

Femme Pause® instructions

By Cynthia Foster, MD • DrFostersEssentials.com

Indications:

- Menopause, perimenopause
- Hot flashes
- Vaginal dryness
- Low libido/ sexual desire
- Low bone density
- Foggy thinking, memory issues
- Additional support for other endocrine organs such as thyroid, pancreas, etc.
- Other symptoms of menopause.

Therapeutic Actions: "Endocrine support for women during perimenopause and/or menopause. Sage and Black cohosh have been used by herbalists for centuries to combat hot flashes, mood swings, and vaginal dryness.* Dong quai, Wild yam, and Black cohosh contain natural phytoestrogens. In Chinese medicine, bone strength is related to hormonal strength and balance, otherwise referred to as "vital essence" or "kidney energy". Femme Pause® can be used in place of the **Female Harmony** in women who have thyroid or blood sugar issues. Compatible with **Essential Nutrients** and the **Calcium From Herbs** for optimal calcium balance.



Cautions/ Contraindications: Use with caution if taking prescription hormone replacement therapy (Premarin®, Premphase®, etc.) as the hormonal stimulating effect could be too strong. See below for instructions on how to taper your hormone replacement medication and gradually increase dose of Femme Pause.

Clinical Notes: Designed for the extra endocrine support needed by women in menopause and in the years beyond. In addition to the wild yam, chasteberry and dong quai, sage and black cohosh help specifically with hot flashes. See also Thyroid Support, Adrenal Support and Pancreas Support.

How to Take Femme Pause:

- **Suggested Dose:** 2 to 3 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.
- **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 Do I Take It?** Some results should be noticed almost immediately (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. In my opinion, this is the most important formula you can take daily once you hit perimenopause. It will help in the fight against aging, help to keep your youthful appearance, help with bone density, your thinking processes and other issues of aging.
- **Adjunct Therapies:** Liver Regeneration Program. Cleansing the liver helps to reduce excessive internal (liver) heat that can cause hot flashes. The liver conjugates hormones. If the liver is clogged with toxins, conjugation slows down, causing hormonal imbalance. Reducing "hot" spices in the diet can help tone down hot flashes. (cayenne, hot chili peppers, ginger, cloves, cumin, black pepper, turmeric, curry sauces)
- **Which Other Herbs Or Blends Are Compatible?** Compatible with Dr. Foster's Essentials Adrenal Support as an additional aid to help strengthen the entire endocrine system.

- **Am I Supposed to Have More Bowel Movements While I'm Taking This?** Maybe. If so, it's a good thing. The licorice root is a very mild laxative. Most people will not notice a laxative effect from taking this formula. If you're only having the average 1 bowel movement per day like the average American, then you're setting the stage for hemorrhoids, colitis, colon polyps, diverticulosis, diverticulitis, colon cancers and other colon diseases to form. So, if this formula makes you have two bowel movements per day instead of one, then that's a beautiful healing opportunity for your colon. You're saving your own life this way. Check the [colon cleansing handout](#) to understand why your once-a-day bowel movement is making you sick from all kinds of health problems.
- **What if I Have a Reaction?** Most people don't. Most people will feel fine, and some will sleep better and others may have a surge of energy. But **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.

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. 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.

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 making them come out.

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.

When the toxins have been removed, 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.

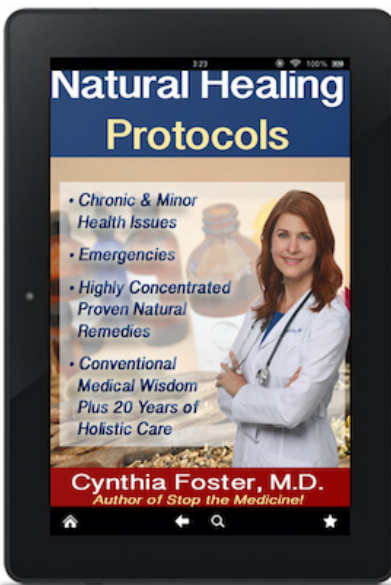
If you haven't read the "How to Take Your Herbs Flyer, you need to do that **right now** because it explains these reactions in detail, the "Four Stages of Disease," the entire "Reversal Process" and **exactly what to do step-by-step if you have a reaction**. Please click here: ["How to Take Your Herbs"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

- **Taking the colon cleanse formulas helps prevent most of these reactions.** If you skipped the colon and liver cleanse thinking the Femme Pause 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.

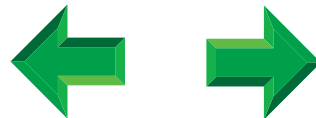
Before you say anything, I'm going to tell you that **I have been doing this for over 20 years and I also have the conventional medical training**. I guarantee that, unless your medical doctor is one of those very rare specialists in holistic healing, he or she has absolutely no clue what this is, what 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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Femme Pause Ingredients: Black cohosh (*cimcifuga racemosa*), Wild yam (*Dioscorea villosa*), Chaste tree berry (*Vitex Agnus-castus*), Dong quai (*Angelica sinensis*), Licorice root, Sage leaf in a 2 oz. liquid concentrate (base of organic pharmaceutical grade alcohol).

Hormone Replacement Medications Taper Schedule

Many women need to get off of their Hormone Replacement due to having a cancer that's estrogen-sensitive or due to side effects. The following is a suggested guideline for tapering off of this type of medication.

The taper is a suggested guideline. It may take longer to taper the medication. The most important thing is to listen to your body and do what feels right. If it takes longer, it's ok. Most women are fine with the one month taper, but some may need two months. If you are on a two-month taper, then simply stay at your new dose for two weeks instead of for one week.

Week One:

Continue taking estrogen, progesterone or any combination of estrogen, progesterone medication or bio-identical hormones – whatever you are taking for hormone replacement that's a prescription medication in pill form or in patch form. Take one dropper full of Femme Pause a day.

Week Two:

Femme Pause Dose: Take 1 dropper Femme Pause morning and night (twice daily)

Pill: If taking hormone replacement pill, use a pill cutter to cut the pill in half, and then cut one of the halves into half. Take $\frac{3}{4}$ of the dose of the pill.

Hormone Patch: if you are wearing a hormone replacement patch, reduce size of patch by $\frac{1}{4}$ its original size.

Week Three:

Femme Pause dose: Take 1 dropper Femme Pause three times daily.

Pill: If taking hormone replacement pill, take one half of the original dose. This is $\frac{1}{4}$ less than last week.

Hormone Patch: if you are wearing a hormone replacement patch, reduce the patch to half of its original size.

Week Four:

Femme Pause dose: take 1 dropper Femme Pause in morning, one dropper around noon-time-ish, two droppers at night.

Pill: If taking a hormone replacement pill, use pill cutter to cut the pill into halves. Then cut one of the halves into half. Take $\frac{1}{4}$ of the original dose of the hormone replacement pill. This is $\frac{1}{4}$ less than last week.

Patch: if you are wearing a hormone replacement patch, reduce the patch to $\frac{1}{4}$ its original size.

Week Five:

Femme Pause dose: Take 1-2 droppers Femme Pause in the morning, 2 droppers around noon-time-ish, 2 droppers at night.

Pill: If taking hormone replacement in pill form, stop taking the pill altogether.

Patch: Stop wearing patch.