

THESE ARE THE MOST POWERFUL FORMULAS I RECOMMEND

JUST FOR WOMEN

This covers menstrual issues, UTI's, morning sickness, mastitis, infertility, women's health, hair loss, frequent urination, and menopause. Yes, there are herbs for all of that!!



You can get them on my site, or make your own with your favorites. If you lose this list, you may access them directly at [Fullscript](#) under recommendations/Protocols/Just for Women when you create your account. You may also get them wherever chinese herbs are sold. Where ever you get them, it's best to have them on hand!

You do not have to get ALL of these formulas.

Please see which applies to your symptoms and chose accordingly.

THREE IMMORTALS



- For insomnia due to menopause. With accompanying symptoms of hot flashes, night sweats, headaches/migraines, irritability, palpitations, vertigo, tinnitus, depression, low back pain, hot hands and feet, especially at night, constipation, bleeding gums, low sexual drive. For severe hot flashes, add Coptis Purge Fire. If more anger and irritability than heat signs, try Women's Balance instead.
- Take 1-3 tablets, 2-3 times a day
- Safe for pregnancy & breastfeeding. Kids shouldn't need this one!

FERTILE GARDEN



- **This is a baby making formula! It is generally for women in the mid-thirties and older who have scanty or early periods, breast distention and depression.** If you are tired after your period, take Eight Treasures after you stop bleeding until ovulation. If you have severe PMS, take Woman's Balance from mid-cycle to bleeding. Add Channel Flow during your bleeding for painful periods.
- Take 2-4 tablets, three times a day.
- It is safe for pregnancy, but discontinue it when pregnancy is confirmed. Kids and breastfeeding moms don't need it.

UNLOCKING FORMULA



- **Good for menstrual pain, with feelings of heat. Also treats Endometriosis, back pain before or during menses, cystitis prior to menses, painful ovarian cysts, uterine fibroids, chronic PID, chronic abnormal vaginal discharge and various cervical dysplasia.**
- This is a cooling formula, so if you run cold, don't take it!
- Take 3 tablets 2-3 a day
- Not for pregnant, breastfeeding moms or kids.

WOMAN'S BALANCE



- **Treats PMS with bloating and breast swelling, irregular periods, mild cramping. It helps mild depression. Also treats hepatitis and liver cirrhosis and Irritable Bowel Syndrome.**
- Take 1-3 tablets, 2-3 times a day.
- **For PMS, start taking once you stop bleeding up until you start your period.**
- Not necessary for pregnancy or breastfeeding or kids.

CHANNEL FLOW



- **A Great pain reliever! Decreases menstrual pain and cramps. Reduces abdominal pain as well as joint and muscle pain. Helps with headaches, arthritis and fibromyalgia.**
- For menstrual pain, add a heating pad on your lower abdomen or back. Avoid cold and iced food and drinks.
- Do not use for pregnancy.
- Take 2-3 tablets every 3-5 hours for pain as needed.

BUPLEURUM ENTANGLED QI



- **Treats breast lumps, uterine fibroids, ovarian, vulvar or cervical cysts. Can help post-breast cancer treatments.**
- Take 3 tablets, 2-3 times a day. It may take 3-12 months to resolve cysts. Add Astra Isatis for lymph swelling.
- Kids don't need this.
- Wait until after pregnancy to take.

COPTIS PURGE FIRE



- This can be used to treat migraines especially with inflammation and heat signs. It is a natural antibiotic. Treats sore throat, strep throat, eye, ear, tooth and mouth infections. Pelvic inflammatory disease. Urinary tract infections. take with Isatis gold for acute infections. take with Astra Isatis for herpes outbreaks.
- Take 1-3 tablets, 2-4 times a day for up to one week. Doses are based on 120lb adult, so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

ASTRA ESSENCE



- **Reduces frequent urination, hair loss and infertility. Speeds recovery from illness, strengthens the immune system. Increases energy. Helps with the effects from chemo and radiotherapies. Helps balance blood glucose. Increases brain function and memory. Treats vertigo, dizziness and hearing.**
- Long term use is fine. It can take a few months to have a full recovery for many people.
- Take 1-3 tablets, 2-4 times a day. Doses are based on 120lb adult, so adjust accordingly
- Safe for pregnancy, breastfeeding & kids.

EIGHT TREASURES



- **Treats delayed or irregular menstruation, amenorrhea, post menstrual or postpartum fatigue. This helps fertility when these symptoms are present. It helps anemia from excessive bleeding. Other symptoms are fatigue, especially after menses, reduced appetite, cold limbs, shortness of breath and dizziness or vertigo. If severe PMS is present, take Women's Balance the second half of the cycle from ovulation to menses.**
- Take 2-3 tablets, 2-3 times a day.
- Safe for pregnancy and breastfeeding.
- Kids don't need this one.

MATERNAL HERBAL



- **This is also a baby maker! While Fertile Garden is for women who run warm or hot, have night sweats or dryness, this is for those that are cold or tend to feel neither hot or cold.**
- **It is helpful in increasing libido. See other formulas listed for any other menstrual symptoms** that should be balanced for improved conception. Also eat well and get enough sleep.
- Take 2-3 tablets, 2-3 times a day.
- Safe for pregnancy but discontinue when pregnancy is confirmed.
- Kids don't need this one.

FREE AND EASY WANDERER



- **This is a formula that harmonizes the Liver and Spleen.** They are often the underlying imbalances for developing allergies, so this formula treats the origin or the root.
- Other symptoms that would indicate this formula are **headaches, vertigo, menstrual disorders, PMS, mood swings, digestive issues, fibrocystic breast disease, mastitis.**
- Take 1-3 tablets, 1-4 times a day. Dose based on 120lb adult so adjust accordingly.
- Safe for pregnancy in low to moderate doses.
- Safe when breastfeeding.
- Safe for kids.

FLORADIX



- **This is the BEST liquid iron formula I know. It does not cause constipation either. It is a must for menstruating women. Take 10ML twice a day.**
- Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.
- Store unopened bottle in a cool, dry place (41-77 °F). Do not contaminate the formula by drinking directly from the bottle. To preserve the product and prevent its fermentation, keep refrigerated at all times after opening and consume within four weeks. Store upright.
- Keep away from children.
- Liquid iron may in some instances cause surface staining to teeth. Rinse mouth with water, or brush teeth immediately after consuming.

STOMACH CAPS



- **Treats digestion, flatulence, abdominal bloating, chronic & acute gastritis, duodenal ulcer. Eliminates food allergies, relieves intestinal inflammation. Improves absorption of nutrients. Helps motion sickness.**
- For intestinal Flu, use Quiet Digestion.
- Take 1-3 tablets, 1-5 times a day as needed. Dose based on 120lb adult so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.