

## **Amenorrhea**

### **Definition**

Menstrual obstruction resulting in the absence, delay, retardation, or suppression of menstruation.

### **Herbal Aids**

**Chaparral:** Use a cup of the tea as an infusion as a douche. **Sassafras:** Drink 1 teacupful of the infusion of Sassafras without further dilution; heat until blood-warm, then sip slowly 1 mouthful at a time over 1/2 hour, keep the lower area warm by wrapping in a blanket, and place feet in a mustard and water bath during the 1/2 hour period.

NEVER TAKE SASSAFRAS WHEN PREGNANT.

**Red Raspberry:** Drink the infusion of the leaves: 1 cupful at mealtime 3 times daily along with an intestinal tonic-laxative for 2-3 months or until the distressing symptoms have disappeared.

See formula for amenorrhea using pleurisy root, blue cohosh, wild yam and ginger.

See formula for amenorrhea using pennyroyal, motherwort, blue cohosh, life root and thyme.

**Squaw Weed:** Make 1/2 ounce of powder or fluid extract to 1 pint of water, and take 1 wine glassful 4 times daily until the desired effect is obtained.

**Black Cohosh and Blue Cohosh:** Give a warm infusion of equal parts of black cohosh and blue cohosh (*Caulophyllum thalictroides*).

**Gravel Root:** Used as a douche alone or with other herbal astringents, it can help in chronic amenorrhea in a weakened female.

**Bayberry:** A weak tea may be used as a douche for amenorrhea.

**Herbal Aid for Female Reproductive Organs:** This is an amazing combination of herbs to help promote the rebuilding of a malfunctioning reproductive system (uterus, ovaries, fallopian tubes, etc.). Over the years herbalists and patients have seen painful menstruations, heavy flowing, cramps, irregularity, etc., that have been helped and the patient now has a painless menstrual period, good menstrual timing, and a new outlook on life by using these aids to readjust the malfunctioning areas.

The female corrective formula consists of golden seal root, blessed thistle, cayenne, cramp bark, false unicorn root, ginger, red raspberry leaves, squaw vine, and uva ursi.

Recommended dosage is one cup or 2 capsules or tablets morning and evening or three times a day if desired, six days a week for as long as required to get results desired. We have seen many severe cases who have had many years of suffering cleared up in ninety to 120 days. Some get

relief sooner, some take longer--no two cases are alike. This is a food to rebuild the malfunctioning organs.

*Adapted from Dr. Christopher Files*