

# **A List Of Herbs For Balancing Female Hormones**

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**THIS INFORMATION IS FOR EDUCATIONAL  
PURPOSES ONLY  
BEFORE MAKING ANY CHANGES TO  
YOUR DIET  
OR PHYSICAL REGIMENT, PLEASE  
CONTACT  
YOUR PHYSICIAN OR HEALTHCARE  
PROVIDER.**

**The human body produces hormones from glands in the endocrine system in the body. Hormones communicate through released chemicals that send instructions to the different organs and systems that control bodily functions. Stress, tension and nutritional deficiency can cause hormonal imbalance within the body.**

**Indicators of hormone imbalances are:**

- Stress**
- Water retention**
- Allergies**
- Premenstrual syndrome (PMS)**
- Fatigue**
- Fibroids in the womb**
- Weight gain,**
- Excess tension,**
- Lower sex drive,**
- Depression,**

- **Skin changes,**
- **Facial hair growth and**
- **Osteoporosis.**

**The following are a list of things you can do to help keep female hormones balanced:**

**- FISH OIL/ OMEGA-3/ VITAMIN D: Include fish oil/ omega-3/ Vitamin D oil in your diet. These help to create healthy cells and membranes aid hormones to easily bind to the cell. Foods that will contain these are seafood's / fish, seeds, organic flaxseed oil, nuts and organic hempseed oil.**

**- SLEEP: At night get enough sleep. Get 8 hours or more each night. Go to bed before midnight. Every hour before midnight equals to 2 hours of sleep. When sleeping the body repairs, restores, and recuperates. This is when the unconscious mind does the work. Lack of sleep opens the door to many diseases.**

**And, it destabilizes your hormones.**

**- EXERCISE: A good way to start your day is with walking exercise (medium to fast) for approximately 20 minutes. This enhances circulation, causes deep breathing, invigorates the body and helps to balance your hormones.**

**- REDUCE STRESS: The root cause of all disease is stress. Ways to reduce and manage stress are as follows: practice Tai Chi, meditation, Chi Kung, get a massage, yoga and getting proper rest.**

## **A List of Herbs That Support Balancing Your Hormones:**

### **Valerian (*Valeriana officinalis*):**

**Sedative that calms the brain and nervous system. Helps manage menopause and PMS.**

**Motherwort (*Leonurus cardiac*): Known for treating depression, hot flashes, upset stomach, fibroids and painful menstruation/PMS.**

**Black Cohosh (*Actaea racemose*): Treat gynecological (dis-ease affecting women reproduction organ)and pain from childbirth. Also, this herb helps with menopausal and menstruation symptoms.**

**Dandelion (*Taraxacum*): Helps liver function and reduces water retention in the body.**

**Kelp (*Nereocystis luetkeana*): Helps maintain optimum thyroid function by providing iodine.**

**Wild Yam (*Dioscorea villosa*):** Helps with reducing hormone imbalance in the body associated with menopause/PMS. Also, been used as an anticoagulant, antislsclerotic, antispasmodic, cholagogue, depurative diaphoretic, diuretic and a vasodilator.

**Ashwagandha (*Withania somnifera*):** This is excellent at balancing the hormonal system and building energy reserves.

**Dong Quai (*Angelica sinensis*):** Often used to balance excessive hormone deficits. It is good for treating absent, painful menstruation and menopausal symptoms.

**Chaste Tree Berry (*Vitex agnus-castus*):** Balances the hormones in the pituitary gland and the hypothalamus. Helps relieve symptoms of PMS, insomnia and nervous tension, irregular menstruation and aids menopausal symptoms. It is also believed to enhance sexual appetite as an aphrodisiac.



**Saw Palmetto (*Serenoa repens*):** Often used by men as a tonic herb but can be used by women as due to the nourishing effect on reproductive system in women. It can improve sexual energy, relieve painful periods and helps regulate the menstrual cycle. It is also a possible treatment for prostate cancer and lower urinary tract symptoms associated with enlarged prostate.

**Ladies Mantle (*Alchemilla*):** Helps in managing menopause and in reducing hefty monthly periods.

## **Reference:**

**<https://www.webmd.com/vitamins/ai/ingredientmono-870/valerian>**

**[https://en.wikipedia.org/wiki/Actaea\\_racemosa](https://en.wikipedia.org/wiki/Actaea_racemosa)**

**[The Naturopath's Approach To Balancing Female Hormones - Body with Soul](#)**

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