

Uterific Tonic

Contents

Man Vine, Skunk Root, Copalchi Bark, Mexican Wild Yam, Billy Web Bark, China Root

Properties

- Warms reproductive organs by lessening tension in diaphragm muscle, has mild anti-spasmodic action on uterine muscles (man vine)
- Acts as a uterine lavage, cleanser of uterine membrane; removes accumulated indurated pathologic debris caused by incompletely flushed menstrual fluids from month to month (copalchi, billy web, skunk root)
- Provides hormonal pre- cursors of estrogen & progesterone to alleviate severe hormonal fluctuations of menopause & PMS (Mexican wild yam)
- Increase iron supply & full complement of minerals, especially calcium
- Skunk root, the “shaman’s herb” used to achieve clearer visions, insight & depth of understanding. Don Eljio added this to the formula for the person to gain more spiritual guidance during pre- menstrual & menopausal phase of life.
- Mexican wild yam is the best herbal ally to regulate the menstrual cycle. It contains the steroid diosgenin, which is approx. 75% similar to the hormone molecules of estrogen & progesterone, these building blocks work to supply the ovaries with required hormones.

Indications

- Menses: painful periods, irregular periods; dark, thick fluids during menses; presence of clots, lower backache with menses, and depression with PMS
- Hormonal migraines
- Fertility enhancing due to hormonal deficiency or induration of uterine lining
- Menopausal symptoms
- Amenorrhea unrelated to pregnancy
- PCOS; polycystic ovarian syndrome
- Diabetes
- Clomid- induced ovarian cysts
- Supports people who find their menses challenging after long time use of the pill (or other forms of birth control)

Dose

Adult: 1 dropperful in 4oz tepid water 3x daily for 30 days

Do not take any dose during moon time (menstrual cycle).

Contraindications

- All forms of hormonal birth control, i.e. oral, nuva ring, transdermal patch, injections
- Hormone replacement therapy
- IVF related hormones
- People with heavy periods should always be treated with caution & lighter doses starting at 50% or normal dosage (may add blood tonic)
- Pregnancy
- Breast feeding and chest feeding

Special Notes

Not to be combined with other regimens or herbal supplements
i.e. Chinese herbs, Ayurvedic, etc.

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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.

Rusty Moon Botanicals
Return to the Earth