release of estrogen and progesterone. Eventually, the ovaries stop producing a monthly egg and secrete a smaller supply of estrogen. At the same time there is a decline in the production of the hormone progesterone, which each month has been building up the lining of the uterus in preparation for a fertilized egg. This is a tremendous amount of physiological change to adjust to. It is only normal that its effects are felt not only physically but emotionally as well.

The 'symptoms' of menopause that so many women my age begin to experience have been successfully reduced or eliminated by understanding the art of aging, this process called menopause, and by reclaiming our respected place in society as mature women. The information included in this LESSON is gathered from my interaction with women of menopause age and from observation of what works and doesn't. It is written also from my own personal experience of preparing for menopause. Much of what I've included, especially the dietary suggestions, has been incorporated into my own lifestyle at this time.





## SIGNS OF MENOPAUSE

Menopause does have definite physiological signs or symptoms that do effect a percentage of women, noticeably those who live in technological and industrialized cultures such as the United States, Canada, Japan, Great Britain, and European countries. According to a reliable American source, 10% of women experience no disagreeable symptoms, 80% experience symptoms but find them tolerable, and 10% find them so disagreeable they must seek medication.

Many of the symptoms associated with menopause are similar to those of adrenal stress. It is interesting to note that the adrenal glands take over the biological function of the ovaries by continuing to produce small amounts of estrogen once menopause begins and continue to do so until about age 70. But due to stressful living and poor eating habits, the adrenals are prematurely worn out in many women by the time they reach menopause. The adrenal glands are therefore unable to function in optimum capacity in their new job. The symptoms of adrenal stress are similar to those of menopause: nervous disorders, severe depression, irritability, fatigue, and unpredictable mood swings.

Most women begin to experience menopause sometime between ages 40-55 and experience some type of noticeable change for a period of 6 months to 2 years. Some of the signs of menopause can be attributed to the dramatic hormonal changes occurring during this time. But general physical health and attitudes are a primary factor in our well being and contribute to our ability to adjust to the changes. Many of the disagreeable signs associated with menopause are the result of unhealthy aging (men are experiencing many of them at this time in their lives also) and can often be corrected with good nutrition, exercise, and lifestyle changes.

The three most predominant unpleasant symptoms of menopause seem to be hot flashes, vaginal dryness, and emotional instability. The following list are other uncomfortable symptoms associated with menopause. Fortunately, many women do not experience any of these and no one experiences all of them at once. All of the symptoms are transient and all of them are correctable.

- \* Hot Flashes
- \* Mood Swings
- \* Insomnia
- \* Depression
- \* Sore Breasts
- \* Stiffening joints
- \* Vaginal Dryness
- \* Dry Skin
- \* Congestion of the lower abdomen (constipation, bloating, gas)



## GENERAL GUIDELINES FOR MENOPAUSE

For most women the best suggestions for a congenial menopause cycle are to stay active, healthy, and happy. Continue to pursue life; to love and be loved. Find new interests and/or continue to develop your old ones. Do not fall prey to the myth that this is not a productive time. The only production we are no longer capable of is reproduction.

### A. Nutrition

Dietary imbalances and unhealthy eating patterns can contribute to many of the supposed "symptoms" of menopause; likewise, a well balanced diet will support a harmonious transition.

The following are suggestions for food sources that contain the essential vitamins and minerals specifically needed during the menopause years. Because these are foods and not vitamin/mineral pills, they contain all the necessary nutrients needed to be properly assimilated and utilized by your body. Do a checklist of these foods and see how many are included on a regular basis in your diet. If they are found lacking, you may wish to begin to include them daily.

#### 1. Vitamin rich foods:

a. Calcium rich foods are essential during this phase of our womanhood. Calcium helps prevent osteoporosis and other bone problems. It also is useful to help prevent hot flashes. Calcium is found in easily digestible forms in seaweeds, yogurt and other milk products, almonds, sesame seeds and sesame products, most dark green leafy vegetables such as spinach, chard, broccoli, turnip greens, and kale. There are many herbs that provide high amounts of calcium to the diet: Comfrey, Oatstraw, Nettle, Dandelion greens, Mustard greens, Horsetail, Chickweed, Amaranth, and Watercress.

Seaweeds are particularly high in calcium and though a major food source in many parts of the world, are often neglected in American diets. For comparison, 3 1/2 ounces of cow's milk contains 118 milligrams of calcium; the same amount of Hizike (a mild flavored seaweed) contains 1,400 milligrams, Kelp contains 1,093 milligrams, and Wakame contains 1,300 milligrams.

Along with foods high in calcium, you may wish to add a calcium supplement to your diet. If using pills, be certain the calcium is from an organic source and is bio-chelated for easy assimilation. An excellent calcium/mineral supplement that is made from herbs and organic sources of minerals is Floradix Liquid Iron + Herbs. It is widely available in natural food stores.





### High Calcium Candy

- 1 Cup Sesame Butter
- 1/2 to 1 Cup Honey
- 1/4 Cup Ground or chopped Almonds
- 1/4 Cup Ground Apricots
- 2-4 TB Powdered Calcium
- 1/4 Cup Toasted Sesame Seeds

Powdered Milk - enough to thicken candy

To Make: Mix honey and sesame butter together. Add remainder of ingredients. Adjust flavors. Thicken with powdered milk to form into balls. Roll in toasted sesame seeds or coconut flakes.

### High Calcium Shake

- 1/2 Cup Yogurt
- 1/2 Coconut juice or milk
- 1 frozen Banana
- 1/2 Cup frozen Orange Juice
- 2-4 TB calcium powder
- 2 Tb Sesame seeds
- 1 Teaspoon Bee Pollen
- 1/2 Teaspoon Spirulina
- 1/2 Teaspoon Dong Qui powder

To Make: Place all ingredients in blender and blend on high speed until creamy.



### b. Iron

An adequate intake of iron is essential for robust health and high energy. Its major role is keeping the blood oxygen-rich and it is found in every cell in the body. Even though it is found abundantly in food sources, the average diet is low in iron. Iron deficient cells cannot get enough oxygen and exhaustion, fatigue and stress result.

Iron is found in quantity in spinach, beets and beet greens, seaweeds, apricots, whole grains, wheat germ, bran, cereal (especially oats), raisins, tofu, molasses, sunflower seeds, and eggs. It is highly concentrated in many herbs; Parsley, Watercress, Nettles, Comfrey, Alfalfa, Horsetail. Along with iron rich foods, you may wish to add additional iron in the form of Floradix Herbs + Iron.

### 2. Vitamin E

Vitamin E is both a wonderful nutrient for the reproductive system and a specific remedy for hot flashes, muscle cramps, and vaginal dryness. It provides energy to the system by oxygenating the cells. Vitamin E is found in whole grains, cold pressed oils, dark green leafy vegetables, bee pollen and some nuts.

Along with a diet high in Vitamin E rich foods, Vitamin E is often recommended as a supplement during menopause. A suggested dose is 400 - 600 I.U. daily. For those who experience diabetes, rheumatic heart, and high blood pressure care should be taken; the recommended dose in these cases being no more than 50 - 150 I.U. daily.

### 3. Bee Pollen

This potent food source is a concentration of nearly all known nutrients. It is a complete protein containing all twenty-two amino acids. It has a higher concentration of the eight essential amino acids (those not produced in our bodies) than most other forms of protein. In addition to its protein content, bee pollen contains high levels of 27 different minerals, enzymes, and co-enzymes, Vitamin B-1, B-2, B-6, Niacin, Pantothenic acid, Folic Acid, Vitamin C, and the fat soluble vitamins, A and E.

A combined miracle of flowers and bees, these tiny grains of pollen provide some of nature's finest nutrition. A wonderfully uplifting food, bee pollen captures the essence of flowers and the energy of bees. Pollen is highly recommended for women during menopause and seems to definitely uplift the spirits and create greater energy levels. Interestingly, pollen is the male germ plasm of the flowering plant and is essential to life.

Use only small amounts out of respect for the energy that the bees put into collecting these golden grains of pollen. It is recommended to eat no more than 1 to 2 teaspoons a day (each teaspoon contains 4.8 billion grains of pollen!). For the best quality pollen, use it fresh, not in tablet form. Always eat it raw, sprinkled over salads, yogurt, by itself, or in blender drinks.

Some people suffer allergic reactions to bee pollen, though others claim it helps clear their allergies. The first time you try some, take just a few grains to test for allergic reactions.

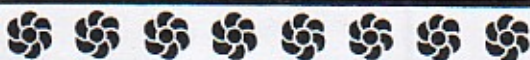
### 4. Spirulina

A tiny aquatic plant, spirulina is a blue-green algae that grows on fresh water ponds. It has been traced to the first forms of plant life on the Earth. Respected as an excellent source of nutrition in many cultures for centuries, it has only recently been introduced in the U.S.

Spirulina is 60-70% protein by weight. It is considered the highest plant source of usable protein and is second only to dried whole eggs when animal forms of protein are compared.

It is included as a wonder food for women of menopause years not only because of its high quality protein, but because of its concentration of B Vitamins and gamma-linolenic acid (GLA). The B vitamins help build a strong nervous system and help with the balancing of mood swings and depression. GLA is excellent for preventing degenerative diseases such as osteoporosis and arthritis.

Spirulina is available in tablets and powder form. I recommend the powder for quality and economy. However, most people find the "green" taste and looks overpowering and opt for the tablets. A recommended amount would be 2 Tablespoons of the powder or 6 tablets daily. An added benefit of spirulina is that it provides such quality nutrition, it





gives one a feeling of fullness and lessens the desire to eat.

#### 5. Dong Qui (*Angelica sinensis*)

This is one of the most wonderful herbs known for the female system and is used for the treatment of almost every gynecological ailment. As well as being an effective medicine when needed, it is a powerful uterine tonic and hormonal regulator and is used as a food supplement for these purposes. During menopause, Dong Qui helps tone and feed the reproductive organs and makes for an easier hormonal transition. It is also excellent for the circulatory system, is a blood tonic, and is high in minerals, especially iron.

Dong Qui is available at herb stores, natural food stores, and in Chinese pharmacies. It comes in many forms: tinctures, powder, tablets, whole root, and whole, pressed root. My personal favorite is the whole pressed root. They are beautiful to look at and easy to eat.

Suggested daily dose is: 2 TABLETS two times daily or 1/8 inch of the WHOLE ROOT eaten twice a day. If using the TINCTURE, recommended dose is 1/4 teaspoon mixed in juice 2 times daily. A taste for Dong Qui is easy to acquire; it is rather bitter sweet and exotic, but pleasant.

#### 6. Ginseng (*Panax ginseng* and related species)

Though many people relate Ginseng to the male system, I find it an excellent tonic herb for some women, especially those who need the "yang" or grounding energy it's famous for. Considered the "King of all tonics", Ginseng slowly and surely builds life force. It helps the body overcome fatigue and stress and is excellent for long term deficiencies and imbalances. It is recommended for women going through menopause as a rejuvenator for the entire system and as a hormonal balancer. It WILL restore and build energy if used over a period of time. One of its great values during menopause is its ability to produce a steady flow of grounded, well balanced energy and to aid in the elimination of mood swings and depression.

There are many varieties and grades of Ginseng. The better the quality, the more effective the herb will be, of course. Do not use "instant" Ginseng; it is of poor quality and ineffective at best. Buy your Ginseng from a reputable source, i.e. a good herb store or natural food store. The herbalist there should be able to help you select a good quality root. Chinese pharmacies have excellent selections but you have to know what you're looking for or be able to speak Chinese. Ginseng comes in many forms; tinctures, extracts, whole root, and powder. I prefer American Ginseng and white or red Ginseng roots from China.

Suggested dose; 2 TABLETS 2 times daily; OR TINCTURE, 1/4 teaspoon in warm water/tea 2 times daily; OR 1/8 inch piece of WHOLE ROOT chewed each day.

One of my favorite ways to prepare Ginseng is: Take one 4 to 6 inch root and slice. Put the slices in a small glass jar (or ceramic Ginseng cooker), cover with 3-4 cups of water, and seal with a tight fitting lid. Place jar in a large pot with enough water that covers jar about three quarters of the way. Put a lid on the large pot and slowly simmer for about 6-8 hours. Keep an eye on the water level. If it gets to low, add more water. This is a concentrated, powerful Ginseng tonic and will help restore vital energy if taken once a month. Fast or eat very lightly of grains and steamed vegetables when you drink this. Have one cup of this Ginseng broth in the evening, and one in the morning. Repeat until liquid is gone.

#### B. FOODS TO AVOID

The above dietary suggestions, though general, will enhance your health greatly. But if you are seeking optimum health at this time in your life, there are also certain foods that are necessary to avoid. Rather than sound like a broken record (most of you are aware that these foods are potential trouble makers) I'll just list them with a firm reminder that they ultimately really are not worth the trouble they cause.

Alcohol  
Sugar  
Caffeine  
White Flour  
Refined, processed foods  
Salt



#### C. EXERCISE

Why there is a tendency to slow down as we get older, I don't know. But it is so important to our health both physically and emotionally to keep active. We exercise when we're younger without much effort; it is part of the active lifestyle of the young. When we are older, it seems we must plan it into our lives and it takes more effort. Yet the benefits are tremendous.

Keeping active and fit during the menopause years ensures an easier transition. There are so many forms of exercise it is easy to find several that appeal to your needs and lifestyle. Not a "formal exerciser" I like to get my exercise by playing and working outdoors. I love skiing, horseback riding, snow shoeing, gardening, hiking and camping. In the winter, I add indoor work outs and weight lifting to supplement my activity. I've found as I grow older I am conscious of and enjoy physical exercise more. I also enjoy the benefits of it.

Exercise ensures strong, healthy bones and aides in preventing osteoporosis; it is one of the surest ways to keep bone calcium in the bones. The connective tissue of the cartilage, ligaments, and tendons become more resilient



and the bones become more dense. Many of the aches and pains of the joints will begin to disappear.

Exercise can also directly benefit women during menopause by positively influencing the hormonal system. Both the production and use of hormones are maximized by sufficient activity. A well functioning endocrine system nourished by good eating habits and exercise improves the entire physical and emotional experience of menopause.

Other benefits include a stronger heart capable of pumping more blood with less effort. Capillaries are added to the blood vessel system enabling more oxygen and nutrients to be carried to cells throughout the body. This increased circulation renews vitality and energy. Your skin will take on a new vibrant look.

Whatever form it takes, exercise should be a vital part of your life. Though gyms and health clubs offer a great deal they can not substitute for the great outdoors. Do not neglect "life exercise", the physical work outs that get you outside playing, working, and enjoying nature.

#### D. HERBAL FORMULAS

The following formulas strengthen and tone the endocrine system. The adrenals, which take on the role of producing estrogen after the ovaries cease to, often need a little extra help during this time. Each of these blends contains herbs that help revitalize the adrenal glands.

##### Formula 1 - Endocrine Tonic Tea

- 2 part Licorice
- 1 part Wild Yam
- 3 part Sassafras
- 3 part Sarsaparilla
- 1 part Vitex
- 1 part Ginger
- 1 part Cinnamon
- 1/2 part Orange Peel
- 1/4 part Dong Qui
- 1 part Dandelion root



To Make: Mix the herbs together. Adjust taste. For each quart of tea use 2 tablespoons of herb mixture. Simmer over a very low heat for 20 minutes. Strain. Drink 3-4 cups daily for 3 months or as long as needed. The herbs may be simmered several times before throwing out. In order for herbs to be effective, they must be used with consistency. Make a quart of tea each day and drink it throughout the day. It may be refrigerated and drunk cold.

##### Formula 2 - Endocrine Tonic Capsules

- 1 part Black Cohash
- 2 parts Kelp
- 1 part Spirulina
- 1 part Ginger
- 1 part Motherwort



- 1 part Licorice
- 2 part Yellow Dock Root
- 1 part Wild Yam Root
- 1/2 part Dong Qui

To Make: All herbs must be in powdered form. It is easiest to buy them already powdered if possible. If not, you can powder them in coffee grinders and/or nut grinders. (If using your coffee grinder, be forewarned; it will NEVER be good for grinding coffee again. You coffee will taste like herbs and vice versa). Mix together thoroughly. Cap in size "00" empty gelatin capsules (available at natural food stores and pharmacies) or rice paper. Take 2 capsules 3 times daily for 3 months or as long as needed.

##### Formula 3 - Endocrine Tonic Tincture

- 2 parts Wild Yam
- 1 part Sarsaparilla
- 1 part Blue Cohash
- 2 parts False Unicorn Root
- 1 part Dong Qui
- 3 parts Sage
- 3 parts Licorice
- 3 parts Dandelion Root

To Make: Mix herbs together. Put two ounces of mixture in a wide mouth bottle and cover with 1 pint of good quality brandy or vodka. Cover with a tight fitting lid and place in a shaded, warm area. Let your tincture sit for 2 to 4 weeks. Shake once a day to mix herbs and alcohol together. Strain through a strainer lined with cheesecloth. Rebottle the herbal liquid. It is ready for use. Recommended dose: 1/4 teaspoon diluted in tea or juice 3 times daily for 3 months or longer.

##### ★ 4. Dr. Christopher's Change-Ease Formula

Dr. Christopher was a famous herb doctor of this century. This formula used by many women before and during menopause with excellent results, is available at many natural food stores or you can make it yourself. Either tincture the herbs following the procedure above or powder the herbs and capsule them.

Contains: Black Cohash, Sarsaparilla, Ginseng, False Unicorn Root, Holy Thistle, and Squaw Vine.

##### 5. High Calcium Formula

Herbs are very concentrated in vitamins and minerals in a readily assimilated form. This tea will help ensure you are getting adequate calcium in your diet. It is pleasant tasting and can be enjoyed throughout the day. I usually make a couple of quarts of this tea daily and serve it to the whole family.

- 1 part Comfrey
- 1 part Oatstraw
- 1 part Horsetail
- 1 part Borage
- 2 parts Nettle
- 3 parts Peppermint
- 1 part Chamomile



\* most important



To Make: Mix herbs together and adjust flavors to suit your taste. Use 2 tablespoons per quart of water. Pour boiling water over the herbs and let steep 1/2 hour. Drink 2-4 cups daily.

#### 6. High Energy Formula

This tea blend contains no caffeine but will, if used over a period of time, restore vitality and energy. Unlike caffeine rich foods, it does not deplete the system, but contributes to a slow, steady surge of energy.

- 1 part Dong Qui
- 1 part Ginseng
- 1 part Ginger
- 2 parts Licorice
- 2 parts Ginkgo Leaf
- 2 parts Gota Kola Leaf
- 1 part Cinnamon Chips
- 1/8 part Orange Peel



To Make: Mix herbs together, reserving the ginkgo and gota kola leaves. Use 2 tablespoons of the root mixture per quart of water. Simmer over very low heat (with lid on pot) for 1/2 hour. Remove from heat and add 1 teaspoon each of ginkgo and gota kola. Cover pot and let steep for 1/2 hour. Strain and drink as desired, recommended amount being 1/2 cup twice daily. You can reuse the herbs for two to three pots of tea before they are depleted.

#### 7. Crone Candy

The crone represents the wise old woman in each of us and that time of life where wisdom is sought. Biologically, she corresponds to the menopause cycle of a woman's life. She holds the key to wisdom and maturity gained from life experience. She is the keeper of dreams, the Shaman within, and a spirit friend who can guide us on our spiritual quest. She is little understood in our society and rather than being respected and honored she is feared and ridiculed. The sum of our collected experiences as women, the Crone is a formidable force if not reconciled with. She makes herself known in one form or another. It is best to listen to her guidance and respond.

This special candy is in honor of her. Eat and enjoy!

- 1 Cup Sesame Butter
- 1/2 Cup (or more) Honey
- 2 Vials Royal Jelly
- 2 Tablespoons Ginseng
- 3 Tablespoons Dong Qui
- 3 Tablespoons Bee Pollen
- 1 Tablespoon Spirulina

Optional: Coconut, carob chips and/or powder, ground nuts, etc.

To Make: Mix honey and sesame butter into a paste. Stir in the remaining ingredients and mix well. Adjust flavors to taste. And roll into balls.



## SPECIFIC TREATMENTS FOR MENOPAUSE

### A. Hot Flashes

Hot flashes, also called flushing, flushes, or sweats, are not fully understood although they occur in about 75% of women during menopause. Every woman's experience of hot flashes is different. They can be absolutely unpredictable, or timely as a clock. For some women they last but a second or two, for others the hot flushing sensation lasts for minutes. In some parts of the world, hot flashes are considered a sign of well-being and women welcome them. For most women in our country, the sensation is regarded as unpleasant, though I have met women who like the warm, tingling feeling.

There are several hypotheses as to what causes hot flashes. One theory is that they result from vasomotor instability which affects the nerve centers and the flow of blood which in turn produces a prickly, hot sensation. Another factor is that the pituitary gland increases its production of the ovary-stimulating hormone FSH (follicle stimulating hormone) in response to the decreased production of estrogen and progesterone. The large amounts of FSH in the blood causes an upset in the intricate glandular balance in the body. Hot flashes may occur as a result of the body attempting to achieve a new hormonal balance. Yet another explanation is that the hormonal changes taking place irritate the blood vessels and nerves causing the blood vessels to over dilate which creates that "flushed" feeling. Whatever the cause, "hot flashes" creates an uncomfortable sensation in part because it is so unfamiliar and unpredictable.

With the use of herbs and diet it is possible to exert some control over the length and time of hot flashes. The following are suggestions that women have tried successfully:

1. Dr. Christopher's Change-Ease formula. (See recipe above). Take 2 tablets 3 times daily at the onset of hot flashes and continue to take for 3 months.
2. Concentrate on calcium and vitamin E rich foods. (See General Guidelines). Take 400-600 I.U. Vitamin E daily (See caution under General Guidelines).
3. Ginseng normalizes the body's response to hot and cold and is excellent for hot flashes. Take daily. (See Ginseng under General Guidelines).
4. Try drinking several cups of Sage tea daily. Sage is a "yang", grounding herb and several women have found it to be helpful in the relief of hot flashes.
5. The following herbal formulas have been used with success for normalizing the hot flashes.



a. Formula 1 Tea for Hot Flashes

- 2 parts Sage
- 1 part Blue Vervain
- 2 parts Motherwort
- 2 parts Blessed Thistle
- 1/2 part Rosemary



To Make: Mix herbs together. Add 1 teaspoon per cup of water that has been boiled. Let steep 1/2 hour with lid on. Strain and drink in small amounts as needed throughout the day; for example, 1/4 cup every hour.

b. Formula 2 Tincture for Hot Flashes

- 2 parts Wild Yam
- 1 part Licorice
- 1 part Black Cohash
- 1 part Ginseng
- 1 part False Unicorn Root

To Make: Follow directions for making tincture under General Guidelines. Take 1/4 teaspoon diluted in warm water or juice 3 times daily or as needed

**B. Thinning Vaginal Walls (Atrophic Vaginitis).**

The thinning of the mucous membranes along with a loss of elasticity in the walls of the vagina, cause an uncomfortable dryness in many women during the menopause cycle. The thinning of the vaginal lining is caused by the decreased production of estrogen by the ovaries. This thinning does not always cause problems, but can be painful if the lining of the vagina becomes inflamed, dry, and rough. Estrogen creams and pills are the common allopathic solution for this problem, but these products have serious risks and should be used with caution and awareness.

Though the medical name, atrophic vaginitis, makes this situation seem as if it is a disease, it is not. It can be remedied with simple loving care and understanding.

1. Above all, follow a good solid nutritional program during your menopause years. This, more than anything, will help prevent the vagina from becoming overly dry and thin.

2. Take 400-600 I.U. Vitamin E daily. (See caution under General Guidelines).

3. Drink at least 2 quarts of water and/tea a day.

4. Take Dr. Christopher's Change-Ease formula as directed under General Guidelines.

5. Apply the following herbal ointment daily when the vagina feels dry and irritated:

Herbal Ointment

- 1 part Comfrey Leaf and Root
- 1 part St. Johns Wort
- 1 part Calendula



\* Follow instructions in Lesson Two for making salves.

6. Aloe Vera/Slippery Elm paste is often used to soothe and lubricate the inflamed, dry vagina. Mix slippery Elm powder and Aloe Vera together to form a paste. Apply inside the lips and up into the vagina. It will feel very cool and soothing.

7. Always lubricate the vagina when dry before having sex so as to not further irritate the tissue. Use the above ointment (#5) for it's soothing, healing herbal properties. Or the oil from a Vitamin E capsule. Coco butter, coconut oil, and other fruit or vegetable oils such as almond oil and apricot oil make nice natural lubricants.

8. Exercise the PC muscle (the pubococcygeus). This marvelous muscle that stretches from the tail bone to the pelvic bone supports all of the internal pelvic organs and is directly related to the health of the vagina. If not exercised on a regular basis, The PC will, like any muscle, weaken and eventually atrophy. Lack of PC muscle tone can contribute to urinary incontinence, prolapsed uterus, lack of sensitivity in the vagina, dryness, and less pleasurable sex. With regular PC exercise, the entire pelvic region will become stronger and healthier. Fresh blood is drawn to the vaginal tissue creating thicker walls and more moisture. The supporting muscles become stronger, and there is an over all improvement in the health of the vagina.

Exercising the PC is fun. It is naturally stimulated by any activity where you must squeeze and release the pubococcygeus such as in sexual intercourse and in urinating. There is also a set of exercises developed specifically for the PC. Kegel exercises, developed by Dr. Kegel in 1940 as a non surgical alternative for urinary incontinence, can be done spontaneously anywhere, anytime. Do them when you're driving, standing in line at the grocery store, watching T.V. No one will ever suspect what you're up to.

**To Do Kegel Exercise**

First, identify the PC muscle. It is the muscle used to stop urination and tighten the anus. Kegel exercises are a concentrated tightening and releasing of that muscle. For best results, it is suggested to work up to 200 Kegels a day. Alternate between fast and slow contractions. Spread the exercises out during the day, starting with 50 in the morning, 100 in the afternoon, and 50 again in the evening. Like any exercise, it is important to begin gradually, work up, and to be consistent. Find a time of day or activity which works for you and go for it!. The results are certainly worth the time it takes.

**C. Water Retention. (Review Lesson Three on the Kidneys)**

The water element relates to our emotions and feelings. When we are deficient in body fluid, we experience a



dryness of feelings, and/or hot, eruptive feelings such as anger. When we have excess water in our systems, we often become overly emotional, weepy, and depressed.

Women in menopause often experience water retention and all the symptoms of it; bloating, swelling, depression, mood swings, and emotional outbursts. During the menopause years the hormones are changing considerably. These hormones, especially estrogen, help to regulate the fluid balance. Unusual fluctuations of estrogen cause the body's sodium levels to rise which in turn cause the cells to retain more water. These slight variations in body chemistry make a profound difference in the ecology of our systems. Even a few ounces of excess water can cause breast tenderness, swelling, depression, and anxiety.

The solution is NOT to limit your fluid intake. Quite the contrary, water is a natural diuretic, essential to cellular health, and is necessary to correct the problem of water retention. Though so many women resort to diuretic pills which actually upset the sodium/potassium balance and further agitate the problem, water retention is very easy to correct with natural means.

1. Throw the salt shaker out the back door. At least, take it off the table and leave it out of your foods when cooking. Avoid salty foods.

2. Drink 2 quarts of water and/or tea daily. (Unsweetened cranberry juice is a refreshing tonic for the kidneys and urinary system. Dilute and sweeten with a little honey if necessary). If no other cranberry juice is available, Ocean Spray will do.

3. Drink 3 cups daily of the following natural diuretic tea daily:

- 1 part Chickweed
- 1 part Cleavers
- 1 part Oatstraw
- 2 parts Cornsilk
- 1 part Pipsissewa (or 1/2 part buchu)

To prepare: Mix herbs together. Use 2 tablespoons per quart. Pour boiling water over the herbs and let steep for 1 hour. Strain. Let cool and drink 3 cups daily.

4. Take a good quality calcium/magnesium supplement each day and/or drink a High Calcium Tea made of Nettles, Comfrey, Oatstraw, Raspberry leaf, and Horsetail.

5. Exercise to work up a sweat and get your circulatory system moving. Hot and cold baths are excellent as well as saunas and jacuzzis but follow always with a cold or cool shower.



#### D. For Backache due to Menopause

Several of the symptoms experienced during difficult menstruation are present for some women during menopause. Those imbalances of hormones have a definite way of letting us know when something is awry. Lower backache can often be caused by water retention and/or stress. If chronic backache is a problem for you during menopause follow the suggestions listed under General Guidelines and under Water Retention. The following suggestions are recommended specifically for back aches:

1. When experiencing back pain, take 2 tablets of Valerian root every 2 hours. For faster relief, use Valerian tincture and take 1/4 teaspoon diluted in 1/2 cup warm water or chamomile tea, every hour or as needed.

2. Gently massage the lower back. This ideally is done by some else, but can be done effectively on yourself. Use this special oil made for backaches:

- 1/2 Ounce Chamomile Flowers
- 1 Ounce Valerian Root
- 1/4 Ounce Ginger
- 1/2 Ounce Sassafras
- 1 Pint Olive Oil



To Make: See Lesson 2

Though this oil will not smell very pleasant (valerian either smells like the rich warm earth or dirty socks, depending on your sense of smell) it is very effective. You may wish to scent the oil with Sage or Eucalyptus oil.

3. Drink a mixture of Pennyroyal and Chamomile tea. (CAUTION: Pennyroyal should not be drunk by pregnant women, generally not a problem during menopause but the warning needs to be given none the less.)

4. Hot herbal baths, jacuzzis and saunas are all very relaxing and will generally soothe a back ache away. Do not attempt to carry the world on your shoulders; it is very hard on your the back.

#### ESTROGEN REPLACEMENT THERAPY (ERT)

ERT drugs effectively mask many of the "symptoms" of menopause. They can make wrinkles less apparent by pumping up the cells causing them to retain water, cause greater lubrication of the vaginal lining, and alleviate hot flashes. There is also increasing evidence that ERT therapy does help prevent bone loss that can lead to osteoporosis, though how this is achieved is still unknown.

But ERT has known risks and the long term effects of taking it are still an unknown factor. The most serious known risk of taking ERT drugs is cancer of the endometrial lining of the uterus. The average incidence of endometrial cancer



(especially asparagus, steamed dandelion greens, string beans).

(3) Immediately begin drinking one quart unsweetened cranberry juice daily. Drink in small amounts. As suggested earlier, this is best diluted with urinary tonics. Example:

- 1 part marshmallow
- 1 part cleavers
- 1 part chickweed
- 1 part cornsilk
- 4-6 parts unsweetened cranberry juice

Make a tea (3-4 teaspoons per quart of water. Infuse 25-30 minutes). Mix with equal amounts of unsweetened cranberry juice. Unsweetened cranberry juice can be bought in natural food stores. If you're prone to cystitis, purchase several bottles of cranberry juice to have on hand when needed. (P.S. if you can't find unsweetened cranberry juice, Ocean Spray works just fine).

(4) Rest is essential. Most people when they have cystitis try to work through the day as if nothing were wrong. But there is; they have a bad infection. Bed rest helps facilitate the healing and is really important. Give your kidneys a quiet, nourishing rest period. Warm ginger poultices over the kidneys and a hot herbal bath feel marvelous. Wrap a thin wool cloth over the kidneys for extra warmth and support. You may, in fact, find that giving yourself a real day of rest will help facilitate your healing much quicker so you can 'get on with life'.

(5) When one has cystitis taking Acidophilus is very helpful. I usually recommend 1 teaspoon every three to four hours or follow suggested dosage on the container.

(6) The following teas are specific Herbal Formulas for the acute stage of cystitis, Suggested dosage is 1/4 cup every half hour.

<u>Formula One</u>	<u>Formula Two</u>
2 parts uva ursi	1/2 part yarrow
1 part marshmallow	1 part cleaver
1 part buchu	1 part chickweed
1 part pipsissewa	2 parts pipsissewa
	1 part horsetail
	2 parts cornsilk

(7) During the acute stage take two capsules ("00" size) of the following formula every three hours:

- 1 part golden seal
- 1 part myrrh
- 1 part ginger
- 1 part marshmallow

(8) When the acute stage of cystitis is over, follow with an effective urinary tonic tea. Drink one cup three times daily for at least one week. Continue drinking cranberry juice and follow dietary guidelines.

### Kidney/Bladder Tonic

- 1 part cleaver ✓
- 1 part chickweed ✓
- 2 parts cornsilk ✓
- 1 part pipsissewa ✓
- 1/2 part horsetail ✓
- 2 parts dandelion ✓
- 1/4 part ginger ✓



Do not douche during the acute stage of cystitis or in period following. Douching can drive the infection further up into the kidneys and cause a kidney infection.

The orthodox treatment for cystitis is antibiotics, but antibiotics do not correct the imbalance that created the problem in the first place. Instead, they will destroy not only the harmful bacteria but the healthy as well, which leaves the system vulnerable to future infections. If you feel you must take antibiotics, eat lots of yogurt and acidophilus daily, and follow the dietary and herbal suggestions outlined above.

### WATER RETENTION

When the kidneys are not functioning as they should, they are not able to maintain a proper water balance in the body. The results can be puffy eyes, oftentimes a bloated feeling where fingers, toes and ankles swell up, lower back pain especially noticeable at the kidney points, and moodiness and depression are prevalent. Women may experience some of the above symptoms during pregnancy, before and during their moon cycles, and during hot weather. These would signify that the kidneys need attention.

### What to Do for Water Retention:

(1) I can't over-emphasize the use of Dandelions for the health of the kidneys. If you were to do nothing else but to include Dandelion root and leaf on a daily basis, your kidneys would benefit immensely. Eat dandelion greens and roots (and lots of them). Used over a period of time, dandelion is as effective and much safer than synthetic diuretics. Dandelion contains a high percentage of potassium which synthetic diuretics wash out of the system, thereby complicating the situation. I suggest dandelions eaten raw in salads, and juiced with other potassium rich herbs and vegetables as a tonic green drink. With the addition of this one herb in the diet, one will see rapid improvement.

(2) Drink a good, effective diuretic tonic daily. These are two formulas I've found to be very especially effective. Drink at least one quart daily. Drinking the proper amount of tea and water will not add to the problem of water retention. The problem is not too much water, but the kidneys' inability to filter and eliminate toxins. Water flows and is a gentle method to relieve stagnation, to dilute toxic

horsetail  
papsaya  
myrrh  
slipperry elm  
yuba water



in women of postmenopause age is one in 1,000. For women who have been on estrogen therapy for two to four years, this percentage increases four to eight times; and for women on estrogen therapy for over seven years, it increases fourteen times.

There are other side effects also. All of the symptoms of water retention such as weight gain, breast tenderness, depression, and excessive mood swings, are inherent in ERT. "Breakthrough" bleeding is one of the most common side effects and an increase in the size of already existing benign tumors of the uterus.

But the worst side effect of all is the masking or postponing of a natural and important cycle of our life and a denying of our inherent ability to effectively deal with these life changes. There are certainly situations where it is necessary to take ERT, but continue to work with your internal cycles by implementing the dietary and lifestyle changes you feel are appropriate. Do not think that the drug is the magic pill that will cure everything. You are still in control and ultimately responsible for the health of your body.

If you decide not to take ERT or wish to discontinue its use, the following suggestions have worked for many women:

1. Follow the suggestions listed under General Guidelines with special emphasis on diet and exercise, and emphasize the following items.

2. Take 400-800 I.U. Vitamin E daily (See Caution)

3. Take Dr. Christopher Changease Formula, 6 tablets a day.

4. Dong Qui and/or Ginseng daily

5. 1 one inch round ball of Crone Candy daily

6. Make the following formula into both a tea and tincture. Mix 1/4 teaspoon of the tincture into each cup of tea and drink 2-3 cups daily:

- 2 parts Wild Yam
- 4 parts Licorice
- 3 parts Sarsaparilla
- 1 part Vitex
- 1/2 Black Cohosh
- 1 part False Unicorn Root
- 2 parts Sage
- 1 part Cinnamon
- 1 part Ginger

To make as a tea: Mix herbs together. Use 1 teaspoon of herb per cup and simmer, with lid on, over low heat for 20 minutes. Strain and drink 2-3 cups daily.

To Make as Tincture: Mix herbs together. Place two ounces of herbs in a wide mouth jar. Pour one pint good quality brandy or vodka over the herbs. Place in a warm,

shaded spot and let sit 2-4 weeks. Shake bottle every day. Strain herbs from alcohol and rebottle for use. Store tincture in a cool area, it will last indefinitely. To use, mix 1/4 teaspoon in 1 cup of tea and drink several cups a day.

7. Avoid or decrease your consumption of refined, processed foods, sugar, and caffeine rich foods such as coffee.

If you are already on ERT therapy but wish to discontinue or cut back on it's use, do so SLOWLY and GENTLY. Each day shave off a tiny bit of your standard ERT dose with a sharp knife or razor. Do so SLOWLY over a long period of time while INCREASING those items that stimulate your body's inherent wisdom and desire to create balance. Follow suggestions listed above and under General Guidelines. If you reach a point where you feel you are decreasing ERT to quickly, stay at that dosage until your body stabilizes again. Then continue with the program. This process of balancing and reawakening the body's natural ability to create its own hormones may take several months but has proven effective for many women.

#### IV. In Conclusion

Though both confusing and exciting, menopause is a time of quiet power and mature strength. We have tasted and drunk from life's deep well. We have made love. Had babies. Climbed mountains. Danced. And cried deeply. Having experienced much that life has to offer, called on by the Great Mystery, we continue to explore life from a new vista.

Our biggest ally at this time is the Crone, the Old One, the Wise Woman of every culture. Where does she exist in our culture? You may have to seek hard to find her, but she is there, buried deep within your heart waiting to be heard and understood. She carries the gifts of herbs, wisdom, and acceptance. She invites the child within you to wake up and play. She is the mother of youth and the gate way to wisdom gained from life experience. And we, each of us who are Women of Menopause, stand at Her threshold awaiting her gifts if we only dare seek.





### Menstrual Discomfort

1 part pennyroyal  
 1 part chamomile  
 3 parts raspberry leaf  
 1/2 part hops  
 1/2 part ginger

### Digestive Aid

1 part papaya leaf  
 4 parts fennel  
 1 part anise  
 1/2 part coriander  
 4 parts peppermint  
 3 parts lemon grass

### Tinctures for:

fever  
 menstrual pain  
 disinfectant  
 hemostatic - internal/external bleeding  
 Shepherd's purse/yarrow tincture  
 goldenseal tincture  
 echinacea tincture  
 diarrhea - blackberry root tincture  
 antispasmodic tincture (convulsions and epileptic attacks)



### Medicinal Oils

mullein flower oil and/or garlic oil for ear infections  
 tree flower oil  
 trauma oil  
 eucalyptus oil

### Miscellaneous Remedies

vapor balm - for congestion and head colds  
 mustard powder - for mustard plasters  
 Rescue remedy

### Other first aid items

Hot water bottle  
 ice bag  
 thermometer, tweezers  
 large cotton bandages      standard bandages  
 gauze roll tape  
 safety pins

Small medicine bundle - This is my magic, my reminder of prayer of peace, my mantra. In it I include my healer's crystal, a feather, a few medicine objects I've received. For survival situations, the mantra, "don't panic - don't panic - don't panic", is a favorite saying learned from an old herbalist.

My Backpacker's Travel Kit - I've traveled to many parts of the world with this simple but versatile kit. It fits in a tiny roll-up pouch.

1. Salve - One
2. Liniment - One small bottle
3. Rescue remedy
4. Gauze bandage and tape
5. 5 powdered herbs: Echinacea, Golden Seal, Slippery Elm, Myrrh, Cayenne
6. peppermint oil, tiny crystal, feather, a bit of cornmeal for offering, an instinctive knowledge of

what grows around me, and my own useful hands and heart complete my travelers kit.

### KITCHEN MEDICINE

Perhaps the handiest first aid kit is the one that is in a person's kitchen closet. After all, many products found in the kitchen are natural and herbal and are some of the most available remedies for household emergencies.

Honey - a good dressing for burns. Dilute and use as eye wash for irritated, inflamed eyes. Use as a soothing antiseptic for bee stings and insect bites.

Vinegar - (especially apple cider vinegar or an herbal vinegar) as a gentle astringent. Effective for poison oak, insect bites, stings, varicose veins, for some types of rashes and for the relief of hives. Useful in most cases where a mild astringent or disinfectant is needed.

Potato, cabbage, carrots - excellent for poultices

Onions - high in sulfur. Excellent for oozy, weepy types of infections. One of the best poultices for ear infections.

Garlic mix with olive oil for the best ear oil (See Lesson Two). The poor man's penicillin, use garlic to ward off colds, infections, to discourage intestinal parasites, to generally protect your family, and as a social sensor for warding off the "undesirable".

Ginger - excellent mild stimulant. Good for nausea, sea sickness, motion sickness, flu, stomach flu, congestion, poultices (for chest).

Cayenne - stops bleeding, arrests heart attacks, laxative, decongestant, stimulant.

Mustard (dry powder) - excellent poultice for lungs.

Epsom salts - used for drawing and drying out infection externally as a wash.

Fennel Seed for gas, colic, flatulence.

Sage - for sore throats and colds.

I'm searching the pantry of my mind for other first aid items readily found in most homes. My mind keeps escaping out the front door. Know a few useful "garden weeds." They could save you from much suffering. Weeds that you'll find in almost everybody's back yard that definitely are first aid herbs include:



## MAKING YOUR HERBAL FIRST AID KIT

In previous lessons you've learned how to make all of the basic herbal first aid products. Putting them together into a kit will help you in many ways:

1. Having them handy when you need them.
2. Helping you with inventory - knowing where things are and when they're running low.
3. It's a great learning and teaching tool.
4. Provides you with herbal first aid in the house, in the car, and when traveling via backpack, train or plane.

All students at the Herb School were asked to complete a first aid kit. It was both a fun and an educational project. Though the students at CSHS made most of their own products, and I encourage you to also, it is not absolutely necessary. There are many excellent organic herbal products on the market these days. You can choose to have someone else do that part of the work for you if you like, but it is important to have the items on hand.

The following suggestions are important when creating your first aid kit:

1. Keep all items in one place. I suggest a standard medicine cabinet, a basket, or a shelf in an easily accessible place in the house.
2. Keep items in stock. Inventory your herbal kit once in a while and take note of items you're low or out of.
3. Label all items carefully. They should be marked for internal or external use (very important!) and dated.
4. Other people may need to use your kit. Be sure items are carefully labeled and include simple directions for use.

**A first aid kit for the home** should include all the items you can perceive you'd need for common first aid situations and health care needs. Space is generally not a problem in the house, so stock up with what you need. Don't be one of those people who say, "If I only had my Golden Seal!"

**A car first aid kit** must be more compact containing only those items you might need for emergency situations. You obviously can't drive around with bottles of bulky tinctures or a trunk full of supplies. What is essential? To decide you might want to look at a standard first aid kit sold for the car and use that as an example of how to make your herbal one.

**And for wilderness trips, backpacking, and long distance traveling** knowing how little to take and what is essential is a fine art and necessary to the

traveler.

What is included in your kit is completely contingent upon the needs of your family. The following examples of kits give you an idea of what can go into an Herbal First Aid Kit.

### EXAMPLE NO. 1

**General First Aid Kit** - for family of five, 2 adults, 3 teenagers, very active lifestyle, recurring health problems - back injury, general cuts and wounds, poison oak, tick bites, bee stings, insect bites.

1. Herbal salves (See Lesson Two)  
Goldenseal - all purpose  
St. John's wort/calendula for burns, scratches, wounds.
2. Kloss's Herbal Liniment (Lesson Three). External use only - a powerful disinfectant.
3. Aloe vera gel - internal/external. Very soothing for cuts, wounds, minor burns, poison oak. Excellent internally for constipation. Do not use when staph or strep is suspected.
4. Powdered herbs - can be used as poultices, compresses, capsules, or pills. One ounce each of the following powders:

goldenseal	myrrh
cayenne	valerian
slippery elm	chapparral
echinacea	comfrey root

5. Cut and sifted herbs for teas. Three to four ounces each of the following:

peppermint	valerian
chamomile	ginger
lobelia	echinacea
comfrey	pennyroyal
mullein	yarrow

6. Pre-mixed herbal tea formulas for:

Colds	Lungs
1 part comfrey leaf	2 parts elecampane
1 part mullein	3 parts ginger
1 part coltsfoot	2 parts comfrey root
3 parts peppermint	1 part pleurisy root
1 part elder	1/2 part cinnamon
1/2 part yarrow	1/2 part echinacea

#### Sore Throat

3 parts slippery elm  
6 parts licorice  
1 part cherry bark  
2 parts comfrey root  
2 parts ginger  
1 part cinnamon  
1/2 part orange peel  
1/2 part echinacea

#### Nervine/Anodyne

4 parts chamomile  
4 parts peppermint  
1/2 part hops  
1/2 part valerian  
1 part passion flower  
2 parts roses  
1/2 part lavender  
3 parts spearmint



### Eucalyptus Oil- Oleum Eucalypti

The Eucalyptus tree is among the tallest trees in the world. The variety Eucalyptus amygdalin sometimes grows as high as 150 yards and thus even higher than California Sequoias. The Eucalyptus globulus, from which the oil is made, also reaches heights of up to 100 yards.

Eucalyptus oil has very widespread applications. It is used in baths for its antiseptic action and when respiratory problems prevail. It seems to clear the respiratory passages, especially when inhaled or rubbed on the chest. It is also employed in massage oils or ointments for skin affections, chapped hands and as a rub for joints and muscles. If absorbed on honey or sugar and then dissolved in water or herb tea it has a strong antiseptic and diuretic effect on the urinary tract and is most useful with all forms of bladder catarrh. It proves very helpful for colds, herpes, and flu or generally for virus infections. It is interesting to note that it has been known for a long time that the complete essence is much more effective against infections than the isolated compound Eucalyptol which is a main constituent of Eucalyptus

Essential oils that are used internally include (this obviously is not an inclusive list):

Peppermint Oil- used as a flavoring for other herbs, as a tea to settle upset stomachs; used in cough syrups and lozenges. *flatulance*

Clove Oil- used to warm the body; serves as an anodyne for tooth ache.

Eucalyptus Oil- has a strong antiseptic and diuretic effect on the urinary tract and is useful in all forms of bladder/urinary infections.

Lemon Oil- counteracts stomach acidity and speeds up a slow digestive system. Stimulates secre-



Hyssop: Hay fever, asthma, chronic bronchitis.

\* For relief of hay fever symptoms, take equal amounts of hyssop/cypress in the morning and rub 4 drops of the mix on the palms of hands during the day and inhale. Procedures can be repeated frequently.

This formula is a well known and much used cleanser for the Liver. The recipe sounds weird, tastes good, and has a wonderful refreshing effect upon the Liver. It can be drunk periodically as a Liver tonic or taken every day for a week as part of a Liver cleanse. Plan to drink it in the evening or when you have nothing social planned, as it tastes and smells strongly of GARLIC!!

1/4 cup fresh squeezed Lemon Juice

3/4 cup fresh squeezed Orange Juice

(The proportions of these two juices may be changed to suit your taste, but Lemon is by far a better tonic for the Liver than is the overly sweet, acidic Orange.)

1 Tablespoon Extra Virgin Olive Oil

2 Cloves of raw Garlic (or as little or much as you can handle).

*1 piece ginger - size of thumb nail*

Place all ingredients in the blender and blend until creamy.

Drink 1 cup daily. About a half hour after drinking the Liver

Cleanse follow with a warm cup of this tea:

1 part Comfrey

\* 1 part Fenugreek

2 parts Peppermint

*4 T quart*

Lavender: Antiseptic, anti-inflammatory, respiratory diseases, migraine, vertigo, diarrhea.

\* External application: 10 drops in one oz of vegetable oil or cream.

\* Can be put on neat on wounds and burns for antiseptic conditions and quick healing.

\* Neat on insect stings, mosquito bites. Should be used as often as possible in skin preparations and cosmetics. It is rejuvenating for the skin. Frequent use has an excellent preventive effect against infections. Very universal.

cramps, painful period, scabies.

\* Refreshing and cooling in baths. *pep*

\* External application: 5 drops mixed into 1 oz of oil or cream.