



# Hormone Balance

Restore Female Hormonal Balance



- ▶ PMS
- ▶ Menstrual Health
- ▶ Menopause Health



# Hormone Balance Bundle

Hormonal imbalances are widespread, leading to discomfort throughout the reproductive years. Suffering is generally accepted as a 'normal' part of life, rather than a sign of an imbalance in the female sex hormones. Symptoms can be related to menstrual disorders, perimenopause, and menopause including hormonal acne, premenstrual syndrome (PMS), breast tenderness, weight gain, headaches or migraines, mood swings, hot flashes and night sweats, irritability, fatigue and mental exhaustion. Addressing the underlying cause will restore hormonal balance and resolve symptoms.

Effective and easy-to-use, The Hormone Balance Bundle offers a hormone-free alternative to support women of all ages and stages of their menstrual and menopausal health.



An effective approach to achieve hormonal balance is through glandular support & detoxification. Regulation is not about adding hormones to the body, but rather supporting the natural processing of hormones within the body. The liver and gallbladder are responsible for processing and eliminating excess hormones, with healthy liver and gallbladder function essential for maintaining hormonal balance.

The Hormone Balance Bundle contains traditional herbal and homeopathic formulas to restore female hormonal balance. Based on German drainage therapy principles, supporting hormonal regulation through optimizing liver and gallbladder function, improving bile flow and activating blood and metabolic cleansing is key for hormonal balance.

## The Hormone Balance Bundle includes:

**Female Tonic** - Restores female hormonal balance, increases circulation to female organs, calms the nervous system, balances out mood swings, stimulates liver function, and increases kidney detoxification. It is an excellent tonic for all stages of menstrual and menopausal health.

**Carduus** - Supports and increases function of the gallbladder and liver, improves hormone regulation and balance. The liver and gallbladder play vital roles in the regulation of hormones, with healthy bile secretion and bile flow essential for hormonal balance and excretion of excessive hormones (including estrogen).

**Lappa** - Acts as a natural diuretic for symptoms associated with PMS (including water retention and congestion) and supports blood and metabolic cleansing. Increased metabolic cleansing improves detoxification of the liver, lymphatics and kidney, in turn improving hormonal balance.



## Hormone Balance Bundle Directions

Remedy	Dose	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Female Tonic</b>	10-20 drops	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓
<b>Carduus</b>	35 drops 20 minutes before meal	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
<b>Lappa</b>	1 tsp (100 drops)						✓✓	✓✓
<b>Note:</b>	Duration of remedies vary	LEGEND: ✓✓ = 2 doses per day ✓✓✓ = 3 doses per day						

**Note:** Female Tonic and Carduus are taken seven days a week. Lappa is only taken on the weekends. All remedies can be mixed with a small amount of water. Female Tonic and Lappa can be added to the same glass of water. Carduus should be taken alone, 20 mins before meals and especially before the heaviest meals of the day.

**Medicinal Ingredients:** For individual ingredient and risk information, see product label. Consult a health care practitioner before beginning this type of program.

**For Optimal Results:** Ideal duration to balance and to support the body's detoxification mechanisms is 2 bundles. May be followed by additional Female Tonic, taken monthly as needed.

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From the clinical perspective, it is crucial to support the liver and gall bladder function, while helping people to achieve hormonal balance. According to the basics of human physiology, estrogen increases cholesterol in the bile, and progesterone slows the emptying of the gallbladder. As a consequence, estrogen-induced cholestasis and gallstone disease are common during pregnancy, menopause, and in those using birth-control or hormone replacement therapy.

On the other hand, the liver and gallbladder help to maintain endocrine balance by processing and eliminating excess hormones with bile salts. Therefore, the use of a gallbladder formula such as Carduus should not be underestimated in hormonal balance. In addition, normal sexual and reproductive function also depends on the nutritional status of the person. The assimilation of essential nutrients like fats and fat soluble vitamins, including EFAs and vitamin A, E and D are ensured by sufficient production of bile, which is effectively stimulated by a preparation like Carduus. It will allow the patient to get the most benefit from healthy food and nutritional supplements.

The Hormonal Balance Bundle can be utilized for a wide range of conditions, including menopause, PMS, menstrual irregularities, and dysmenorrhea. It can also be used in metabolic disturbances due to benefits of the wide-spectrum detoxifying preparation of Lappa and the hormone-regulating formulation of Female Tonic.

**Clinical tip:** Allow duration over 2-3 menstrual cycles to evaluate the restorative effect of the treatment.

~ Lesia Goloida, Registered Homeopath



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