

Healthy Handout

Volume 1
Issue 6

Adaptogenic Herbs

A Natural Path to Female Balance

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Although women's health is a broad topic, most problems can be narrowed down to hormone imbalance. Women might find themselves taking different drugs to regulate their menstrual cycles, increase fertility or treat other problems.

Adaptogenic herbs support your body's endocrine system, which regulates hormone production. Basically, that means they help your body heal itself. Most adaptogenic herbs have other benefits as well and won't counteract each other if taken together. Even though this article focuses on women's health, most of these herbs can also benefit men.

Borage oil is extracted from the seeds of the borage flower, which is also called the "starflower." The high concentration of GLA in borage oil helps maintain good health. Like EPA and DHA, GLA is a beneficial fatty acid that helps your body function properly.

In women's health, borage oil is typically used to relieve menstrual cramps because of GLA's anti-inflammatory properties. However, borage oil has other beneficial properties. It can be used to help prevent rheumatoid arthritis and protect your stomach from irritation that could be brought on by aspirin or other arthritis medications.

Wild yam root is an adaptogenic herb that can promote cholesterol health. It can



The scale represents hormonal balance. It also looks like a face.

also improve digestion and metabolic function. Though it was once thought to be a source of progesterone, the diosgenin in wild yam can only be converted to progesterone in a laboratory, not your body. Fortunately, wild yam root has plenty of other benefits.

Like borage oil, wild yam has anti-inflammatory properties and can help reduce arthritis pain. It's an anti-spasmodic, which means it can help relieve muscle pain, such as menstrual cramping. Wild yam also helps regulate the menstrual cycle and promotes breast health.

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Store Information

Healthy Habits Natural Market
1120 Centre Turnpike
Orwigsburg, PA 17961
Phone: 570-366-2620

www.healthyhabitsnaturalmarket.com

Hours

Mon-Fri 9 a.m.-7 p.m.
Sat..... 9 a.m.-5 p.m.



“Making it easier to be healthy.”

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Dong quai shares many of wild yam's benefits including anti-spasmodic properties. Unlike wild yam, dong quai actually stimulates the uterus before relaxing it. The stimulation helps strengthen the uterus and prevent future cramping and muscle spasms.

The heart also benefits from dong quai because the herb relaxes heart muscles, improves circulation and detoxifies the blood. Because it cleans the blood, other organs, including liver and kidneys, also benefit from dong quai.

Vitex Agnus-Castus (Vitex) is a plant that has been used for centuries to support hormonal balance in women. Because vitex can help balance hormones, it can regulate the menstrual cycle and increase fertility in women.

Vitex also *decreases* fertility in men. So while most of these herbs are beneficial for both men and women, men who wish to have children should not take vitex.

Maca is a Peruvian herb with numerous benefits, including thyroid support. Because the thyroid is an integral part of the endocrine system, thyroid issues can often cause problems throughout your body.

Both men and women can use maca for increased fertility and sex drive. The herb also improves metabolic function, which can give people more energy and help them lose weight.

Adaptogens can greatly improve a number of women's health issues. However, it is important to pay attention to warnings or restrictions on the herbs, especially relating to pregnancy.

Upcoming Events

July 7
Fatigue Support Group
1 p.m.



July 20-25
Make Your Own Grocery Bag!
(See website for details)



August 2
Orwigsburg Library Art Show
12 p.m.



Questions?
Visit our website for more information about our programs.



Quick ~ Healthy ~ Delicious



Rosemary-Lemon White Bean Dip

- 2 C cooked white beans, drained 1-3 cloves garlic, peeled
- Salt and pepper to taste 1/4 C + 1Tbsp olive oil
- 2 tsp minced rosemary 2 grated lemon peels

Put the beans in the container of a food processor with 1 clove of garlic and a healthy pinch of salt. Turn the machine on, and add the 1/4 cup olive oil in a steady stream through the feed tube; process until the mixture is smooth.

Taste, and add more garlic if you like; then, puree the mixture again.

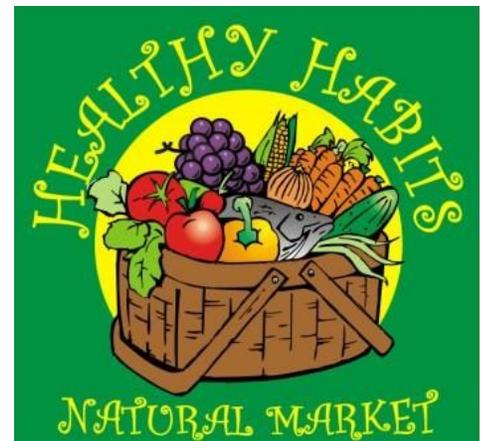
Place the mixture in a bowl, and use a wooden spoon to beat in the rosemary, lemon zest and the remaining tablespoon of olive oil. Taste, and add more salt and pepper as needed. Use immediately, or refrigerate for as long as 3 days.

Dr. T. Says...

Hormonal balance is key to women's health. Healthy hormonal levels make everything in your body work better.

- **Adaptogenic herbs help your body regulate its own hormone production. They don't add hormones to your body.**
- **You can safely combine adaptogenic herbs to take advantage of other nutritional benefits.**
- **Many adaptogenic herbs can benefit men as well as women.**

There are many more adaptogenic herbs besides the ones mentioned in the article. Each herb will have its own unique benefits. Thanks for reading!



Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.