

# Featured Product for Feb. 1st -28th



## A Healthy Woman's Herbal

Women have long embraced herbal medicines more than their male counterparts, partly due to their traditional role as caregiver and partly because herbal medicine for the female reproductive and hormonal systems have generally been quite effective. A woman's need to balance her hormones is more pronounced than in men since it can greatly affect her fertility and well-being. Of particular consideration is a balanced progesterone-to-estrogen ratio. Nurturing the hormones can have a regulating effect on menstrual cycles and prepare her body for the changes that occur with menopause. **Common menstrual problems, such as cramping, sore breasts, bloating, and PMS respond well to herbal treatments.** Herbs have played a role in easing a woman through the premenopausal and menopausal life changes, successfully lessening the emotional and physical transitions. Below are a few traditional herbs women have come to rely on throughout the hormonal stages of life.



### Black Cohosh:

A Native American remedy for female complaints, the herb has become popular and valued as a muscle relaxant, nervous system tonic, and normalizer of the female reproductive system. As a relaxant it has traditionally been used to treat premenstrual symptoms (PMS) or delayed menstruation. In premenopausal and menopausal women, black cohosh helps ease the uncomfortable symptoms associated with the change of life, such as hot flashes, mood changes, and sleep disruption.



### Squaw Vine:

Known as a uterine and ovarian tonic, squaw vine was used by Native Americans to hasten and ease childbirth. Today it is mostly taken to normalize heavy bleeding and ease menstrual pain.



### Cramp Bark:

Also known as high-bush cranberry, traditionally herbalists have relied on cramp bark to relieve cramping and spasms of all kinds. Specifically for women, the traditional herbal remedy is thought to relieve menstrual cramps and pains associated with PMS and give tone to the uterus.

## FCS-II: for a woman's menstrual and menopausal needs



- A formula of traditional, time-honoured herbs for women during her pre- and postmenstrual cycle.
- Contains black cohosh, squaw vine, cramp bark and more.
- Black cohosh has been used traditionally to relieve menstrual symptoms of pain and cramping.

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P748538	FCS-II (x4)	61.62	63.00	72.00	81.00	90.00

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