



Women's Health References Modules 1 – 9

Module 3:

Bergamot:

Endocrine / reproductive: soothes menstrual pain, supports the body during hormonal changes, helps in PMS and menopause, attenuates mood swings

Lavender

Endocrine/Reproductive: relieves mood swings related to PMS, menopause and hormonal imbalances, has emenagogue properties, regulates menstruation

Tea Tree

Endocrine/Reproductive: helps in vaginal infections such as Candida, helps in the treatment of leucorrhea

Modules 4 & 5

Monarda

Endocrine / reproductive: soothes menstrual pain, supports the body during hormonal changes, reduces mood swings

Modules 6 & 7

Black pepper

Endocrine / reproductive: soothes menstrual pain, has aphrodisiac properties

Cardamom

Endocrine/Reproductive: enhances libido, aphrodisiac, soothes menstrual pain

Chamomile

Reproductive: regulates menstrual flow, reduces menstrual pain, aids in PMS and menopause, helps in post-partum depression

Fennel

Endocrine/Reproductive: soothes menstrual pain, relieves pelvic spasms, helps in hormonal related mood swings

Women's Menstrual Blend:

- 2 drops fennel
- 2 drops clary sage
- 2 drops rose
- 3 drops bergamot
- 2 drops neroli

Dilute the blend in ½ - 1oz. carrier oil and gently massage on the lower abdomen to soothe menstrual cramps and to regulate menstruation.

Module 8

Grapefruit

Endocrine/reproductive: soothes menstrual pain, relieves mood swings

Lemon balm

Endocrine / reproductive: balances hormones, regulates menstruation and ovulation, helps in PMS and menopause