

Female_Formulas_2004.txt

Note: The original Doc Christopher formulae for these listed below contained the addition of equal parts of Blue and Black Cohosh. I strongly recommend you put them back into these formulae. Ian "Doc" Shillington

#1 Basic Endocrine Balance Formula (men and women and even for Diabetes)

1 part Chaste Tree Berry (Vitex)
1 part Angelica sinensis
1 part wild Yam

#2 Endocrine Balancer and Sedative Formula

1 part chaste Tree Berry
1 part angelica S.
1 part Wild yam
1 part Valerian Root
1 part Passion flowers
1 part Hops flowers

#3 Menopausal Ladies Formula

50% - 1 part Chaste Tree Berry
1 part angelica
1 part Wild yam

50% - 1 part Black cohosh
1 part Blue Cohosh
1 part Blue Vervain
1 part Scullcap
1 part Lobelia
1 part Skunk Cabbage.

#4 Female Tonic Formula

4 oz Dong Quai
4 oz Wild Yam
4 oz Chaste Tree
2 oz licorice
1.5 oz Damiana Leaf
.75oz Hops Flower

#4 Female Menopause Hormone Balance Formula

25% Dong Quai (Angelica Sinensis)
25% Chaste Tree Berry
25% Wild Yam Root

12 1/2% Equal parts of -Valerian Root
-Passion Flower
-Hops flower

12 1/2% Equal Parts of - Uva Ursi Leaf
- Cornsilk
- Juniper Berries
- Dandelion Root.

You can vary these to suit your needs.

Much love,

Doc