

HERBS FOR FEMALE HEALTH

Red Raspberry Leaf:

Rich in vitamins, minerals, and antioxidants. Can be useful for women with uncomfortable menstrual cycles and may be helpful for cramping and nausea.

Motherwort:

Can help to soothe the nerves and mitigate headaches, promotes blood circulation and warming the joints. It is traditionally used as a tonic for women during menstruation.

Red Clover:

Commonly used as a tonic for feminine health. It has mostly been used as women approach menopause for the symptoms that come with it

Chaste Tree/ Vitex:

Known for its ability to improve the conditions affecting a women's reproductive system. Used for symptoms of PMS, menopause, and other infertility issues.

Ginger

Used for its warming and pain relieving properties. It is said to help with the pain of cramping and nausea.

*Always consult a doctor before taking any herbal supplement.

Find more info at

www.theathomeapothecary.com