

**Woman's Life Herbal Formula VII**  
**Product Fact Sheet**  
**To Restore**

**Ingredients:** Red Raspberry, Goldenrod, Blue Cohosh, Don Quai, Dandelion, Red Clover

**Benefits:** This tea aids in easing menstrual pains, such as cramping, and heavy or painful bleeding and bloating. This tea will also help those who are menopausal and experiencing hot flashes. This tea helps promote liver and kidney activity as well as treat tumors and cancers.

**A closer look at Red Raspberry:** High in Iron, with Manganese content double that of any herb, makes it one of the richest sources. It aids in morning sickness and can ease menstrual problems such as cramping. Red Raspberry also helps to rebuild tissues, prevent hemorrhaging, eases labor contractions, soothes nausea and stops diarrhea.

**A closer look at Goldenrod:** Goldenrod is an aquaretic, meaning that it promotes the loss of water (water weight) from the body. It is also used to treat urinary tract inflammation, and to prevent the development of kidney stones. Goldenrod may also be used to treat bladder inflammation, influenza, respiratory congestion, arthritis, periodontal disease and some gastrointestinal problems.

**A closer look at Blue Cohosh:** Blue Cohosh is helpful when suffering from a lack of menstruation and it helps to induce labor. It also aids in treating painful menstruation (dysmenorrhea), kidney infection and arthritis.

**A closer look at Don Quai/ Angelica:** Don Quai/ Angelica decrease menopause symptoms, vaginal dryness, aids in proper bowel movements and immune system health. It helps in reformation of bones and tissues. It increases the effects of ovarian and testicular hormones; it is high in iron which aids in preventing anemia; it has anti-tumor and bacterial agents. It relieves symptoms of PMS and regulates the menstrual cycle after coming off birth control pills. This herb also aids in menopausal irritants like dryness of the womb, hot flashes and can be beneficial in relieving stress and anxiety.

**A closer look at Dandelion:** Dandelion is good for digestion. It stimulates liver and kidneys. It is a mild diuretic and mild laxative. It also treats skin eruptions and is very high in Potassium. The roots of this plant can aid in healing breast disease, fever, skin problems, water retention and digestive problems.

**A closer look at Red Clover:** Aids in menopause relief by stimulating estrogen tissue, can treat hot flashes, mood swings and is also good for treating tumors and cancers. Red Clover has some of the same isoflavones that are found in soy, which are similar to estrogen. This herb is also good for treating skin ailments such as acne and eczema.

**Woman's Life Herbal Formula Directions:**

Boil 4-5 cups of water in the evening, turn off the flame, add 4-5 tsp of Formula VII to the water and steep overnight. Strain herbs from the water first thing in the morning. Keep Formula VII in a thermos jug or dark bottle and drink from morning up until noon. This formula is to be taken daily.

**Benefits:** Flushes the womb of mucus congestion in the form of cysts, tumors and vaginal discharge.

**Retail Price 8oz/\$18**