

# CHANGE OF LIFE

## COMPOSITION

*Cimicifuga racemosa*  
*Angelica sinensis*  
*Glycyrrhiza uralensis*  
*Dioscorea villosa*

*Salvia officinalis*  
*Chamaelirium luteum*

## PREPARATION

Individual tinctures are combined in the descending order of the list found above.

## SYNTHESIS and MECHANISM OF ACTION

Addresses climacteric and menopause. Will aid women in the transition and initiation into the third major period of their lives.

Practitioners should check thyroid function.

<i>Cimicifuga racemosa</i>	Antispasmodic, Oestrogenic (SERM), Uterine tonic
<i>Angelica sinensis</i>	Antispasmodic, Hormonal balancer, Prostaglandin inhibitor
<i>Glycyrrhiza uralensis</i>	Moderates and harmonizes, tonifies Spleen and augments Qi, Enters all organ channels, clears heat and relieves fire toxicity
<i>Dioscorea villosa</i>	Antispasmodic, Hormonal balancer
<i>Salvia officinalis</i>	Antigalactagogue, Antimicrobial, Antispasmodic, Astringent, Bitter, Oestrogenic (SERM)
<i>Chamaelirium luteum</i>	Diuretic herb, Emmenagogue, Hormonal balancer, Oestrogenic (SERM), Tonic, Uterine tonic

## INDICATIONS

Climacteric  
Menopause  
Hot flashes

## CONTRAINDICATIONS, WARNINGS AND INTERACTIONS

Practitioners should check thyroid function. Contraindicated in Pregnanc, suspected pregnancy

**DOSAGE** diluted in a small amount of water

Acute:

Adult: 2mL - 5mL TID

Children: NONE

Long term:

Adult: 2mL - 5mL TID

Children: NONE

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## SYNERGY & COMPOUNDING

### FOR CUSTOM FORMULATION

As you look at the CHANGE OF LIFE formula you see it does many things in the herbal action section but you may select an additional formula or action to make your custom formula match up with the individual physiological needs and presentations of your patient more precisely.

#### Combines well with:

- ESP and VSP formulas – for insomnia
- HEPATO PURE – for liver detoxification, tonification and protection
- HOXSEY TONIC – for post-breast or ovarian cancer
- THREE GINSENGS TONIC – to treat fatigue and malaise and to help revitalize
- THYROSTIM formula – for Hypothyroidism
- *Leonurus cardiaca* – for heart palpitations
- *Pueraria mirifica* – may be used to increase estrogen levels
- increase amount of *Salvia officinalis* – for hot flashes and sweating

If the above suggestions do not fit your needs, you may continue on linking with the catalogue. For additional symptoms & conditions link first to the system involved, select the actions required and then chose an herb from the action category:

CARDIOVASCULAR SYSTEM ACTIONS

DIGESTIVE SYSTEM ACTIONS

ENDOCRINE SYSTEM ACTIONS

FEMALE REPRODUCTIVE SYSTEM ACTIONS

IMMUNE SYSTEM ACTIONS

INTEGUMENTARY SYSTEM ACTIONS

MALE REPRODUCTIVE & URINARY SYSTEM ACTIONS

MUSCULOSKELETAL SYSTEM ACTIONS

NERVOUS SYSTEM ACTIONS

RESPIRATORY SYSTEM ACTIONS