



The Mood Zapper

Motherwort
(*Leonurus cardiaca*)

If you are moody, gloomy,
or feel hormonal and you just
don't know what to do try
one of my favorite herbs
Motherwort.

This herb is wonderful to help *lift your spirit* and allows you see the brighter side of life.

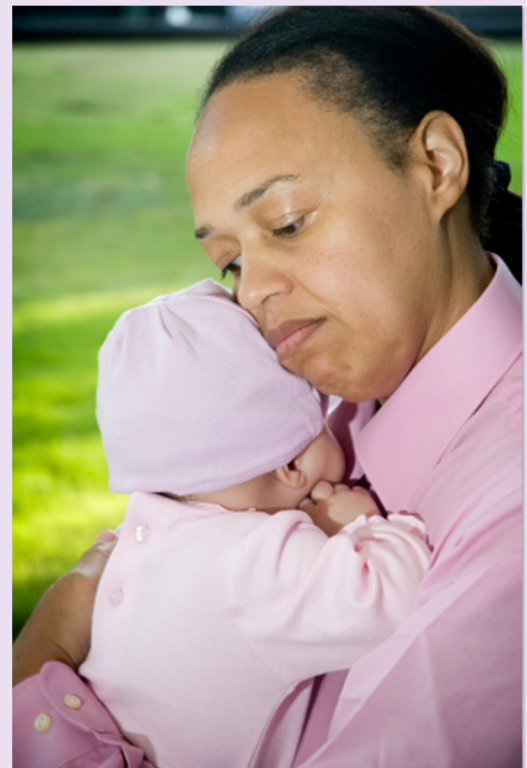
Motherwort is an herb that will help get you *out of your rut*. If you're angry, sad, impatient or aggitated, help is on the way.

The herb is suggested for women and men of all ages.

Great for:

- * Teens going through their monthly cycle.
- * Moms after pregnancy when their hormones appear to have gone all out of whack.
- * Perimenopausal women who just feel crampy and grumpy.
- * Menopausal women who are having trouble falling asleep.

And yes, men can suffer from hormonal swings and they will also feel better after using Motherwort.



**It is best used in tincture form (meaning prepared in an alcohol base).*

**Best used 3-4 times a day.*

**Not suggested during pregnancy but can be used to help bring on labor.*

**Motherwort, being a member of the mint family is a safe herb.*

**You will begin to feel the calming affects of Motherwort within 20 minutes of taking the herb.*