

HEALTH TIP #34 – FEMININE HERBAL COMPLEX

By Maryellen Vandenbrink, RNCP

WHY YOU MAY NEED THIS PRODUCT:

Women everywhere know that even though you might be healthy in all other respects, monthly complaints and mood swings can challenge your feelings of wellness. For centuries, master herbalists have known that women have unique cyclical needs, and that certain herbs work to balance the feminine cycle. Because a woman's menstrual cycle places her body in a constant state of flux, specific formulations have been carefully selected to assist women in achieving balance and wellness by addressing needs that are specific to the female system. GNLD's Feminine Herbal Complex addresses those needs with a unique blend of herbs that supports normal female physiology and function

- herbs have a long history of safe use, without the side effects associated with chemical drugs and are non-habit-forming.
- herbs have been shown to restore the body's balance and help the female body perform at its vital best.
- herbs have been shown to relieve menstrual and premenstrual symptoms including: swelling and bloating, inflammation, breast tenderness, irritability, cramping, and mild anxiety.
- herbs help with menopausal symptoms including hot flashes

WHY GNLD FEMININE HERBAL COMPLEX?

- **Comprehensive formula.** Our unique “complete family” approach to the formula provides broad, synergistic effects of the herbal constituents, which optimize their ability to support a woman's unique cyclical needs.
- **Herbs are selected from many global traditions,** bringing you the best herbal knowledge from around the world.
- **Contains St. John's Wort,** which has been shown to help support calmness, relieve low mood, and support positive mental attitude.
- **Contains Vitex and Red Sage,** which have been shown to support normal female physiology and function.
- **Guaranteed purity, potency, and consistency.**
- **100% natural herbal formula** contains no chemical or animal products.



The following benefits have been attributed to the herbs contained in GNLD's Feminine Herbal Complex by master herbalists:

HERB ACTIONS AND BENEFITS

Red Sage — leaf (*Salvia officinalis*) Normalizes body temperature. Reduces excess sweating and abdominal bloating. Assists in regulation of menstrual cycle. Restores vitality.

St. John's Wort — flower (*Hypericum perforatum*) Relieves irritability and anxiety; helps elevate low moods. Normalizes body temperature and distressed tissue. Calms the nervous system.

Vitex — fruit (*Vitex agnus-castus*) Helps regulate menstrual cycle. Supports normal female physiology and function.

Wild Yam — root (*Dioscorea villosa*) Calms and relaxes muscles and nervous system. Normalizes distressed tissues. Supports a healthy liver and assists with cleansing of blood.

Lady's Mantle — herb (*Alchemilla vulgaris*) Diminishes heavy menstrual flow. Normalizes distressed tissues. Helps regulate menstrual cycle.

Chinese Angelica — root (*Angelica polymorpha*) Restores vitality. Calms and relaxes muscles and nervous system. Normalizes distressed tissues. Helps regulate menstrual cycle.

Skullcap — herb (*Scutellaria lateriflora*) Relieves irritability and anxiety. Calms and soothes) muscles and nervous system.

Ginger — root (*Zingiber officinale*) Reduces swelling in fingers and ankles. Calms and relaxes muscles. Normalizes distressed tissues.

Dandelion — root (*Taraxacum officinale*) Assists with cleansing of blood, promoting healthy kidney and liver function. Reduces abdominal bloating and fluid retention.

Licorice — root (*Glycyrrhiza glabra*) Normalizes distressed tissues. Assists with cleansing of blood. Supports healthy stress responses.
Hsu,®

HOW TO TAKE:

1 tablet each morning and night.

TESTIMONIES:



In my late twenties, I started to experience peri-menopausal symptoms such as hot flashes, night sweats, trouble concentrating, and difficulty sleeping. I couldn't deal with them any longer and started taking hormone replacement therapy (HRT) with estrogen and progesterone. Four years after being on HRT, my doctor even recommended that I go off of it because of its horrible long term side effects. At the time, I advised him that I would be a wreck without it and presently needed it to live day to day. I had already tried everything the health food store/health books recommended with no luck.

I was introduced to GNLD products by my friend Susan. I was skeptical when I heard they had products that might help with early menopausal problems. I had already had good results with GNLD supplements to help headaches and knee problems, and decided to give them a try.

Within six months of taking Formula IV Plus, nourishake, Female Herbal Complex, Vitamin E, Multi-Mineral daily, Cruciferous Plus, I was off HRT. My previous symptoms have not come back. I am now 37 and I couldn't be more pleased. Thanks for much to GNLD for their wonderful products.

J. Watson, Brampton, ON

Hi my name is Laurie Beteau,

I have been using GNLD products for 15 years. Recently I have been having severe issues with menopause. I had a complete hysterectomy 3 years ago, and since then have been struggling. The GNLD products, and the hormone recipe, have helped, but when I added the FHC, it really leveled things out. It helped me with depression, confusion, indecisiveness, hot flashes and moodiness.

I started to share this with others, and have 2 women that are having great success with the product also. One of the husbands came to me and said "I don't know what you are giving my wife, but whatever it is keep giving it to her."

Thank you GNLD

Laurie, November 2010