

How to Use Fertility Herbs To Enhance Your Fertility Naturally

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Absent Period & Lack of Menstruation (Amenorrhea)

Has your menstrual cycle gone missing? Perhaps you have irregular menstrual cycles? Are you ovulating regularly? These herbs may help to bring back an absent menstrual cycle, while also aiding the body in regulating hormones and promoting ovulation. Having a regular cycle makes it much easier to try to conceive.

- **Black Cohosh** root (formerly known as *Cimicifuga racemosa*, now *Actaea racemosa*): Black Cohosh may bring on menstrual bleeding. It aids in tone, regular function and shedding of the uterine lining. [Learn more here...](#)
- **Dong Quai** root (*Angelica sinensis*): Dong quai helps to increase circulation to the uterus, is iron rich for proper blood formation, tones and strengthens the uterus by regulating hormonal control, and improves the timing of the menstrual cycle. [Learn more here...](#)
- **Maca** root (*Lepidium meyenii*): Maca promotes hormonal balance, and is nourishing to the endocrine system, which controls hormone function. [Learn more here...](#)
- **Motherwort** aerial parts (*Leonurus cardiaca*): This herb is very effective at reducing uterine muscle spasm, cramping and improving uterine tone. Motherwort has been found to mildly stimulate the uterus, while also aiding the uterus to work efficiently, which is helpful in bringing on menstruation. [Learn more here...](#)
- **Mugwort** (*Artemisia vulgaris*): Used traditionally world wide to encourage menstruation in women with amenorrhea, Mugwort is a mild uterine stimulant. It also supports healthy digestion, aiding in assimilation of vitamins and minerals. Its mild nervine action helps relieve tension and stress.
- **Parsley** tap root, leaves, seeds (*Petroselinum crispum*): Parsley has been used as an emmenagogue to bring on menstruation and is a rich source of vitamin C.
- **Vitex**, Chaste tree berry (*Vitex agnus-castus*): Vitex aids in regulating hormonal balance, promotes ovulation and improves timing of the menstrual cycle. [Learn more here...](#)
- **Shatavari** root (*Asparagus racemosus*): Shatavari promotes regular menstrual cycles by aiding in the regulation of estrogen levels. [Learn more here...](#)
- **Tribulus** aerial parts and fruit (*Tribulus terrestris*): Tribulus may normalize ovulation when used prior to ovulation. It may help to increase sex hormone production, specifically serum FSH and estradiol levels in women. [Learn more here...](#)

- **White Peony** (*Paeonia officinalis*): This herb helps build the blood and increases circulation to the reproductive organs. Overall this herb has excellent hormone balancing support. It also aids in pain reduction and relaxation. White peony moves the blood in the pelvic area, good for uterine stagnant conditions including an absent period. [Learn more here...](#)
- **Yarrow** aerial parts (*Achillea millefolium*): Yarrow stimulates the uterus to bring on menstruation by increasing muscular activity to the uterus. The stimulation of the muscles of the uterus aid in the shedding of the endometrium, stimulating regular menstrual cycles in the absence of pregnancy. [Learn more here...](#)

[Click here to learn more about Absent Period...](#)

Cervical Mucous

In order to support healthy cervical mucous production we must consider herbs that supply essential fatty acids, especially omega-6. Herbs that are demulcent and bitter are supportive of mucous membrane function. We must also be sure to stay hydrated! Herbs that increase circulation to the genitals may also be helpful.

- **Borage seed oil** (*Borago officinalis*): High in omega-6 essential fatty acids, Borage seed oil works to increase cervical mucous and balance hormones.
- **Dandelion** leaf and root (*Taraxacum officinale*): This bitter herb is stimulating to the mucous membranes, which causes them to secrete fluids. Dandelion is a very nutritive herb, helping to support liver health for hormonal balance.
- **Evening Primrose Oil**, cold pressed seed (*Oenothera biennis*): This oil is high in omega-6 essential fatty acids. It works to increase cervical mucous and balance hormones. [Learn more here...](#)
- **Licorice** root (*Glycyrrhiza glabra*): Licorice root is a demulcent, meaning it promotes healthy mucous membrane secretions. It also supports hormonal balance through endocrine support. [Learn more here...](#)
- **Marshmallow** root (*Althea officinalis*): Also a demulcent, Marshmallow root is soothing to mucous membranes and offers support for proper function of mucous production.
- **Oregon Grape root** (*Mahonia aquifolium, nervosa*): Oregon Grape root stimulates mucous membranes secretions and supports liver function.
- **Red Clover** aerial parts, blossom (*Trifolium pratense*): Red Clover has been shown to increase cervical mucous, aiding vaginal dryness. It also increases circulation to the reproductive organs. [Learn more here...](#)

- **Shatavari** root (*Asparagus racemosus*): This herb is a demulcent. Herbs that have a demulcent action contain mucilage. Mucilage lines the mucous membranes and acts as a protector and tonic for those membranes. Shatavari contains mucilage, this may be helpful for women with low cervical mucous. [Learn more here...](#)
- **Yarrow**, aerial parts (*Achillea millefolium*): Yarrow is an herb of opposites, both astringent, toning for the mucous membranes, yet also moistening for them. [Learn more here...](#)

[Click here to learn more about Cervical Mucous...](#)

Endometriosis

With endometriosis there is a lot of inflammation and pain. A smart plan to reduce and heal endometriosis would be to reduce inflammation, promote circulation, manage pain, promote hormonal balance, support proper immune response, and work to reduce excess tissue growth with astringent and toning herbs.

- **Ashwagandha** (*Withania somnifera*): Ashwagandha supports overall endocrine system function, proper immune response and aids in possible autoimmune fertility issues. [Learn more here...](#)
- **Bee Propolis**: Bee Propolis is a resinous mixture of tree sap, tree buds, tree leaves and other botanical sources that the bees make to seal small openings in their hives. **A study published in *Fertility and Sterility* (2003;80:S32) showed that 60% of women with endometriosis related infertility who took 500mg of bee propolis twice a day for 9 months became pregnant as opposed to 20% in the placebo group.** Endometriosis pain, scar tissue and adhesion formation is thought to be triggered by inflammation response. Bee propolis has been shown to be extremely anti-inflammatory which may reduce endometriosis. Bee propolis may also contain immunomodulating properties. This may be beneficial for autoimmune related fertility issues. Some doctors theorize that endometriosis may be an autoimmune disorder. [Learn more here...](#)
- **Burdock** root (*Arctium lappa*): Burdock root supports overall liver function for improved hormonal balance. It is cleansing for the entire body, especially where congested tissues and organs are present.
- **Castor Oil**, oil pressed from bean (*Ricinus communis*): When Castor Oil is applied as a pack to the abdomen it can be used to enhance circulation and promote healing of the tissues and organs underneath the skin. Castor oil works to dissolve foreign tissue growth. [Learn more here...](#)
- **Cinnamon** bark (*Cinnamomum spp.*): Cinnamon bark reduces heavy menstrual bleeding and improves circulation to the reproductive system for improved healing of congested tissues. [Learn more here...](#)
- **Dong Quai** root (*Angelica sinensis*): Dong Quai increases circulation, which helps to bring in fresh healthy blood to remove excess tissue growth, heal tissue damage, limit scar tissue and

adhesion formation. Healthy circulation ensures healthy natural cleansing of the body as well. Proper circulation is required to remove toxins, dead tissue, diseased tissue and metabolic waste from our bodies. This is very important for women with endometriosis. Dong Quai stimulates a healthy immune response, reduces depression, fatigue and psycho-emotional symptoms associated with endometriosis. [Learn more here...](#)

- **Echinacea** flower, root, seed (*Echinacea purpurea, angustifolia*): It has been suggested that endometriosis is linked to an overreaction of the immune system. Echinacea supports proper immune function which may be helpful for symptom flare ups.
- **Feverfew** aerial parts (*Tanacetum parthenium*): Feverfew has been used for hundreds of years for painful menstruation, and migraine headaches associated with the menstrual cycle.
- **Ginger** root (*Zingiber officinale*): Ginger increases circulation in the body helping to support a healthy inflammation response and normal detoxification. It supports proper digestion which is very important for inflammatory conditions. Ginger may offer a reduction in pain associated with inflammation.
- **Goldenseal** root (*Hydrastis canadensis*): This herb is extremely antibiotic, antimicrobial and anti-inflammatory. It helps the body to heal any infection in the reproductive system, while also reducing pain and inflammation caused from foreign tissue growth. Reducing inflammation may help to prevent scar tissue and adhesion formation.
- **Horsetail** aerial parts (*Equisetum arvense*): Horsetail has an excellent astringent action for toning and healing damaged tissues. It also helps to curb heavy menstrual bleeding associated with endometriosis. For preventative maintenance, Horsetail promotes proper tissue growth and function.
- **Jamaican Dogwood** root (*Piscidia erythrina*): This herb is extremely antispasmodic and analgesic. It reduces muscular pain associated with foreign tissue growth and bleeding that comes with endometriosis.
- **Maca** (*Lepidium meyenii*): Maca is an incredible fertility superfood. It helps to balance the hormones, but does not contain any hormones itself. Maca is able to do this through nourishing and balancing the endocrine system. Hormone balance is essential to preparing women with endometriosis for pregnancy because healthy hormonal balance contributes to healthy fertility and conception. [Learn more here...](#)
- **Nettles** aerial parts (*Urtica dioica*): Nettles support healthy iron levels, which is important for conditions where internal and/or excessive menstrual bleeding is taking place. Nettles also aids proper liver function for hormone balance support.
- **Red Raspberry** leaf (*Rubus idaeus*): Raspberry leaf works to tone the uterine muscles and normalize blood flow during menses. This is one of the best normalizing herbs for the female reproductive organs. Raspberry leaf is astringent, contracting and shrinking internal and external body tissues. It may help prevent hemorrhage due to excessive bleeding, and it helps to reduce bleeding of displaced endometrial tissue. [Learn more here...](#)

- **Rehmannia** root (*Rehmannia glutinosa*): Effective at reducing inflammation and uterine spasm, Rehmannia works to curb mid-cycle bleeding, as well as excessive bleeding; two common issues women with endometriosis often deal with. [Learn more here...](#)
- **White Peony** (*Paeonia officinalis*): Peony has been found to aid in increasing progesterone levels, lower testosterone and balance estrogen. Overall this herb has excellent hormone balancing support. It also aids in pain reduction and relaxation. Peony encourages proper circulation in the pelvic area, making it useful for uterine stagnation. [Learn more here...](#)
- **Yarrow** (*Achillea millefolium*): It promotes circulation, yet is extremely astringent, helping to stop excessive blood flow associated with endometriosis. Yarrow also relieves pelvic congestion. [Learn more here...](#)

[Click here to learn more about Endometriosis...](#)

Estrogen Balance

In order to promote healthy estrogen balance we must consider how herbal phytoestrogens protect us from harmful xenoestrogens, which come from human-made chemicals. Xenoestrogens may cause estrogen dominance. Because of this we must consider liver supporting herbs for natural detoxification. Endocrine nourishing herbs are also very supportive of healthy estrogen balance.

- **Burdock** root (*Arctium lappa*): Burdock root is nourishing and cleansing for the liver, aiding in hormonal balance. It helps to remove excess estrogen from the liver for proper estrogen balance in the body.
- **Dandelion root** (*Taraxacum officinale*): This root aids in liver health and stimulates digestion for improved hormonal balance.
- **Evening Primrose Oil**, cold pressed from the seed (*Oenothera biennis*): EPO supports overall hormonal balance through its high content of the omega-6 essential fatty acids (EFA's), Linoleic Acid (LA) and Gamma Linolenic Acid (GLA). LA is needed for prostaglandin E and GLA is needed for the synthesis of prostaglandin E. One of the many functions of Prostaglandins is to help control regulation of hormones. [Learn more here...](#)
- **Flax seed** (*Linum usitatissimum*): Flax seeds contain lignans, which are the second strongest group of phytoestrogens. Flax is also high in fiber. Studies have shown that the combination of lignans and fiber in flax seeds help to remove excess estrogen from the body, while also protecting it from xenoestrogens.
- **Licorice** root (*Glycyrrhiza glabra*): Licorice is an adaptogen herb, supporting the endocrine system for overall hormonal support. It also has the propensity to mimic estrogen (phytoestrogen). Licorice is also hepatoprotective, meaning it is protective of liver health. [Learn more here...](#)

- **Maca** root (*Lepidium meyenii*): Maca helps to control estrogen/progesterone balance in the body. [Learn more here...](#)
- **Milk Thistle** seed (*Silybum marianum*): Milk Thistle seed is one of the best plants for liver health. Liver health is vital for hormonal balance. The liver helps to filter toxins from the body, including excess hormones. [Learn more here...](#)
- **Red Clover** aerial parts, blossom (*Trifolium pratense*): Red Clover is a nourishing food/herb. It is rich in a variety of vitamins and minerals. It is one of the best blood purifying herbs, aiding in detoxification of environmental pollutants prior to conception. Rich in phytoestrogens, Red Clover may help protect the body from xenohormones. [Learn more here...](#)
- **Seaweed**, leafy parts, variety of species: Seaweeds are high in fiber for improved estrogen metabolism. [Learn more here...](#)
- **Sesame seeds** (*Sesamum indicum*): Sesame seeds have the highest oil content of any seed, providing a rich source of omega 3 and 6 EFAs (see the benefits for hormonal balance above, under Evening Primrose Oil). They also contain lignans which help promote healthy estrogen levels and overall hormonal balance.
- **Shatavari** root (*Asparagus racemosus*): Shatavari's main constituents are steroidal-sapponins, suggesting its use as an estrogen regulator, the estrogen modulating in turn may contribute to menstrual cycle regulation. [Learn more here...](#)
- **Tribulus**, aerial parts and fruit (*Tribulus terrestris*): This plant supports healthy estrogen levels in women. When used during the first part of a woman's menstrual cycle known as the follicular phase, it has been shown to help normalize ovulation in women diagnosed with anovulatory infertility. [Learn more here...](#)

[Click here to learn more about Estrogen Balance...](#)

Heavy Menstrual Bleeding (Menorrhagia)

There are many herbs with an astringent action that can help stop heavy menstrual bleeding acutely; when it is happening. Long-term hormonal balancing herbs may also need to be considered. Heavy blood loss may lead to anemia, so herbs high in iron and vit. C should be considered as well. Vit. C aids in the absorption of iron.

Note: If a heavy blood flow starts (a soaked pad every half an hour) and is not a part of your normal cycle, seek medical attention right away.

- **Cranesbill**, dried root (*Geranium maculatum*): This herb has been traditionally used to stop heavy menstrual bleeding or uterine hemorrhage, it is very astringent.
- **Cinnamon** inner bark (*Cinnamomum verum*, *C.zeylanicum*): Cinnamon has been shown to be a useful tool for women with heavy menstrual bleeding associated with endometriosis, uterine

fibroids, adenomyosis and primary menorrhagia. Cinnamon has been used traditionally for hundreds of years to stop excessive menstrual bleeding, hemorrhage during childbirth and miscarriage, and today for any fertility condition where heavy menstruation is present. [Learn more here...](#)

- **Ginger** fresh or dried root (*Zingiber officinale*): Ginger is anti-inflammatory, cleansing, pain relieving and improves circulation to the reproductive organs.
- **Hibiscus** dried flower petals (*Hibiscus sabdariffa*): High in vitamin C, which aids iron absorption, Hibiscus is best combined with herbs high in iron. It is also normalizing for blood pressure.
- **Liferooot**, dried aerial parts (*Senecio aureus*): Liferooot is normalizing for the menstrual cycle and astringent.
- **Maca** root (*Lepidium meyenii*): Maca supports endocrine system function for overall hormonal balance support. [Learn more here...](#)
- **Nettles** aerial parts, seed (*Urtica dioica*): Nettles is both astringent and high in iron and vit. C. It is considered an excellent nutritive herb for menorrhagia.
- **Periwinkle** aerial parts (*Vinca major*): Used traditionally to treat menorrhagia, Periwinkle may also be used to curb mid-cycle spotting/bleeding known as metrorrhagia.
- **Seaweed** (variety of species): Seaweeds are high in fiber for improved hormonal balance. They are also high in a variety of vitamins and minerals including iron, which may help prevent anemia in women with heavy monthly blood loss. Dulse, Kombu and Wakame are highest in iron. Dulse contains 4 times more iron than spinach! [Learn more here...](#)
- **Shepherd's purse**, aerial parts (*Capsella bursa-pastoris*): This herb's astringent qualities are used to reduce acute heavy menstrual bleeding and postpartum hemorrhage.
- **Vitex** also known as **Chaste Tree Berry**, berry (*Vitex agnus-castus*): Vitex supports hormonal balance in the body by having an effect on the hypothalamic-pituitary-ovarian axis (hormonal feedback loop). It is supportive of hormonal balance and normalizing for the reproductive system as a whole. [Learn more here...](#)
- **White Peony** root (*Paeonia lactiflora*): White peony is commonly used in TCM to increase iron levels in women with menorrhagia and combines well with Dong Quai. Peony encourages proper circulation in the pelvic area, making it useful for uterine stagnation, including conditions such as uterine fibroids, endometriosis, & PCOS, where menorrhagia may be present. [Learn more here...](#)
- **Yarrow**, aerial parts (*Achillea millefolium*): It promotes circulation, yet is extremely astringent, stopping excessive blood flow. Yarrow is drying and moistening; promotes sweating and detoxification, but strengthens and tightens tissues. It stimulates the uterus to

bring on menstruation, yet curbs heavy menstrual flow; effectively aiding in regulation of menstrual flow. [Learn more here...](#)

- **Yellow Dock** root (*Rumex crispus*): Yellow Dock stimulates bile production for healthy removal of toxins, it is supportive of liver health and aids in iron absorption, which may help support adequate iron levels.

[Click here to learn more about Heavy Menstrual Bleeding...](#)

Immune Related Fertility Issues

In people with immunological fertility problems their body identifies part of reproductive function as an enemy and sends Natural Killer (NK) cells to attack. Some of the herbs on this list have been found through studies to reduce immunological response or aid the body in a proper immune response. Adaptogen herbs are very helpful for people with immune related fertility issues.

- **Ashwagandha** root (*Withania somnifera*): Ashwagandha supports overall endocrine system function, proper immune response, and aids in possible autoimmune fertility issues. [Learn more here...](#)
- **Bee Propolis** (contains pine tree sap, similar to pycnogenol): Bee propolis may also contain immunomodulating properties. This may be beneficial for autoimmune related fertility issues such as recurrent miscarriage due to immunological response (mothers body attacks and rejects the fetus), autoimmune related Premature Ovarian Failure and antisperm antibody. [Learn more here...](#)
- **Cordyceps** mushroom (*Cordyceps sinensis*): Cordyceps has been found, in human trials, to help restore normal macrophage and natural killer cell activity. It is normalizing for immune function. [Learn more here...](#)
- **Dong Quai** root (*Angelica sinensis*): A person with impaired immune function may greatly benefit from Dong Quai because of its supportive actions on the body systems associated with immune system, inflammation and stress response. Dong Quai has been shown to have immunomodulatory effects which aids the entire immune system, helping the body to reduce the incidence of autoimmune reaction. Helping the body to mediate immune system and inflammation response will also help to curb excessive scar tissue and adhesion formation. [Learn more here...](#)
- **Echinacea** flower, root, seed (*Echinacea purpurea*, *E. angustifolia*): One of the most important plants for stimulating the immune system, Echinacea is best used for acute situations where immune function support is needed immediately.
- **Licorice** root (*Glycyrrhiza glabra*): This plant is an immunomodulator, helping to mediate immune system response in people with autoimmune disease. Licorice root is supportive of overall endocrine function for hormonal balance as well. [Learn more here...](#)

- **Maca** root (*Lepidium meyenii*): Maca is a nourishing food for the endocrine system, aiding the pituitary, adrenal, and thyroid glands (all involved in hormonal balance.) It is also supportive of both immune and stress response on the body. [Learn more here...](#)
- **Rehmannia** root, **Di Huang** (*Rehmannia glutinosa*): Rehmannia supports proper insulin levels, blood pressure, inflammation response and is protective of liver health. [Learn more here...](#)
- **Reishi** mushroom (*Ganoderma lucidum*): Reishi strengthens the immune system. It also down-regulates excessive immune response (common in autoimmune disease), while enhancing monocyte, macrophage, and T lymphocyte activity. Reishi offers anti-inflammatory and stress support as well. [Learn more here...](#)
- **Shatavari** root (*Asparagus racemosus*): Not only does this herb support healthy fertility, it is an immune system and nutritive tonic. Shatavari supports overall immune system function. [Learn more here...](#)
- **Shiitake** mushroom (*Lentinula edodes*): Shiitake supports a healthy immune system. [Learn more here...](#)
- **Tribulus**, aerial parts and fruit (*Tribulus terrestris*): Shown to decrease the effects of antisperm antibodies. A study in 1998, performed in Bulgaria, using Tribulus on couples with antisperm antibodies, found a 61% increase in conception. [Learn more here...](#)

[Click here to learn more about Immune Related Fertility Issues...](#)

Libido Boosting

It is pretty tough to try to conceive when you do not even desire to make love. If you find that your sex life is lacking spark, you may need to consider herbs that have been found to increase sexual desire. These herbs promote healthy circulation to the reproductive organs.

- **Damiana** dried leaves and stems (*Turnera diffusa*): An aphrodisiac, Damiana has been used for centuries to help increase circulation to the reproductive system as well as increase sexual pleasure. [Learn more here...](#)
- **Epimedium** also known as Horny goat weed or Yin Yang Huo (*Epimedium grandiflorum*): Considered to be an all-natural substitute for Viagra®, horny goat weed has been known to increase male virility and give men longer and harder erections.
- **Maca** root (*Lepidium meyenii*): Maca works to increase sexual desire in both men and women by increasing blood flow to the pelvic region; increasing vaginal secretions in women and enhancing testosterone levels in men. [Learn more here...](#)
- **Muir Puama** bark and root (*Ptychopetalum olacoides*): This herb has been shown to support a healthy erection and male fertility. It is also known to increase libido in men. [Learn more here...](#)

- **Saffron** stigma and styles (*Crocus sativus*): Used by the ancient Egyptians to increase their sex drive, Saffron is a powerful herb that works to increase blood flow to the pelvic area, which ultimately boosts sexual feelings in both men and women. It is very expensive, yet said to be very effective.
- **Tribulus**, aerial parts and fruit (*Tribulus terrestris*): A great urogenital tonic, Tribulus works in both men and women. How? It helps to raise sexual energy and supports a larger, harder erection of the penis by enhancing circulation and blood flow to the area. It is considered an overall fertility tonic for the male and female reproductive system. [Learn more here...](#)
- **Vitex**, Chaste tree berry, (*Vitex agnus-castus*): Known as an all-around female reproductive enhancer, Vitex has been used to treat many female issues, including lethargic libido. It is able to increase circulation to the genitals, Vitex will also increase vaginal mucus to enhance sexual sensation and improve a woman's energy levels. [Learn more here...](#)
- **Yohimbe** bark (*Pausinystalia yohimbe*): Supports healthy circulation to the male reproductive organs, Yohimbe has been shown to help sustain erection and may help to make an erection firmer. This herb also supports a healthy libido. [Learn more here...](#)

[Click here to learn more about Boosting Libido...](#)

Miscarriage Prevention

* If you think you are having a miscarriage consult your doctor right away. Lay down to rest, put your feet up. These are traditional therapies for miscarriage. There are no guarantees being made that they will stop a miscarriage. Most miscarriages are meant to happen due to issues with the fetus. These herbs will not stop a miscarriage that is meant to happen. They are helpful with miscarriages that are caused from stress, poor diet, trauma, weak uterine muscles, or low progesterone levels. Herbs help to provide extra nourishment and strength needed to nourish a depleted body. The following herbs are best used prior to pregnancy, for at least 3 months to help prevent miscarriage.

- **Black haw** (*Viburnum prunifolium*): Black haw is extremely effective at reducing uterine contractions, and uterine muscle spasm. If there is uterine cramping without cervical dilation, Black Haw has been traditionally used to help stop uterine spasm and contractions. It is interchangeable with Cramp Bark and has the same actions as Cramp bark. [Learn more here...](#)
- **Cramp bark** (*Viburnum opulus*): Cramp bark has the same actions as Black haw, see above. [Learn more here...](#)
- **False Unicorn** root (*Chamaelirium luteum*): False Unicorn root has been used traditionally when recurrent miscarriages related to uterine and cervical weakness occur. This plant is endangered! [Learn more here...](#)
- **Partridge Berry** leaves & stems (*Mitchella repens*): A uterine tonic traditionally used to help strengthen a weak uterus, Partridge berry is helpful when the woman is experiencing painful cramping, uterine spasm, bleeding, and/or the passing of blood clots in the first trimester of

pregnancy. [Learn more here...](#)

- **Vitex** also known as Chaste tree berry, dried berries (*Vitex agnus-castus*): Vitex has been traditionally used by midwives and herbalists to prevent miscarriage associated with low progesterone. Low progesterone is the number one reason for recurrent miscarriages. [Learn more here...](#)
- **Wild Yam** root (*Dioscorea villosa*): Traditionally used to treat irritable uterus and threatened miscarriage with uterine contractions present, Wild Yam is often combined with Cramp bark or Black Haw. It has also been used for hyperemesis gravidarum (extreme nausea and vomiting in pregnancy). [Learn more here...](#)

[Click here to learn more about Miscarriage...](#)

Ovarian Cysts

Ovarian cysts are the product of failed or disordered ovulation. Herbs that promote hormonal balance, regular ovulation, and proper circulation are key. Also consider herbs that are detoxifying to the liver for improved hormonal balance.

- **Black Cohosh** root (*Actaea racemosa*): This herb promotes regulation of the entire menstrual cycle. It is excellent for relieving ovarian pain. [Learn more here...](#)
- **Blue Cohosh** rhizome and root (*Caulophyllum thalictroides*): Both an ovarian and uterine tonic, Blue Cohosh aids in the regulation of the entire menstrual cycle.
- **Castor Oil**, oil pressed from bean (*Ricinus communis*): When Castor Oil is applied as a pack to the abdomen it can be used to enhance circulation, promote healing and detoxification of the tissues and organs directly underneath the skin, including the ovaries. [Learn more here...](#)
- **Dong Quai** root (*Angelica sinensis*): Dong quai aids in hormonal balance and is used for congestive fertility states such as ovarian cysts, uterine fibroids and endometriosis. It supports healthy circulation to the reproductive organs and a reduction in pain associated with the reproductive organs. [Learn more here...](#)
- **Maca** root (*Lepidium meyenii*): Maca is a nourishing food for the endocrine system, aiding the pituitary, adrenal, and thyroid glands (all involved in hormonal balance.) It supports overall hormonal balance and works to balance estrogen/progesterone levels, for overall menstrual cycle support. [Learn more here...](#)
- **Milk Thistle** seed (*Silybum marianum*): Milk Thistle seed is one of the best plants for liver health. Liver health is vital for hormonal balance. The liver helps to filter toxins from the body, including excess hormones. [Learn more here...](#)
- **Seaweed** (variety of species): Seaweed is high in fiber for improved estrogen metabolism. Ovarian cysts are associated with estrogen dominance. [Learn more here...](#)

- **Tribulus**, aerial parts and fruit (*Tribulus terrestris*): Tribulus may normalize ovulation in infertile women when used prior to ovulation. One study performed on 36 women who were not ovulating, showed that 67% realized normal ovulation after only 2-3 months of consistent use. Tribulus has also been found to be a nourishing tonic for the female reproductive system as a whole, especially concerning the ovaries. [Learn more here...](#)
- **Vitex**, Chaste tree berry (*Vitex agnus-castus*): Vitex aids in regulating hormonal balance, promotes ovulation and improves the timing of the menstrual cycle. [Learn more here...](#)
- **Wild Yam** root (*Dioscorea villosa*): Wild Yam promotes a healthy menstrual cycle and reduces ovarian pain. [Learn more here...](#)
- **Yarrow** aerial parts (*Achillea millefolium*): Yarrow relieves pelvic congestion and improves the timing of the entire menstrual cycle. [Learn more here...](#)

[Click here to learn more about Ovarian Cysts...](#)

Painful Menstruation also known as Dysmenorrhea

If you are living with painful menstruation, it is important to determine the source of the pain. It may be associated with another fertility issue. If it is not, and you experience pain during your bleeding time each month, the herbs below may help. Some of them are specific to reducing pain when it is going to come-on, while others are for long-term management.

- **Black Cohosh** root (*Actaea racemosa*): Black Cohosh has anti-inflammatory and mild sedative properties to aid in reducing spasm and pain in both the smooth and skeletal muscles. It has been shown to alleviate all kinds of menstrual pain, especially helpful for menstrual cramps that radiate from the lower back down through the thighs. [Learn more here...](#)
- **Black Haw** root bark (*Viburnum prunifolium*): Extremely effective at reducing uterine contractions, and uterine muscle spasm, Black Haw has been used for hundreds of years to help alleviate painful menstruation. Interchangeable with Cramp Bark (*Viburnum opulus*). [Learn more here...](#)
- **Chamomile** flowers (*Matricaria recutita*): Chamomile has anti-inflammatory and antispasmodic properties. It is also helpful for women with digestive constipation contributing to pain. Because this herb is also a nervine and mild sedative it may help to reduce stress, relax the nervous system and induce a restful state in the body. This can be very useful when experiencing menstrual cramping accompanied by anxiety and irritability.
- **Cramp bark** (*Viburnum opulus*): This is one of the most effective herbs for reducing uterine spasm and cramping. Cramp Bark brings relief of pain and muscle spasm for smooth muscle, especially the uterus. Interchangeable with Black Haw (*Viburnum prunifolium*). [Learn more here...](#)
- **Dong Quai** root (*Angelica sinensis*): This herb helps to reduce cramping and pain in the

uterus. Dong Quai acts on the circulatory system and lymphatic system reducing tissue congestion. It has both pain reducing and anti-inflammatory properties. It is also very relaxing to the nervous system, which is an important factor for women who have pain associated with fertility issues. [Learn more here...](#)

- **Feverfew** aerial parts (*Tanacetum parthenium*): Feverfew has been used for hundreds of years for painful menstruation. It is excellent for reduction in menstrual pain, especially where migraine headache is present alongside uterine spasm.
- **Ginger** fresh or dried root (*Zingiber officinale*): If you experience nausea, vomiting or diarrhea due to painful cramping and hormonal changes, ginger is one of the best herbs to soothe the stomach. It is also anti-inflammatory.
- **Jamaican Dogwood** bark (*Piscidia erythrina*): Extremely antispasmodic and analgesic, Jamaican Dogwood is traditionally used for all neuralgic and muscular cramps and spasms. This is an herb that is often relied on by herbalists for women who have unrelenting pain that is disturbing their daily life activities; debilitating pain. Jamaican Dogwood may be a good option for women who have lost all hope, or where other remedies have failed.
- **Motherwort** aerial parts (*Leonurus cardiaca*): Motherwort is a powerful herb that brings quick relief to women who have painful periods with symptoms like anxiety, rapid heart beat, hot flash, headache, dizziness, stress, and difficulty sleeping. This herb is very effective at reducing uterine muscle spasm, cramping and improving uterine tone. [Learn more here...](#)
- **Red Clover** leaves, blossom (*Trifolium pratense*): Red Clover is a nourishing food/herb, high in vitamins and minerals. It is one of the best blood purifying herbs. It is high in both calcium and magnesium, essential for proper smooth muscle function, reducing and aiding in prevention of uterine cramping. [Learn more here...](#)
- **Wild Yam** root (*Dioscorea villosa*): Wild Yam has a wonderful action on smooth muscle tissue, reducing muscle spasms of the uterus, fallopian tubes and ovaries, aiding in chronic pelvic pain. [Learn more here...](#)

[Click here to learn more about Painful Menstruation...](#)

PCOS (polycystic ovarian syndrome)

The overall goal with PCOS is to balance blood sugar levels in the body, maintain hormonal balance, promote healthy digestion for improved estrogen and androgen metabolism, while also working to promote regular ovulation and menses.

- **Ashwagandha** root (*Withania somnifera*): Ashwagandha supports overall endocrine system function. [Learn more here...](#)
- **Cinnamon** inner bark (*Cinnamomum verum*, *C.zeylanicum*): Preliminary studies have shown cinnamon to be extremely useful for women with insulin resistance by helping to balance blood sugar levels. It may also help to slow heavy menstrual bleeding caused by endometrial

hyperplasia (thickening of the uterine lining) associated with PCOS. Cinnamon is also widely used to encourage healthy circulation to reproductive organs. [Learn more here...](#)

- **Burdock** root (*Arctium lappa*): Burdock root supports overall liver function for improved hormonal balance. It is also supportive of balanced blood sugar levels and cleansing for the entire body, especially where congested tissues and organs are present.
- **Eleuthero** root and stem bark (*Eleutherococcus senticosus*): This adaptogen herb supports overall endocrine function which supports hormonal balance.
- **Gymnema** leaf (*Gymnema sylvestris*): This herb is known as the destroyer of sugar. It supports healthy blood sugar levels, controlling insulin and helps curb sugar cravings. [Learn more here...](#)
- **Licorice** root (*Glycyrrhiza glabra*): Licorice root helps to maintain proper hormone production and release. It also supports healthy insulin levels and liver health for hormonal balance support. [Learn more here...](#)
- **Maca** root (*Lepidium meyenii*): Maca may help to increase progesterone levels in both men and women. Maca works to balance estrogen and progesterone in the body, for a healthy menstrual cycle. [Learn more here...](#)
- **Tribulus**, aerial parts and fruit (*Tribulus terrestris*): Tribulus promotes regular ovulation and may reduce ovarian cysts in women with PCOS. [Learn more here...](#)
- **Saw Palmetto** berry (*Serenoa repens*): Saw Palmetto has been found to inhibit DHT production by reducing 5 alpha-reductase production, which may help prevent Hirsutism (excessive body hair growth, thinning hair on head) in women with PCOS. This herb also helps to reduce endometrial hyperplasia and hormonal acne symptoms. [Learn more here...](#)
- **Vitex** also known as Chaste Tree berry, dried berries (*Vitex agnus-castus*): Women with PCOS often have irregular menstrual cycles and anovulation. Vitex works to balance the hormonal feedback loop, it also promotes ovulation and regular cycles. [Learn more here...](#)
- **White Peony** root (*Paeonia lactiflora*): When Peony is combined with Licorice Rt. (*Glycyrrhiza glabra*) it performs better, especially for relaxing muscles, reducing painful menstruation, as well as lowering serum and free testosterone levels in women with PCOS. It moves the blood in the pelvic area which is good for uterine stagnation, including conditions such as uterine fibroids, endometriosis, & PCOS. [Learn more here...](#)

[Click here to learn more about PCOS...](#)

Poor Egg Health

To create an environment for healthy eggs, we first need to consider naturally cleansing herbs, herbs for hormonal balance, proper endocrine function and improved circulation to the reproductive organs. Stress plays a role in egg health as well, therefore if stress is present, herbs that support healthy stress response and calm the nerves should be used as well.

- **Ashwagandha** root (*Withania somnifera*): Ashwagandha supports overall endocrine system function for healthy hormonal balance, a key factor for ovarian response and egg health. [Learn more here...](#)
- **Bee Pollen/Propolis**: Bee pollen has been reported to have great results in boosting immunity and fertility. Bee propolis has been found to support a healthy immune, inflammation and stress response in the body. [Learn more here...](#)
- **Burdock** root (*Arctium lappa*): Burdock root supports overall liver function for improved hormonal balance and is cleansing for the entire body.
- **Castor Oil**, oil pressed from bean (*Ricinus communis*): When Castor Oil is applied as a pack to the abdomen it can be used to enhance circulation and promote healing of the tissues and organs underneath the skin. Castor oil works to provide cleansing to the area applied, through stimulation of the lymphatic system. [Learn more here...](#)
- **Dong Quai** root (*Angelica sinensis*): Dong quai aids in hormonal balance and supports healthy circulation to the reproductive organs. [Learn more here...](#)
- **Fo-ti** root, also known as He Shou Wu, **Ho Shou Wu** (*Polygonum multiflorum*): Fo-ti is an adaptogen, supporting overall endocrine function, as well as a healthy immune and stress response. Nourishing to the liver and kidneys. Considered one of the best herbs for protecting health long-term. Because of this it is considered excellent for people trying to conceive who are over 40 years old. [Learn more here...](#)
- **Ginger** root (*Zingiber officinale*): Ginger increases circulation, promotes a healthy inflammation response and improves digestion for proper nutrient absorption, boosting overall health.
- **Lemon Balm** leaf (*Melissa officinalis*): Lemon balm offers excellent nervous system support. It supports a healthy stress response and lessens depression and anxiety. Good emotional health, and stress response is important prior to conception.
- **Maca** root (*Lepidium meyenii*): Maca is a nourishing food for the endocrine system, aiding the pituitary, adrenal, and thyroid glands (all involved in hormonal balance). It works to protect the body from stress damage and has been shown to support and increase egg health. [Learn more here...](#)
- **Milk Thistle** seed (*Silybum marianum*): Milk Thistle seed is one of the best plants for liver health. Liver health is vital for hormonal balance. The liver helps to filter toxins from the body, including excess hormones. [Learn more here...](#)

- **Motherwort**, aerial parts (*Leonurus cardiaca*): Motherwort supports a healthy stress response; for depression, anxiety, stress associated with the menstrual cycle, or in life. It aids in heart and circulatory function. [Learn more here...](#)
- **Oat straw** (stems), **Milky Oats** (tops) exert a stronger effect than oatstraw, (*Avena sativa*): Oat straw is nourishing and aids in stress reduction by supporting the nervous system. It offers great support for stress related fertility issues.

[Click here to learn more about Improving Egg Health...](#)

Pregnancy Preparation

The main focus when choosing herbs for preconception is to nourish the body, detoxify for hormonal balance/optimal health, support uterine tone, build the blood, and support a healthy stress response. Preconception herbs are best used at least 3-6 months prior to conception. Many of these herbs should not be used into pregnancy.

- **Alfalfa** aerial parts (*Medicago sativa*): Alfalfa is very nutritious, high in vitamins and minerals, contains some phytoestrogens and aids in protecting against xenohormones. It also aids in vaginal atrophy and dryness.
- **Ashwagandha** root (*Withania somnifera*): Ashwagandha supports overall endocrine system function for proper hormonal balance, while also helping the body to support the immune system and stress response. [Learn more here...](#)
- **Burdock** root (*Arctium lappa*): Burdock root is nourishing and cleansing for the liver which aids in hormonal balance.
- **Dandelion leaf** (*Taraxacum officinale*): A nourishing herb, Dandelion leaf is used to increase nutrition and is supportive of liver health for hormonal balance.
- **Dandelion root** (*Taraxacum officinale*): Dandelion root aids in liver health and stimulates digestion for improved hormonal balance.
- **Dong Quai** root (*Angelica sinensis*): Dong quai aids hormonal balance and is commonly used for congestive fertility states such as endometriosis, uterine fibroids, PCOS, ovarian cysts. It supports healthy circulation to the uterus, is nourishing for the blood and reduces pain associated with reproductive organs. [Learn more here...](#)
- **Eleuthero** root and stem bark (*Eleutherococcus senticosus*): Being an adaptogen herb, Eleuthero promotes proper endocrine function, making it useful for hormonal imbalance. Being one of the most popular adaptogen herbs, it is widely used to aid the body in times of stress.

- **Evening Primrose Oil** cold pressed from seed (*Oenothera biennis*): EPO supports overall hormonal balance and cervical mucous production through its high content of the omega-6 essential fatty acids (EFA's), Linoleic Acid (LA) and Gamma Linolenic Acid (GLA). LA is needed for prostaglandin E and GLA is needed for the synthesis of prostaglandin E. One of the many functions of Prostaglandins is to help control the regulation of hormones as well as control proper cell growth. [Learn more here...](#)
- **Hibiscus** flower petals (*Hibiscus sabdariffa*): Hibiscus is very high in vitamin C and may support healthy cervical mucous. Vit.C is essential for proper absorption of iron. It is best combined with herbs high in iron such as, Raspberry lf., Yellow dock and Nettles. It also supports proper heart health and blood pressure.
- **Lemon Balm** leaf (*Melissa officinalis*): Lemon balm offers excellent nervous system support. It supports a healthy stress response and lessens depression and anxiety. Good emotional health, and stress response is important prior to conception. Not for use for people with hypothyroidism.
- **Maca** root (*Lepidium meyenii*): Maca is a nourishing food for the endocrine system, aiding the pituitary, adrenal, and thyroid glands (all involved in hormonal balance.) It supports overall hormonal balance and works to balance estrogen/progesterone levels. [Learn more here...](#)
- **Milk Thistle** seed (*Silybum marianum*): Milk Thistle seed is one of the best plants for liver health. Liver health is vital for hormonal balance. The liver helps to filter toxins from the body, including excess hormones. [Learn more here...](#)
- **Nettles** leaf, root, seed (*Urtica dioica*): Nettles are nutritive; high in minerals, vitamins and chlorophyll. This herb is supportive of gentle cleansing of the liver, lungs, intestines and kidneys. Nettles offer great adrenal support and proper blood formation through its high iron content.
- **Oatstraw** (stems), **Milky Oats** (tops) exert a stronger effect than oatstraw, (*Avena sativa*): This herb is very nourishing, aids in stress reduction by supporting the nervous system and offers great support for stress related fertility issues.
- **Red Clover** leaves, blossoms (*Trifolium pratense*): Red Clover is a nourishing food/herb. It is rich in a variety of vitamins and minerals. It is one of the best blood purifying herbs, aiding in detoxification of environmental pollutants prior to conception. It is also phytoestrogenic and may help protect the body from xenohormones. It may also increase cervical mucous. [Learn more here...](#)
- **Red Raspberry** leaf (*Rubus idaeus*): Red Raspberry leaf is one of the best herbs for pregnancy preparation. This is because it is extremely nutritious, being high in vitamins and minerals. It is also one of the most beneficial uterine tonics available which can help a woman prepare her uterus for pregnancy and labor. [Learn more here...](#)
- **Schisandra**, fruit and seed (*Schisandra chinensis*): An adaptogen, Schisandra supports healthy hormonal balance through endocrine system support and promotes proper immune and stress response. [Learn more here...](#)

- **Seaweed** (variety of species): Extremely high in vitamins and minerals, including iodine, which is necessary for proper thyroid function, Seaweed is high in fiber for improved estrogen metabolism. [Learn more here...](#)
- **Yellow dock** root (*Rumex crispus*): Yellow dock stimulates bile production and gentle liver detoxification for healthy removal of toxins. It also aids in the absorption of iron, helping to ensure adequate iron levels, which are essential for proper blood formation.

[Click here to learn important Diet Tips for Pregnancy Preparation...](#)

Progesterone Balance

These are herbs that support production of progesterone. They do not contain progesterone, they support areas of the body that produce progesterone or regulate hormonal balance by supporting the endocrine system. Herbs that help to reduce estrogen dominance may also support the body in balancing progesterone levels. Reducing excess estrogen is important to getting progesterone levels back up. Avoiding xenohormones and protecting the body from xenoestrogens with phytoestrogen herbs may also play an important role to proper progesterone levels. See the Estrogen Balance section to learn more about herbs for supporting removal of excess estrogens from the body.

- **Alfalfa** aerial parts (*Medicago sativa*): Alfalfa is very nutritive, contains some phytoestrogens and aids in protecting the body against xenohormones. It aids in vaginal atrophy and dryness and is high in vitamins and minerals.
- **Ashwagandha** root (*Withania somnifera*): Ashwagandha supports overall endocrine system function for proper hormonal balance. [Learn more here...](#)
- **Burdock** root (*Arctium lappa*): Burdock root is nourishing and cleansing for the liver, aiding in hormonal balance. Cleansing of the liver helps reduce excess estrogen.
- **Eleuthero** root and stem bark (*Eleutherococcus senticosus*): Eleuthero root supports proper endocrine function through its adaptogenic properties, supporting overall hormonal balance.
- **Maca** root (*Lepidium meyenii*): Maca may help to increase progesterone levels in both men and women. Maca works to balance estrogen and progesterone in the body for a healthy menstrual cycle. [Learn more here...](#)
- **Schisandra** fruit and seed (*Schisandra chinensis*): Another adaptogen, Schisandra supports healthy hormonal balance through endocrine system support and promotes a proper immune and stress response. [Learn more here...](#)
- **Vitex**, Chaste tree berry, dried berry (*Vitex agnus-castus*): Vitex increases luteinizing hormone (LH) production while mildly inhibiting the release of follicle stimulating hormone (FSH). This indirectly boosts progesterone production and the chances of achieving and maintaining a successful pregnancy. [Learn more here...](#)

[Click here to learn more about Progesterone Balance...](#)

Sperm Count and Health

Low sperm count and health is more prevalent than you would think. The following herbs have been shown to increase not only sperm count, but the overall health, motility and morphology of sperm. Half of the genetic makeup of your future child comes from the male partner, so optimal fertility for men is just as important as it is for women!

- **American Ginseng** root (*Panax quinquefolius*): American Ginseng may support a healthy sex drive, help with erectile dysfunction and enhance sexual performance in men. It strengthens the HPA (hypothalamus-pituitary-adrenal) axis, aiding hormonal balance, stress management and immune function. [Learn more here...](#)
- **Ashwagandha** root (*Withania somnifera*): Traditionally used to improve sex drive and low sperm count, Ashwagandha supports overall endocrine system function for hormonal balance. One study using Ashwagandha showed an improvement in semen quality in men with stress-related infertility. [Learn more here...](#)
- **Cordyceps** mushroom (*Cordyceps sinensis*): Cordyceps has been shown to enhance male sexual function, enhance sperm production and motility. [Learn more here...](#)
- **Epimedium**, also known as horny goat weed (*Epimedium grandiflorum*): An aphrodisiac, Epimedium increases sexual desire and performance. The active ingredient Icaritin has been shown to increase nitric oxide; increasing circulation to the extremities. It has also been shown useful in aiding a sustained erection.
- **Fo-ti**, also known as **Ho Shou Wu** or He Shou Wu, root (*Polygonum multiflorum*): Traditionally used for men who have low libido, low sperm count, erectile dysfunction and poor sperm motility, Fo-ti supports fertility longevity. [Learn more here...](#)
- **Ginkgo** leaves (*Ginkgo biloba*): Ginkgo is considered the #1 remedy for erectile dysfunction. It increases circulation and is high in antioxidants.
- **Goji berry**, dried fruit (*Lycium barbarum*, *L. chinense*): Goji berries protect sperm from hyperthermia (overheating), increase hormone levels, sperm quantity and quality through their high antioxidant content. They support hormonal balance through improved liver function support and are extremely nutritious. [Learn more here...](#)
- **Maca** root (*Lepidium meyenii*): Men who use maca have been seen to have an increased libido and healthy sperm. Additionally, increased seminal volume, sperm count per ejaculate, and sperm motility have been observed. [Learn more here...](#)
- **Saw Palmetto** berries (*Serenoa repens*): Saw Palmetto is traditionally used for improving prostate health, impotence, testicular atrophy and improved sex drive in men. [Learn more here...](#)

- **Schisandra** fruit and seed (*Schisandra chinensis*): Supportive and protective of liver health, Schisandra has been shown to support immunity, endocrine and nervous system function. Studies have also shown it may increase sperm count. Additionally, it aids stress related infertility. [Learn more here...](#)
- **Tribulus**, aerial parts and fruit (*Tribulus terrestris*): Research indicates that Tribulus can aid in sex hormone production. For men specifically, it has been shown to support healthy luteinizing hormone (LH) and testosterone production, both of which play a key role in proper sperm production. This makes it useful for increasing sperm count, motility, and health. [Learn more here...](#)

[Click here to learn more about Increasing Sperm Count and Health...](#)

Stress Related Infertility

Chronic stress may cause hormonal imbalance, lowered egg and sperm health, as well as create a lack of libido. Herbs that support a healthy stress response, nourish the nervous system and support endocrine function are important.

- **Ashwagandha** root (*Withania somnifera*): Both a nervine and adaptogen, Ashwagandha works to re-regulate thyroid and adrenal gland function. It also supports overall endocrine system function for improved stress response and hormonal balance. [Learn more here...](#)
- **Bee Pollen/Propolis**: Bee pollen has been reported to have great results in boosting immunity and fertility. Bee propolis has been found to support a healthy immune, inflammation and stress response in the body. [Learn more here...](#)
- **Chamomile** flowers (*Matricaria recutita*): This herb is a nervine and mild sedative it may help to reduce stress, relax the nervous system and induce a restful state in the body.
- **Eluthero** root and stem bark (*Elueutherococcus senticosus*): Eluthero root/bark strengthens the immune system and is great for people under severe stress. This herb helps people to feel better, perform better and recover from immune suppression more quickly.
- **Fo-ti**, also known as **Ho Shou Wu** or He Shou Wu, root (*Polygonum multiflorum*): According to TCM Fo-ti helps to restore jing (life essence). It supports both thyroid and adrenal function (both are extremely important and sensitive to stress). The vine and leaf are sometimes used to aid stress, nervous tension and insomnia. [Learn more here...](#)
- **Lemon Balm** leaf (*Melissa officinalis*): Excellent nervous system support, Lemon Balm supports a healthy stress response and lessens depression and anxiety. Good emotional health, and stress response is important prior to conception. Not for use for people with hypothyroidism.
- **Linden** flower and bract (*Tilia platyphyllos*, *T.cordata*): Linden flower/bract mildly lowers blood pressure, works to reduce depression and supports nervous system function. It is great

for anxiety, depression and insomnia, and is very gentle and safe.

- **Maca** root (*Lepidium meyenii*): Maca is a nourishing food for the endocrine system, aiding the pituitary, adrenal, and thyroid glands (all involved in hormonal balance.) It is supportive of a healthy immune and stress response in the body. [Learn more here...](#)
- **Motherwort** aerial parts (*Leonurus cardiaca*): Famous herbalist Nicholas Culpepper 1616-1654 said, “*There is no better herb to drive away melancholy vapours from the heart, to strengthen it and make the mind cheerful.*” Motherwort supports heart health and reduces anxiety. [Learn more here...](#)
- **Schisandra**, fruit and seed (*Schisandra chinensis*): An adaptogen, Schisandra supports healthy hormonal balance through endocrine system support and promotes proper immune and stress response. [Learn more here...](#)
- **Shatavari** root (*Asparagus racemosus*): Not only does this herb support healthy fertility, it is an immune system and nutritive tonic. Shatavari supports overall immune system function. [Learn more here...](#)
- **Reishi** mushroom (*Ganoderma lucidum*): Reishi is a well known adaptogen herb shown to improve adrenal cortical function, which is why it has the ability to support the body during states of stress. [Learn more here...](#)

[Click here to learn more about Stress and Fertility...](#)

Uterine Fibroids

It is imperative that hormone balancing herbs are utilized, as well as ones for pain management, and proper detoxification. Other herbs that are helpful have astringent, circulatory and anti-inflammatory actions to help the body shrink swollen tissues and to promote overall health of the uterus. Uterine fibroids are considered an estrogen dominant condition, so herbs that support proper estrogen/progesterone balance should be taken into consideration.

- **Bee Propolis**: Bee propolis has been shown to be extremely anti-inflammatory and promotes proper hormonal balance. [Learn more here...](#)
- **Black Haw** root bark (*Viburnum prunifolium*): Extremely effective at reducing uterine contractions, and uterine muscle spasms, Black Haw is interchangeable with Cramp Bark (*Viburnum opulus*). Cramp bark and Black haw have been shown to have a specific action on the uterus, the relaxing action increases circulation to the uterus, allowing for toxin removal which may aid the uterus in healing and overall improvement in uterine health. [Learn more here...](#)
- **Black Cohosh** root (*Actaea racemosa*): Black Cohosh promotes regulation of the entire menstrual cycle. For women with a uterus that feels inflamed or irritated throughout the month, Black Cohosh may be an effective option in relaxing the uterus, thus reducing inflammation of the uterus. [Learn more here...](#)

- **Blue Cohosh** rhizome and root (*Caulophyllum thalictroides*): This is a wonderful herb for uterine weakness where the uterus has lost strength and tone.
- **Blue Vervain** aerial parts (*Verbena hastata*): Blue Vervain is an antispasmodic and supports proper function of the uterus.
- **Castor Oil**, oil pressed from bean (*Ricinus communis*): When Castor Oil is applied as a pack to the abdomen it can be used to enhance circulation and promote healing of the tissues and organs underneath the skin. Castor oil works to dissolve foreign tissue growth, including uterine fibroids. [Learn more here...](#)
- **Cramp bark** (*Viburnum opulus*): This is one of the most effective herbs for reducing uterine spasms and cramping. Cramp Bark brings relief of pain and muscle spasm for smooth muscle, especially to the uterus. Interchangeable with Black Haw (*Viburnum prunifolium*). [Learn more here...](#)
- **Dong Quai** root (*Angelica sinensis*): Dong Quai increases circulation, which helps to bring in fresh healthy blood to remove excess tissue growth, heal tissue damage, limit scar tissue and adhesion formation. Healthy circulation ensures healthy natural cleansing of the body as well. Proper circulation is required to remove toxins, dead tissue, diseased tissue and metabolic waste from our bodies. This is very important for women with uterine fibroids. [Learn more here...](#)
- **Ginger** root (*Zingiber officinale*): Ginger increases circulation in the body helping to support a healthy inflammation response and normal detoxification. It supports proper digestion which is very important for inflammatory conditions. Ginger may offer a reduction in pain associated with inflammation.
- **Maca** root (*Lepidium meyenii*): Maca supports endocrine system function for overall hormonal balance and support. [Learn more here...](#)
- **Motherwort** aerial parts (*Leonurus cardiaca*): A powerful herb that brings quick relief to women who have painful periods, Motherwort is very effective at reducing uterine muscle spasms, cramping and improving uterine tone. Motherwort has been found to mildly stimulate the uterus, while also aiding the uterus to work efficiently. [Learn more here...](#)
- **Red Raspberry** leaf (*Rubus idaeus*): Raspberry leaf works to tone the uterine muscles and normalize blood flow during menses. This is one of the best normalizing herbs for the female reproductive organs. Raspberry leaf is astringent, contracting and shrinking internal and external body tissues. It may also help prevent hemorrhage or excessive bleeding. Raspberry leaf is one of the best herbs for uterine health. [Learn more here...](#)
- **Shepherd's purse**, aerial parts (*Capsella bursa-pastoris*): Shepherd's purse is an astringent used to reduce acute, heavy or abnormal menstrual bleeding. It also supports normal tissue growth.

- **Vitex** also known as Chaste Tree Berry, berry (*Vitex agnus-castus*): Vitex supports hormonal balance in the body by having an effect on the hypothalamic-pituitary-ovarian axis (hormonal feedback loop). Vitex is supportive of hormonal balance and normalizing for the reproductive system as a whole. [Learn more here...](#)
- **White Peony** root (*Paeonia lactiflora*): Used in TCM to increase iron levels in women with menorrhagia, White Peony combines well with Dong Quai. Peony encourages proper circulation in the pelvic area, making it useful for uterine stagnation including conditions such as uterine fibroids. [Learn more here...](#)
- **Yarrow**, aerial parts (*Achillea millefolium*): Yarrow promotes circulation, yet is extremely astringent, stopping excessive blood flow. It works well for a boggy, weak uterus and aids in toning the muscles of the uterus. [Learn more here...](#)

[Click here to learn more about Uterine Fibroids...](#)

Uterine Health

There are many herbs that have a direct action on the uterine muscles, they work to gently tone the uterus. This aids in overall uterine function. Blood nourishing herbs are also important for a healthy uterine lining.

- **Borage seed Oil** (*Borago officinalis*): Borage seed oil is mildly stimulating to the uterine muscles through its high omega 6 essential fatty acid content. It has been shown to contract and relax smooth muscle tissue of the uterus.
- **Blue Cohosh** rhizome and root (*Caulophyllum thalictroides*): This herb is wonderful for uterine weakness, where the uterus has lost strength and tone.
- **Castor Oil**, oil pressed from bean (*Ricinus communis*): When Castor Oil is applied as a pack to the abdomen it can be used to enhance circulation and promote healing of the tissues and organs underneath the skin, including the uterus. It promotes proper formation and function of the uterine tissue. [Learn more here...](#)
- **Dong Quai** root (*Angelica sinensis*): Dong Quai increases circulation to the uterus, is iron rich for proper blood formation, tones and strengthens the uterus by regulating hormonal control, and improves the timing of the menstrual cycle. [Learn more here...](#)
- **Evening Primrose Oil** (*Oenothera biennis*): High levels of LA and GLA's in Evening Primrose Oil have a direct effect on uterine cells. These contract and relax smooth muscle tissue. This action on the uterus is toning for the uterine muscles in preparation for pregnancy. [Learn more here...](#)
- **Hibiscus** dried flower petals (*Hibiscus sabdariffa*): High in vitamin C, which aids iron absorption, Hibiscus is best combined with herbs high in iron like Nettles. This herb is normalizing for blood pressure and proper blood formation, essential for nourishing the uterine lining.

- **Nettles** aerial parts, seed (*Urtica dioica*): Both astringent and high in iron and vit. C for proper tissue and blood formation, Nettles are very nutritious as well, promoting overall health.
- **Red Clover** aerial parts, blossom (*Trifolium pratense*): Red Clover is high in calcium and magnesium, both of which are essential for proper smooth muscle function. Because of this Red Clover helps to prevent muscle cramping, making it useful for women with painful menstrual cramps and uterine spasm. This female herbal ally also supports proper uterine tissue formation. [Learn more here...](#)
- **Red Raspberry** leaf (*Rubus idaeus*): Raspberry leaf works to tone the uterine muscles and normalize blood flow during menses. This is one of the best normalizing herbs for the female reproductive organs. Raspberry leaf is astringent, contracting and shrinking internal and external body tissues. May help prevent hemorrhage or excessive bleeding. One of the best herbs for uterine health. [Learn more here...](#)

[Click here to learn more about supporting Uterine Health...](#)

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