

Damiana Formula instructions

By Cynthia Foster, MD • DrFostersEssentials.com

Indications:

- Low Energy
- Low Thyroid
- Low Libido/ Sexual Desire
- Additional support for other endocrine organs such as thyroid, pancreas, etc.

Therapeutic Actions:

- Powerful aphrodisiac
- Libido Booster
- Energizing
- Promotes faster recovery after injury or after having had a chronic disease for a long period of time
- Promotes Healthy Sexual Function
- Both men and women experience the effects of this powerful herb on the sexual system
- Herbalists throughout the centuries have told us that damiana strengthens and tones the reproductive organs and the nervous system.



Product Seal: Your bottle of Damiana Formula might have a product seal that is not the usual transparent plastic wrapped around the dropper. Instead, it is a hard plastic “ring” that is attached to the bottom of the dropper mechanism. It is perfectly sealed and it will not break until you twist open the bottle. You will then hear the sound of the seal breaking.

Ingredients:

Damiana leaf, Maca root, Horny Goat Weed, Siberian Ginseng, Muira Puama. in a 2 oz. liquid concentrate (base of organic pharmaceutical grade alcohol).

Cautions/ Contraindications: Use with caution if taking prescription hormone replacement therapy (Premarin®, Premphase®, etc.) as they both have hormonal effects and the additive effect of using both could be too strong. Prescription hormone medications can cause cancer, so if you are taking that, strongly consider REPLACING it with something else. If you get cancer, the first thing your doctor will do will be to take you off of these prescription drugs.

See Femme Pause instructions for how to do a gradual taper off of your hormone medications and replace with herbal therapy.

Clinical Notes for Men and Women: Both men and women can use this formula. Make sure to follow the [Foster Method Diet](#) and use the [Foster Method](#) every 3 months to get to underlying root causes of low energy and low hormones and maintain health for life. Hormone imbalance is often caused by toxins in the liver. Doing a liver cleanse can help revitalize hormone production.

How to Take the Damiana Formula:

- **Suggested Dose:** 1 to 2 droppers 1 to 3 times daily in a few ounces of water or juice. If you'd like to evaporate the tiny amount of alcohol in this formula, add a dose of this formula to a coffee mug and add 2 to 3 ounces boiling water to it. The alcohol will evaporate in a white "puff" of steam. Feel free to add a natural sweetener – I like keto sweeteners such as stevia and monkfruit, but you can use anything natural.

- **How Much is a Dropper Full?** (one dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks halfway full. If you count the drops, it's about 30 to 35 drops.

- **Is it Supposed to Be Opaque/ Have Sediment in it?**

Yes! The sediment is there in many of our formulas on purpose to add potency. Your formula could be light or dark in color, opaque or cloudy and it may contain "flecks" in it as well. All are normal. Alcohol is pretty much a perfect preservative. Your tincture will last for around 30 years or even longer. It has NOT spoiled nor has it gone bad – it's completely fine! If your dropper won't work, it is likely clogged with a little sediment. Gently insert a safety pin or sewing needle to unclog it. It will then work just fine. Stop making assumptions about what you think an herbal extract should look like. It's not supposed to be clear, ultra-filtrated, odorless and tasteless. It's supposed to be bitter and it's supposed to have a strong taste. The extracts you've gotten from the health food store or online are often watered down and tasteless and they're pretty weak in effectiveness. This is NOT THAT. This is strong and super potent. Stop comparing it to other extracts you've bought before. Yes, it supposed to look like that, and yes, I know it looks like that.



- **When Does it Expire?** Technically, an alcohol extract lasts *indefinitely*. Alcohol is pretty much a perfect preservative, so it will last probably around 30 years or longer - regardless of what it says on the product label. Your rubber stopper on the dropper bottle will probably deteriorate before your herbs ever do. I've made lots of homemade alcohol-based tinctures for just my personal use, and many of them have reached the over ten-year-mark. They're still fine!
- **Could I Take it Straight in My Mouth?** Yes! But you may or may not like the taste. You can also mix this formula with water or juice as well or even add boiling water to evaporate off the alcohol content. The alcohol will evaporate as a puff of white vapor just after you pour the boiling water on top of your dose.
- **Could I Mix it With a Few Ounces of Water When I'm on the Go or In a Hurry?** Yes!
- **Should I Put it Under My Tongue?** You can, and you will probably feel the effects slightly faster, but it's not required. Just get it down.
- **Should I Take it On An Empty Stomach?** You can, but you don't have to. If you have a sensitive stomach or if cayenne bothers you, take this formula with juice, with the Herbal Latte recipe listed above, or with food.
- **How Do I Store it? In the Fridge?** No, you don't have to refrigerate it. Just put it in a cool dark place such as in a cabinet. I leave mine out on my kitchen counter in an organizer. Keep it out of direct sunlight or away from a heat source such as your stove/oven or a space heater.
- **Can I Mix it With Other Formulas or Supplements?** Yes. Mix it with anything, but with one exception. Don't put it in the same dose as Colon Detox Caps or Colon Soothe Formula or any other "absorptive" formulas containing clay or charcoal. Colon Detox Caps and Colon Soothe and other "absorptive" formulas need to work in your system for around an hour before you take anything else.
- **How Long Do I Take It?** Some results should be noticed almost immediately (feeling more energy, feeling more sexual desire, reduction in hot flashes, feeling better emotionally, etc.), and the formula will continue to work for as long as you take it with the benefits accumulating over time. This is not prescription hormone replacement that you take for 10 years and then stop. This formula will continue to help you throughout your entire lifetime if

you choose to take it that way. In my opinion, hormone-supportive herbs such as this one, the Adrenal Support or Pancreas Support are the most important to take in your fight to slow aging, to help keep your youthful appearance, help with bone density, help your thinking processes, to help avoid deterioration and decline of the body (as you age, the hormones in your body typically decline and the hormonal decline causes many of the symptoms of aging).

- **Adjunct Therapies:** Liver Regeneration Program. Cleansing the liver helps to reduce excessive internal (liver) heat that can cause hot flashes. Reducing “hot” spices in the diet can help tone down hot flashes. (cayenne, hot chili peppers, ginger, cloves, cumin, black pepper, turmeric, curry sauces.) The liver also conjugates hormones. If the liver is clogged with toxins, conjugation slows down, causing hormonal imbalance and even “estrogen dominance”.
- **Which Other Herbs or Blends Are Compatible?** You may not need any other hormone-supportive formula if you are taking this blend because it’s pretty strong. Earth’s Nutrition Powder is a great addition. Essential fatty acids are good to take because your body will use those as building blocks/ raw materials to make your hormones.
- **Will Taking this Formula Increase My Risk of Cancer?** Absolutely not. I know you’ve seen articles online discouraging you from using these herbs and I’ve also seen those, and I strongly disagree with them. The research shows that the hormone-supportive herbs are actually **PROTECTIVE** against cancer. The risk to your health comes from taking doctor-prescribed **SYNTHETIC** hormones – the birth control pills and the hormone replacement therapy and testosterone medications. All have known side effects of elevated liver enzymes - a clear indicator of liver damage, is a common cause of weight gain, and are known to increase the risk of cancer. Xenoestrogens – contained in plastics and in certain pesticides are also a risk for cancer and you should be very concerned about those as well. Hormones given to conventionally raised cows and chickens to grow them to maximum size to maximize profit, are also a threat to your health and can increase the likelihood of endometriosis, fibroid tumors of the uterus, polycystic ovaries and all types of reproductive cancers as well as problems with estrogen dominance. In men, they can cause enlargement of the prostate. Do everything you can to avoid feedlot (conventionally raised) meat and instead choose pasture-raised meats and products that are hormone-free. Another very significant risk of cancer is in **every single one of the pharmaceutical medications you take**. They all have a petrochemical

base - a known carcinogen. The formaldehyde and other chemicals found in every vaccination and every flu shot, are also **known carcinogens**.

Believe it or not, the worst risk of cancer comes from **your own doctor** and all of the negative programming the higher-ups in the medical profession put out through all major media channels to actively discourage you from doing anything to heal yourself. They'd rather have you be a passive victim and believe that diseases occur randomly out of the blue for no reason - that there is no other solution besides what they're offering. They can then easily butcher you with multiple unnecessary surgeries, give you chemo and radiation treatments to the tune of thousands and thousands of dollars without your ever questioning it. They have been knowingly and intentionally suppressing effective cancer remedies for decades. (Read the books [The Essiac Report](#), [When Healing Becomes a Crime](#), and [Tripping Over the Truth](#)). While you're at it, research the term "[Rockefeller Medicine](#)" on Bitchute.com so that you can fully understand the (petrochemical) and toxic origins of our modern medical system. Then read [Murder By Injection](#) by Eustace Mullins and watch "[Lethal Injection 1 – the Story of Vaccination](#)" on Bitchute.com (There is also a Part II.) You'll see evidence that shows animals develop tumors over and over again after being subjected to these shots. Right around 1:08:50, you'll see the cages of monkeys that have been used to make vaccines. Now, you're going to better understand it when I say that the medical profession literally throws you off the trail of their own disgusting, cruel, and barbaric practices and instead pays medical writers and researchers to write articles to scare people out of using herbs or any other natural healing modality.

They throw together a lot of scientific terms and tell you that somehow an herb could be dangerous. Then they pay researchers to find the result that they want them to find and they usually base it on something "hypothetical" based on an "active constituent" they found in an herb and that they have not bothered to actually test in human beings! They sometimes also concentrate an "active constituent" – a single ingredient out of the numerous constituents in an herb and concentrate this single ingredient to 10,000 times its original strength and inject it directly into a mouse liver – a situation that would NEVER EVER happen with a person taking herbs. It's extremely wrong what they do with these phony research studies, and **you're the one who suffers** because of their multibillion-dollar fraud schemes.

- **What if I Have a Reaction?** The vast majority of people don't, but don't exceed the recommended dose or, in men, you could get an erection that lasts for too long and that is not safe. 99.9% of people are going to feel completely fine, and experience a surge of energy and libido depending on

their dose. **But if your body has accumulated a large amount of toxins, you might feel a headache coming on or another symptom of healing. You're SUPPOSED TO have reactions when your body is highly toxic and you take strong herbs and go through herbal detoxification.** It's the way your body heals and it's the way OUT of your disease and the way to protect yourself from getting every other chronic health condition out there in the future. If you were one of those rare people who had a reaction to an herb, then you, more than anyone else, need to detoxify and get the toxins out of your body that were causing this problem. Be careful that you don't blame the herbs for a headache when it's actually coming from another cause such as a spinal subluxation, stress, neck tension, TMJ, caffeine withdrawal, high blood pressure, or a prescription drug.

- If you've never done a colon cleanse before, that's the next step here because it's the easiest way to open up your elimination channels and let toxins out. Your body can be highly toxic even if all your blood tests are normal and if you don't intervene now, you are at high risk to be one of those people who has a heart attack or stroke "out of the blue" for no explainable medical reason.

If you are highly toxic, your body will NEED to go through something called the "Reversal Process" to reverse the years of disease that have accumulated in your body. You'll need to remove the "Mucoid Plaque Layer" from your colon, flush out gallstones and pre-gallstones (these show up in people as young as their thirties), clean all of the heavy metals, excess cholesterol, pesticide residues, pharmaceutical medication residues, excess mucus, and toxic oils out of your liver as well as from your kidneys. A ton of foul-smelling toxins will pour out of your body during a detox and yet, the week before that happens, your doctor just gave you a clean bill of health and told you everything was fine. This problem with toxicity easily escapes your doctor's lab tests. Don't ever rely on a conventional medical doctor to tell you if you're healthy. With their lab tests and exams, they miss way too many things.

If you want to just "get by," and then find yourself randomly suffering from other health problems in the future because you didn't heal the root cause NOW when you had the opportunity, then follow your conventional doctor's recommendations. If you want to actually **heal yourself permanently from something and avoid getting sick in the future**, then now's the time to learn how. This bad "reaction" you had to an herb or herbal formula is a beautiful gift and a golden opportunity.

When the heavy metals from your silver dental fillings that have been sitting in your liver for decades comes out because you're taking really strong herbs,

those heavy metals might cause a headache or a slight rash on the way out of your body. That's **your dentist's fault** for putting those in there – not the herbs' fault. The herbs are helping you get it out. The same with residues from pharmaceutical medications, the pesticides on your food, the car exhaust and other toxic fumes and synthetic chemicals that have been deposited in your body's tissues for decades. The herbs are encouraging them to come out because that's what's best for your body.

Therapeutic herbs are very safe and they've been used safely for thousands of years. It's not the herbs' fault, **it's Big Agra's fault, the drug manufacturers' fault, and Corporate America's fault** for all the synthetic chemical chemicals and toxins they pour into our environment that are in your tap water, your food, your medications, and in the air.

When the toxins have been removed from your body, you can take the **same herbal formula and feel completely fine**, so give your body time to remove these toxins so you can actually heal yourself from **everything** and have a bright future ahead without cancer, heart disease, strokes and other chronic diseases.

So, if you get a “reaction” simply lower your dose until you arrive at a dose that's comfortable for you and go through this healing process more slowly. You don't have to take the full recommended dose of any herbal formula. You can take the dose down as low as you want.

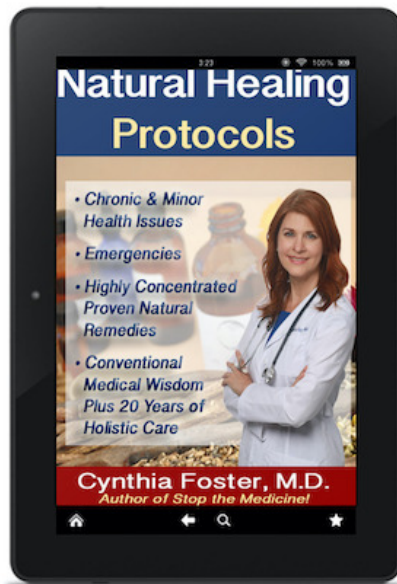
If you haven't read the “How to Take Your Herbs Flyer, you need to do that **right now** because it explains these reactions in detail, the “Four Stages of Disease,” the entire “Reversal Process” and **exactly what to do step-by-step if you have a reaction**. Please click here: [“How to Take Your Herbs” flyer](#).

- **Taking the colon cleanse formulas helps prevent most of these reactions.** If you skipped the colon and liver cleanse thinking the Damiana Formula was the only important formula for your hormones, I highly recommend you go through [that colon and liver cleansing information now](#) because it could save your life and make a big difference in your hormonal function. Doing a colon and liver cleanse can also help hot flashes heal from the root cause which is often in the liver.

Before you say anything, I'm going to tell you that **I have been doing this for over 20 years and I also have the conventional medical training**. I guarantee that, unless your medical doctor is one of those very rare specialists in holistic healing, he or she has absolutely no clue what this is, what the “Four Stages of Disease” are, what “Hering's Law of the Cure” is, what the “Reversal Process” is or how to help you with it.

You will need to be the one to learn about it and you will need to be the one who educates your doctor about it. (Go easy on them – they work really hard, most really do care what happens to you, and they’re doing everything they have been trained to do). This is going to allow you to take all the power back that you unintentionally gave to your doctor. This is also going to make the difference between saving your own life versus “following your doctor’s advice to the grave” because all the experts agreed that your condition was “incurable.”

You have the opportunity to learn from a medical doctor who has been practicing holistically and saving people’s lives with herbs for over 20 years. I’ve made this information FREE because hardly anyone knows about it. If you learn it, you will have independence, finally be in charge of your health, and you might not even need your medical doctor anymore. I also have 6 bookcases of books on medicine and natural healing, a proven genius IQ, and have been to countless natural healing seminars, workshops and expos, and have written 10 books on natural healing. I’ve also spent decades making extracts for my own personal use and taking them for various things so I can learn all the **intricate details about how each herb works and what each extract is supposed to look like and taste like.** You can’t get this information anywhere else. You need to learn this!



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