

## “NATURAL RELIEF FOR PMS SUFFERERS - THE BALANCING ACT”

**Why do women’s hormones get out of whack? And, why is it so difficult to keep hormones balanced? So many factors are involved such as internal, external, environmental, emotional, and stress of all types.**



Let’s look at a couple of these factors: **Toxin Overload and Stress**

### 1. Toxin Overload

Female reproductive health may be affected by a wide range of chemicals present both in the environment and within consumer products called endocrine-disrupting chemicals (EDCs). These substances have been linked to an increased incidence of early puberty and other gynecological problems. EDCs are embedded in products such as pesticides, plastics, chemical drugs, and even personal hygiene products. Personal care products, marketed uniquely to women, are a specific source of EDC exposure.

What can we do about it?

- Minimize the exposure to and the use of EDCs products.
- Choose BPA-free cosmetics, EDC-free feminine hygiene products, and glass food/water containers, being aware of how these EDCs are entering the body will help us make cleaner choices with regards to the water and foods we ingest.
- Neutralize these toxins by way of antioxidants and liver boosting herbs, such as those found in Woman’s Wonder Drops, as part of a detoxification and hormone balancing protocol.

### 2. Stress

The adrenal hormones have a powerful effect on all other hormones. Stress can both predispose patients to and precipitate hormonal imbalances. Stress may also increase symptoms for patients with existing hormone imbalances. The steroidogenic pathways are modulated by many factors, of which stress is just one example. Start with supporting the adrenals. Adaptogen herbs, such as those found in Woman’s Wonder Drops, help to nourish the adrenals. As we know, stress can exacerbate PMS symptoms, usually starting a week before menstrual flow begins and ending shortly thereafter. PMDD, (premenstrual dysphoric disorder) is the term used to describe severe PMS symptoms with a more debilitating outcome. But even for general PMS, some months PMS symptoms can be worse or better than others. Possible symptoms of PMS include bloated stomach, water retention (inflammation), lower back pain, cravings for certain foods (ex. chocolate/sweets), mood swings, depression, irritability, fast heartbeat, anxious, brain fog, tender breasts, headaches, joint pain, loose stool, malaise and more. Some other causes of PMS symptoms include hormonal changes and imbalances, poor diet, depression, anxiety, thyroid problems, and lack of exercise. Aside from these factors, most women who experience PMS symptoms typically are not getting enough calcium, B vitamins (especially B6) and vitamins K and E, among other nutrients from their diets. For instance, magnesium deficiency also plays a role. It is noted that Blessed Thistle contains magnesium, which relaxes the uterine wall.

When women don’t consume an ample daily supply of these essential nutrients, their body demands urgent attention by intensifying PMS symptoms. Leafy greens such as kale, lettuce, spinach, are great sources of these nutrients. Eating arugula and broccoli also supplies the body with elemental calcium and other bioavailable nutrients to help minimize PMS symptoms.

Toxin Overload and Stress are both contributing factors when it comes to inflammation and pain in PMS sufferers. Prostaglandins are also part of the problem and the solution.

**Here’s why:** Prostaglandins are compounds in the body made of fats that have hormone-like effects. They’re interesting because they can have different effects depending on the receptors where they attach. Some known effects include uterine cramping and increased sensitivity to pain. Unlike hormones, they aren’t released from a specific gland. Instead, the body has several tissues that can make prostaglandins. Prostaglandins can promote pain reduction, yet they can also cause it.

Mild inflammation is one of the earlier steps to healing. Prolonged inflammation becomes problematic when it’s linked with chronic pain and illness. Too many prostaglandins in the body can cause health complications such as menstrual pain and cramping. All this means is the body’s innate wisdom to swell where there is an injury site to aid in the prevention of spreading the infection is healthy and protective, but when inflammation gets out of hand, it is a fine line where it then causes more pain and tissue damage. The synergy of the Woman’s Wonder Drops addresses the excess swelling, helping to relieve the excess inflammation and thus, relieving the pain.



### What else can be done to help?

To answer that, let’s take a closer look at the 11 herbs in Woman’s Wonder Drops.

**Blessed Thistle** - often used as a female tonic and emmenagogue, helpful in regulating menstruation. Relaxing the uterine musculature (myometrium), and ridding of excess swelling.

**Squawvine** - also known as partridgeberry - has tonic influence on the uterus and ovaries and is taken traditionally, to help normalize or regulate menstruation and to relieve heavy menstrual bleeding (menorrhagia) and pain.

**Raspberry Leaf** - has a long tradition of use as a stimulant, tonic and regulator of the uterus. It is traditionally used in Herbal Medicine as a general gynecological aid for a wide range of female concerns, including menstrual irregularities and painful and profuse menstruation. The herb is also emmenagogic, helpful in improving menstrual function and flow, generally.

**Crampbark** - is considered one of the very best herbs for dysmenorrhea. It is among the most widely used herbs for regulation and relaxation of the ovaries and uterus.

**Uva-Ursi** - contains hydroquinone, saponins and astringent tannins that together have healing, strengthening and tonic effects on the entire genitourinary system. As a diuretic, it is a beneficial herb because fluid retention is often associated with PMS, and in painful menstruation.

**Dong Quai** - commonly used as a blood purifier, giving “Qi or Chi” - life energy to the blood. This herb is a neuromuscular relaxant/sedative with strong affinity for the female reproductive system, therefore, of particular use for abnormal or irregular menstruation, PMS, delayed or suppressed menstrual flow and weakness, amenorrhea or scanty periods, menorrhagia, and dysmenorrhea. Dong quai is specifically indicated where amenorrhea follows menorrhagia or is associated with anemia. Together, with the other herbs in this formula, it helps to tonify and strengthen the uterus.

**Ginger root** - commonly used as a tonic, for its anti-emetic, antispasmodic, anti-inflammatory, and pain-relieving effects to stimulate metabolism and circulation, and to enhance the actions of other herbs that it is combined with.

**Lobelia** - is a powerful nervine and antispasmodic that helps to reduce pain due to spasm of any nature and alleviates tension. As a general systemic relaxant with diffusive stimulation, it helps to equalize circulation and relieve vascular tension, and enhance the absorption of the other herbs in the formula.

**Marshmallow Root** - is helpful for soothing irritated uterus. It is also diuretic and anti-inflammatory, making it particularly useful in water retention.

**Goldenseal root** - is antiseptic, antimicrobial, diuretic, and astringent. It is traditionally used in dysmenorrhea and hemorrhagic conditions of the uterus and pelvis to balance menstrual flow.

**False Unicorn** - is among the best and most positive stimulant tonics traditionally used for the uterus and ovaries. Its combined uterine tonic, emmenagogic and diuretic actions have a normalizing or adaptogen effect on the female reproductive system, promoting regular menstruation. It is indicated traditionally in amenorrhea (absence of menstruation), painful periods, ovarian cysts, and other menstrual disturbances. It works to increase estrogen by binding to estrogen receptor sites.



### IN CONCLUSION

The Woman’s Wonder Drops formulation was designed using Traditional principles and practices, to provide a safe, balanced natural health product for self-use by women for relief of cramping and pain associated with menstruation.

The formula is an extract of 11 herbs that have all been used traditionally in Herbal Medicine as female tonics and other remedies for the female reproductive system, and in support of women’s health in general.



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