

ENDO/ADENO

You are seen and heard here..

I know the women that have this condition are tired, fed up and more than a little bit jaded by the system. I know you are angry, pissed off at not being heard, feel helpless and a bit more tired about the whole situation. I also know that you probably eye roll at this box of potions when you have been on so many different drugs with varying success. I GET IT! However, I also believe we are all different, we all have a uniqueness to us and our bodies and getting involved with joining up the mind and the body can be a wonderful thing. I know that because i have done it, and I'm not a fluke. It's not mainstream, but it bloody should be, I'm here for the long game, so this isn't a gimmick it's tried and tested and it really bloody helps.

BLOODY BRILLIANT TONIC

This is the one to take to balance out the hormones, it doesn't just do the oestrogens and progesterone's it does the lot. It is one of the few herbs that only has one action in the body and that is on the female reproductive system.

This is not recommended to take if you are using any form of synthetic hormones. Because this will need to follow the full cycle of an egg to maturity it is best taken for at least 3 months. Take with Crony Joany its really a superwoman mix!

CALM THE CRAMPS

If you get pain with a heavy bleed then this is what you need to have in your back pocket. This really helps to calm your uterus down if it's doing the funky chicken every month. You can take it whenever you feel you have discomfort but I would recommend taking it a day or two before your period starts until it finishes, this is also great for ovulatory discomfort too.

GREASE ME UP

Castor Oil packs are a great way of clearing toxins and also helping to break down adhesions. This is something to do outside of your period, you can do one every day, but i would aim for 5 days out of 7. This comes with full instructions on how to use.

JUST TURMERIC

Turmeric is nature's wonder for inflammation, which is the root cause of most things that go tits up in the body. Take this potion as prescribed on the back of the bottle, take the full dose for 3 months, this is a potion that you can continue to take over a long period of time. It also supports your liver and digestion.

ENDO THE STORY

This has such an amazing selection of herbs in it, it's a real powerhouse of a potion. Take this as prescribed on the back of the bottle, and I would use it along side Bloody Brilliant Tonic.

For Endo and Adeno wonder women I would suggest that you would take these for long term use. These would absolutely need to be taken for 3 months consecutively and ideally 6mths. Also Just Turmeric will also be beneficial to take alongside these two potions.

FUCK THAT SHIT

Stress makes everything worse, and I know how stressful it can be with this illness whether you know you have it or think you do. This potion is the best for supporting our adrenals and also helps with anxiety. This can make our periods worse believe it or not. I would recommend taking this at full dose for a couple of months and then reducing down to a maintenance dose that helps you keep calm. Its safe for long term use can be taken every day or just when you need it. If you are taking for a particularly stressful time take the full dose.

Taking your potions - All liquid potions are to be taken orally, you can mix them all together and take in one go. You may also dilute them further to help with the taste in water, squash, juice, tea. If you mix with boiling water it will help the alcohol to evaporate. There should be no side effects, sometimes you can get a slight belly upset as your body adjusts if you have any problems stop taking and get in touch with me.

DISCLAIMER

I am not a doctor and I must always suggest that people go visit one if you feel the need, however you have come this far so I guess you may be looking for other alternatives to hormones, harsh medications and bleak outlooks. I am here to re-educate, offer support you won't find anywhere else and help you find the solution to the problems in your own unique body. My herbs are amazing, but if you would like some tailored support have a look at my Herbalist in a Box option where you get all these plus extra resources AND a group coaching call with me! I also have 1:1 consultations or for the full experience The Whole Shebang 6 month coaching programme to really get to grips with shizzel. Drop me an email if you would like to find out more

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