

## Hortense's Formula

### Content

Hibiscus Flowers  
Oregano  
Rosemary  
China Root  
Wild Yam  
Billy Web Bark  
Cockspur Bark  
John Charles

### Properties

The astringency of this formula works to pinch the blood supply to fibroids, polyps, and errant uterine tissue. Without a blood supply, the fibroids or polyps loosen and fall away from their connection to the uterus, ovary, or other site.

### Indications

Uterine fibroids, ovarian cysts, uterine polyps, endometriosis

### Dosage

Miss Hortense recommends the following:

- 1/2 tsp of tincture 3x daily before meals in half glass of room temperature water.
- Once menses begins, stop taking the herbs until three days menses has ended.
- On the first day of menses take 1 teaspoonful castor oil in a half glass of orange juice around midafternoon.
- Repeat for three menstrual cycles.

*\*\* One 2oz bottle of Hortense's Formula at a dose of 1.5 teaspoons total per day will (typically) be ample for 24 days. \*\**

### Side Effects

- Increase in menstrual fluid, often appearing like large clots and pieces of fleshlike material
- Increase in menstrual flow and number of days

### Contraindications

- All forms of birth control including oral, Nuva ring, transdermal patch, injections. IVF- related hormones
- People with heavy periods should always be treated with caution and lighter doses starting at 50% of normal dosage; may add Blood Tonic
- Pregnancy
- Breast + Chest feeding

### Special Notes

This formula was developed by herbalist/birthworker Miss Hortense Robinson for womxn and people with a uterus who have more serious uterine conditions requiring additional herbal support. In practice, some practitioners start with half dose of the above and gradually add over time.

If at any time you've questions or concerns, please contact me via call, text, or email.

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If there's an *Emergency*, please call 911.

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