

# PERIOD PAIN

## HERBAL TEA INGREDIENTS:

**CRAMP BARK & BLACK HAW** - These are probably the most effective herbs for reducing uterine spasm and cramping. These sister herbs bring relief of pain and muscle spasm in the uterus. Cramp bark and Black haw have been shown safe for use for several days prior to onset on menses in anticipation and prevention of painful cramps.

**BLACK COHOSH** - This plant is very anti-inflammatory and wonderful at reducing spasm in both the smooth muscles, but also the skeletal muscles associated with pain that radiates to the lower back and down the thighs.

**DONG QUAI** - Dong Quai is popular for women with absent period, but it has other beneficial actions. It helps to reduce menstrual cramps in women with a boggy, heavy feeling uterus due to stagnation, poor circulation and scant blood flow during menstruation. Dong Quai acts on the circulatory system and lymphatic system reducing tissue congestion. It has both analgesic and anti-inflammatory properties. It is also very relaxing to the nervous system, which may be helpful to those with anxiety or tension during PMS and menstruation.

**WILD YAM** - Wild Yam has a wonderful action on smooth muscle tissue, reducing muscle spasm of the uterus, fallopian tubes and ovaries, aiding in painful menstruation and chronic pelvic pain. Wild Yam helps the uterus to work more efficiently during menses. This uterine support allows for proper function of the uterus while working to prevent uterine cramping or spasm. This herb has a wonderful action on the ovaries, toning them and aiding in ovarian cyst pain.

**RED RASPBERRY LEAF** - European and Native American women have used raspberry leaf for thousands of years for menstrual support, menstrual cramps and during pregnancy as a healthy tonic to help prepare the womb for childbirth.



*"Herbs that work!"*