

Herbs to help with *Miscarriage*

BLUE COHOSH

Traditionally used to stimulate uterine contractions. It is not advised to be used while pregnant. Work with a master herbalist if needed.



ANGELICA

Known to stimulate the uterus and encourage menstruation, posing risks of complications when used during pregnancy.

MUGWORT

Used to stimulate menstrual flow and relieve stress and moodiness; not recommended during pregnancy.





GINGER

Commonly used for nausea and colds; safe in small doses during pregnancy but high doses may increase miscarriage risk.

RUE

Stimulates the uterus and induces menstruation; its use during pregnancy is risky and may lead to miscarriage.



Herbs for Menstrual Cramps



**BLACK
HAW**



**CRAMP
BARK**



**WILD
LETTUCE**



**WILD
YAM**

Herbs to help with *Excess Bleeding*

SHEPHERD'S PURSE

Known for its astringent properties, Shepherd's Purse is commonly used to reduce heavy menstrual bleeding and other forms of internal bleeding.



YARROW

Often used to manage bleeding, Yarrow can help in tightening the blood vessels and promoting blood clotting.

CINNAMON

Beyond its culinary uses, Cinnamon is utilized for its potential to reduce heavy menstrual bleeding and improve blood circulation.





CRAMP BARK

While best known for relieving muscle spasms, Cramp Bark can also aid in controlling excessive menstrual flow.

BLACK HAW

Similar to Cramp Bark, Black Haw is used for its antispasmodic properties and may help in reducing uterine bleeding.



RED RASPBERRY

Recognized for its uterine strengthening properties, it can help in toning the uterine muscles and reducing excessive menstrual bleeding. However this herb is a bit drying so use with caution.

DONG QUAI

Often called 'female ginseng', Dong Quai is used in traditional medicine to enrich blood, promote circulation, and regulate menstruation, potentially aiding in the reduction of heavy menstrual bleeding.



Herbs for Menopause



BLACK COHOSH



SAGE



SOY



RED CLOVER



DONG QUAI



**EVENING
PRIMEROSE OIL**