

# Female Harmony:

By Cynthia Foster, MD

## Benefits of Hormone-Balancing Herbs:

- Hormonal imbalance including estrogen dominance, etc.
- Help regulate irregular periods
- Help ease premenstrual tension and PMS
- Helps lighten up heavy periods (also use either the Intestinal Rejuvenation Program or the Liver Regeneration Program)
- Help ease menstrual cramps (can also use cayenne and ginger as additional aids)
- Help the hormone crash following childbirth that can cause depression and mood swings
- Help increase fertility (use along with the Natural Fertility Program for best results)
- Help reduce the likelihood of miscarriage through strengthening the hormones. Some cases of miscarriage are caused by low progesterone.
- Help bring back the menstrual period after a period of being on birth control pills
- Help in the healing of hormone imbalance associated with endometriosis and polycystic ovarian disease
- Help hormone imbalance that causes fibroids (use juice fasting, Liver Regeneration Program and Blood Detox Formula as additional aids)



## How to Take it:

- **General Hormone Balancing:** Take 1 to 2 droppers full in a few ounces of water or juice 3 times daily. 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 22 to 3 ounces boiling water to it. The alcohol will evaporate in a white "puff" of steam.



- **For PMS:** For a 28-day cycle: On Days 1 through 17, don't take the formula. Start taking this formula on Day 18 of your menstrual cycle. One day 18, take 1 dropper full. On Day 19: 1 dropper full 2 times daily. On Day 20 to 28: 1 dropper full 3 times daily. Begin using again on Day 18 of next cycle. So you'll be taking the formula for around 1/3 of your menstrual cycle. If your cycle is longer or shorter than 28 days, you can adjust the timing of the schedule so that you're taking the formula for the last 1/3 of your menstrual cycle.
- **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.
- **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.
- **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.

- **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 Before it Works?:** Female herbs can regulate irregular periods in as little as one month, although, in severe cases, it can take longer. Most women will start to feel the benefits in around 2 months but some will notice a change after just the first dose.
- **How Long to Take it?** Leading European herbalists suggest taking the herbs for one year to address hormonal imbalances of all kinds, including problems with the thyroid, ovaries, pancreas, adrenals, pituitary, and pineal gland.
- **Adjunct Therapies:** Liver Regeneration Program. If the liver is clogged with toxins, conjugation slows down, causing hormonal imbalance. Cleansing the liver helps maximize the conjugation of hormones in the liver which helps hormonal balance. The Liver Regeneration Program also includes a colon cleanse (Vibrant Colon and Colon Soothe – also called the Intestinal Rejuvenation Program) which helps to remove the mucoid plaque layer and other toxins in the colon that can seep into the female reproductive organs and causes diseases there.

**What if I Have a Reaction?** Most people don't. Most people will feel fine, and some will sleep better and others may feel more energy or more calm and relaxed or experience a feeling of well-being. Depression may lift quickly. If you've gained weight recently, it is likely because you were taking birth control pills, prednisone or other steroid medication, or fertility drugs – these are well-established causes of weight gain. Please check all side effects of any medications you are taking. This herbal formula does not cause weight gain or any harm to your body. Birth control pills, on the other hand, cause weight gain, headaches, hair loss, mood swings, loss of menstrual period, migraines, increased susceptibility to yeast infections, blood clots, liver damage and liver tumors, among many other dangerous and severe side effects. It is one of the most dangerous medications you can take as a young woman.

- **If your body has accumulated a large amount of toxins, you might and 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. You, more than anyone else, need to detoxify and get**

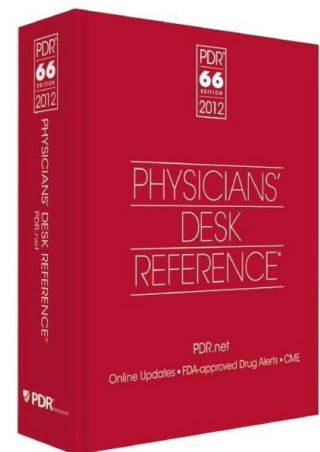
the toxins out of your body that were causing this problem. Your body can be highly toxic even if all your blood tests are normal and if you don't intervene now, you are at high risk to be one of those people who has a heart attack or stroke "out of the blue" for no explainable medical reason.

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** (even though they didn't do it on purpose) 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 and in 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 making them come out.

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.

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 toxins they pour into our environment that are in your tap water, your food, your medications, and in the air. Please allow me say this loud and clear. **Pharmaceutical drugs are synthetic chemical experiments that have only been around for a little over 100 years. They will often do harm to you or even cause organ damage.**

**The Physician's Desk Reference** – usually found on the desks of every physician in the country, has **thousands of pages** of side effects listed for their products including liver damage, kidney damage, brain damage, nerve damage, bladder damage, heart damage, and muscle damage (statins). Your antibiotics can cause destruction of your beneficial gut flora and resulting lifelong digestive problems, candida overgrowth, life-threatening colitis, kidney damage with resulting kidney stones, ringing in the ears and damage to your hearing, among many other disturbing and serious side effects. Your shots that are supposed to prevent the flu and other infectious diseases, can cause paralysis, brain and nerve damage and autoimmune disorders (including Hashimoto's), infertility, as well as deadly blood clots including heart attacks and strokes. It's insane. You should do everything you can to take as few of these toxic products as possible, and instead replace them with natural remedies and healing techniques. Even the official statistics show that the medical profession is one of the leading causes of death in the US. Your doctor has literally poisoned your body without even realizing that's what they were doing.



- **So, if you get a “reaction” to a very safe and natural herbal formula, simply lower your dose until you arrive at a dose that’s comfortable for you and go through this healing process and get out their synthetic poisons more slowly.**
- 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 Female Harmony 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 remove the toxins that were causing your uterus and ovaries to malfunction or develop a disease. These toxins are often the root cause of your problems, including your hormonal cystic acne as well.

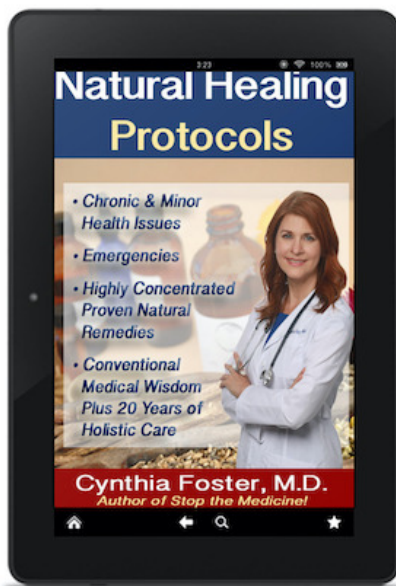
**If you have or have had more than just a simple hormonal imbalance such as endometriosis, polycystic ovarian disease, fibroid tumors, a cancer in your reproductive organs, or you’ve had reactions to any herb, your body will NEED to go through something called the “Reversal Process” to reverse the years 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 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.**

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 doctor’s recommendations. They’ll have you take ONE pill – the easiest possible treatment, but you will continue to experience multiple health crises over and over because the one pill never heals it all. 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 “reaction” you had is a beautiful gift and a golden opportunity.

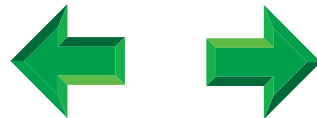
Before you say anything, I’m going to tell you that **I have been doing this for over 20 years and I also have the conventional medical training.** I guarantee that, unless your medical doctor is one of those very rare specialists in holistic healing, he or she has absolutely no clue what this is, what 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 kill infections without antibiotics. You can heal cancer without chemo and radiation. You can reduce inflammation without steroids, bust up gallstones and kidney stones with herbs, save your colon from surgery, stop the flu, heal pneumonia, and you can stop asthma attacks naturally without any medications. You can't get this information anywhere else. You need to learn this!



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### **Female Harmony Ingredients:**

Chaste tree berry, Dong Quai root, Saw Palmetto berry, Wild Yam root, Ginger root, Uva Ursi leaf.

## **Research on Hormone-Balancing Herbs:**

Over 2 billion women in China take dong quai on a regular basis to stay in balance. Many phytochemicals in dong quai have been identified as factors that are protective against breast cancer.

In a randomized, double blind, placebo controlled parallel group comparison over three menstrual cycles of 170 women diagnosed with PMS, the extract of chaste tree berry was effective in relieving symptoms in over 50%. This rate was 25% more than the placebo rate. The herb was safe and well tolerated with no significant adverse effects. Other research studies have shown the use of vitex has resulted in the shrinking of fibroid tumors and relief of breast pain due to PMS.

Wild yam has been used for centuries to ease menstrual cramps, working by releasing muscle cramps throughout the body, including the uterus.

Phytoestrogens (estrogens that naturally occur in plants) have demonstrated estrogenic effects in some tissues, but do not stimulate the lining of the uterus (the endometrium). This suggests that, unlike birth control pills, they are not associated with increased risk of endometrial cancer.

## **Statistics on Female Reproductive Health:**

Over 50% of menstruating women are affected by dysmenorrhea (painful menstrual periods). It's estimated that 30% to 40% of women have premenstrual syndrome (PMS) symptoms severe enough to impair their daily activities. About 7 percent have a form of PMS so disabling that it has its own psychiatric designation – premenstrual dysphoric disorder. More than 4.5 million women ages 18 to 50 report at least one gynecological condition each year. It is estimated that between 10 and 20 percent of American women of childbearing age have endometriosis, which can cause chronic pain and infertility. The prevalence of endometriosis has been reported to be about five percent of the female population of reproductive age. However, in women with severe menstrual cramps, the incidence of endometriosis has been reported to be between 25 and 35 percent.

According to the National Institute of Health, between 10 and 20 percent of women have uterine fibroids (non-cancerous growths in the uterus). The vast majority of fibroids occur in women of reproductive age, and according to some estimates, they are diagnosed in black women two to three times more frequently than in white women.

According to the Centers for Disease Control, Hysterectomy is the second most common major surgery that women in the United States have. (The most common major surgery that women have is cesarean section delivery.) Each year, more than 600,000 hysterectomies are done. About one third of women in the United States have had a hysterectomy by age 60. According to the National Institute of Health, endometriosis and fibroids together are associated with half of the more than 600,000 hysterectomies performed in the United States each year. Although the number of hysterectomies has been declining since 1987, this operation remains the second most frequently performed surgery in the U.S.; only cesarean section is performed more frequently. Fibroids remain the

number-one reason for hysterectomy with 150,000 to 175,000 operations carried out each year because of fibroids.

Infertility affected 6.1 million people in 1997 (about ten percent of the reproductive age population), up from 4.6 million in 1988 -- an increase due in part to delayed childbearing and the aging of the baby boom generation. The causes of infertility are equally distributed among conditions affecting the man, conditions affecting the woman, and conditions affecting both partners.

## Birth Control Pills Have Risks:

17% of all women take birth control pills for contraception. Unpleasant side effects occur in at least 25% of all women who take them. The side effects include increased yeast infections, migraines, acne, fluid retention, mood swings, depression, hair loss, and weight gain. The more severe side effects include liver tumors, increased risk of heart attack and stroke as well as blood clots. These effects are especially common among smokers over the age of 35. Studies show that female smokers who use high estrogen oral contraceptives have a stroke risk 22 times higher than average. They are associated with many serious risks including higher risk of heart disease, stroke, gallbladder disease, blood clots and female cancers, especially endometrial (uterine) cancer. Prescription estrogens and progesterone come from unnatural sources such as horse urine. Herbs do not have these side effects and are a much safer choice for regulating the menstrual cycle.



## What Else Can I Do to Help My Hormones & Reproductive Health?

1. Use a Castor Oil Pack over your pelvis a few times per week
2. Do Dr. Foster's Essentials Natural Fertility Cleanse
3. Eliminate ultra-processed foods, soda pop, and fast foods from your diet.
4. Stay away from zero fat and low-fat diets. They can interfere with your hormone production. Your body uses fat as a base to produce hormones.
5. Do Dr. Foster's Essentials Intestinal Rejuvenation Program or Liver Regeneration Program every 3 to 6 months. The liver helps process/ conjugate your hormones and thus is a very important part of keeping your female hormones balanced and regulated. Colon toxins can leak from the colon into the uterus and ovary areas.
6. Take a daily dose of Dr. Foster's Essentials Earth's Nutrition Formula

7. Minimize your intake of caffeine. Caffeine consumption has been associated with breast pain as well as PMS.
8. Eliminate any meat or animal products that originated from a feedlot (any meat that comes from a large chain grocery store or served on an airplane, in schools or in hospitals). In large feedlots across the country, animals are fed synthetic hormones in order to increase their growth. These hormones end up in their meat and you consume them when you eat this meat. All meat should be from small local farms, a local co-op, farmer's market or health food store – pasture-raised, grass-fed and wild-caught.

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