



Female Comfort (formerly FC with Dong Quai) Stock #882-2 (100 capsules)

Female Comfort is a female corrective formula for enhancing glandular function and normalizing hormone imbalances. Irregularities of the menstrual cycle, pain, cramping and emotional distress are all associated with female glandular dysfunction. Female Comfort contains herbs that nourish these glands to promote healthy functioning, as well as soothe stressed nerves, relax muscle spasms, and relieve the anxiety and pain accompanying muscular and nervous tension.

Female Comfort helps relieve congestive dysmenorrhea—often connected to premenstrual tension, pelvic inflammation and water retention—and spasmodic dysmenorrhea—which typically occurs at the start of the menstrual cycle. Female Comfort has also been used to alleviate edema, frigidity, hot flashes, menopausal complaints, menstrual disorders, morning sickness, muscle cramps, and a variety of symptoms associated with PMS, including abdominal/back pain, acne outbreaks, constipation, diarrhea, emotional imbalances, fatigue, headache, irritability, mastalgia (breast tenderness), nervous tension

and water weight gain.

Black cohosh is widely-known for helping female reproductive problems such as amenorrhea, dysmenorrhea, menopausal symptoms such as debility, depression and hot flashes, and difficult pregnancy or childbirth. Black cohosh's estrogenic effects have been confirmed in research published in the *Journal of the American Pharmaceutical Association*. Scientists also believe black cohosh reduces levels of pituitary luteinizing hormone, which helps reduce progesterone production by the ovaries. In addition, black cohosh acts as an anti-inflammatory and mild analgesic (pain-reliever), due to the presence of salicylic acid. The tannins and acids in black cohosh enable it to be used as a diuretic and to promote perspiration to reduce fever and expel toxins, as well as enhance menstrual flow and stimulate uterine contractions. Black cohosh is a popular herbal remedy for anxiety, dysmenorrhea, fever, headache, hot flashes, hysteria, menopause and menstrual cramps.

Blessed thistle is commonly thought of as a feminine tonic for increasing milk production in nursing mothers and to treat painful menstruation. Blessed thistle also checks excessive bleeding. *In vitro* studies have shown an extract of blessed thistle demonstrates anti-yeast activity against *Candida albicans*, which is responsible for causing both thrush and vaginal yeast infections. Antibacterial activity against various microorganisms has also been documented. Blessed thistle stimulates digestive secretions and the production of mucosal fluids in the intestines, which helps soothe irritated tissues. In addition, blessed thistle helps reduce fever and inflammation, and acts as an antibiotic and antiseptic.

Dong quai has been shown to relieve stagnation in the liver and spleen, improve digestion, and treat constipation and dyspepsia, particularly among the elderly. Dong quai acts as a mild analgesic, laxative and sedative, and exhibits some antibacterial activity against vaginal infection. Dong quai is believed to promote blood flow to the female reproductive organs, thus balancing menstruation. Research shows dong quai regulates uterine contractions, both stimulating and relaxing the uterus. Furthermore, Chinese herbalists regard dong quai as an aphrodisiac, which stimulates the reproductive organs, increases the effectiveness of ovarian and testicular hormones, and enhances fertility. Dong quai is commonly used to treat anemia, bleeding disorders, dysmenorrhea, hemorrhaging, menstrual irregularities such as amenorrhea and PMS, menopausal complaints and postpartum healing.

Ginger has been shown to reduce inflammation by acting as a prostaglandin inhibitor, in much the same way as non-steroidal anti-inflammatories (NSAIDs) work. Studies show ginger relaxes muscle spasms and relieves pain and inflammation associated with rheumatic conditions. Studies have found ginger produces a strong stimulating effect on muscular contractions of the heart, validating ginger's use for improving overall circulation. According to Chinese medicine, ginger focuses its warming properties downward, toward the lower extremities, including the colon, kidneys, legs, ovaries, prostate and vagina. Ginger is often recommended to women with amenorrhea, menorrhagia and menstrual cramps.

Licorice increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach), relieves pain and inflammation, relaxes muscle spasms, strengthens the adrenal glands, stimulates the adrenal cortex, lowers cholesterol, and acts as a mild laxative. Licorice has been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress. Licorice contains isoflavones and phytosterols that have been found to exhibit estrogenic activity. Thus, licorice is also employed to balance menstrual flow, enhance breast-milk production, and increase sexual activity. Additionally, licorice exhibits antibacterial, antifungal, antimicrobial, antiviral and possible anticancer properties.

Marshmallow increases the production of mucosal fluids to soothe inflamed tissues and help heal both internal and

external inflammatory conditions. Marshmallow is especially beneficial for soothing and protecting mucous membranes. Marshmallow is also recommended for most any condition affecting the genito-urinary tract, including cystitis, frequent urination, incontinence, painful urination and urinary tract infection. Modern research has also found marshmallow improves immune system function by enhancing the action of white blood cells against microorganisms.

Queen of the meadow contains phenolic glycosides called salicylates—aspirin-like substances that provide anti-inflammatory and analgesic properties, especially in the joints. Queen of the meadow contains tannins and other active constituents which, combined with salicylates, help soothe inflammation and protect the mucosal lining of the gastrointestinal tract. Research shows queen of the meadow exhibits antimicrobial activity, and also acts as a natural antacid, astringent and diuretic. Queen of the meadow is also used for arthritis, cystitis, influenza, irritable bowel syndrome and rheumatism. This herb is not recommended for individuals with hypersensitivity to aspirin.

Red raspberry is very high in the minerals iron, manganese and pantothenic acid, as well as calcium, magnesium, selenium, and vitamins A, B₁ and C. Raspberry leaves also contain flavonoids, polypeptides and tannins, which are especially beneficial for their astringent action. Raspberry tannins are believed to be responsible for the herb's ability to combat diarrhea, morning sickness, nausea and vomiting. Although researchers are still unclear as to how raspberry leaves promote easier labor, the theory is that raspberry strengthens the longitudinal muscles of the uterus, enhancing the force of contractions and quickening childbirth. Raspberry also reduces postpartum bleeding and uterine swelling, promotes tissue repair, and increases lactation. Of course, red raspberry is also beneficial for the abdominal pain, cramping, heavy bleeding, and swelling associated with dysmenorrhea, endometriosis and menorrhagia.