

# CONCEPTION

## HERBAL TEA INGREDIENTS:

**STINGING NETTLE** - Not only does it tone and nourish the uterus, it also promotes strengthening of the kidneys and adrenal glands. Loaded with chlorophyll (a detoxifier), it goes a long way toward preparing a woman's body for pregnancy and for sustaining the embryo once conception occurs.

**RED RASPBERRY** - Red Raspberry leaves serve as a soothing uterine tonic and hence a very effective fertility herb. The fertility promoting effects of Red Raspberry are enhanced in combination with other herbs.

**RED CLOVER** - is an excellent fertility herb primarily due to the high amounts of calcium and magnesium. These two minerals are believed to be of high importance in affecting a woman's ability to conceive. Red clover contains every single trace element needed by the reproductive system.

**SKULLCAP** - A wonderful occasional stress reliever that helps to calm the chaos in the body and support the nervous system.

**LICORICE ROOT** - A wonderful herb that helps support normal hormone balance in the body. Licorice root helps to maintain proper hormonal production and release.

**FO-TI-ROOT(He-Shou-Wu)** - An age old fertility tonic that works to support the entire reproductive system.

**ASHWAGANDHA** - A fertility tonic that is used to nourish the ovaries and uterus.

**WILD YAM** - Helps to promote normal hormone levels and overall balance within the reproductive system.

**YELLOW DOCK** - Used for centuries to support the body's natural ability to cleanse the blood and liver of toxins and excess hormones.

**HAWAIIAN GINGER ROOT** - A wonderful herb used to support circulation and promote normal blood flow to the uterus.

**CHASTEBERRY(Vitex)** - This little berry is recognized for stimulating the hormones involved in ovulation and restoring female hormonal balance. It may normalize pituitary function and the balance of progesterone and estrogen levels.



*"Herbs that work!"*