

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 Endrocrine Balance Formula (men and women and even for Diabetes)

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

#2 Endrocrine 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 Fornula

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

Female\_Formulas\_2004.txt

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