

PERIMENOPAUSE

its not all doom and gloom..

The Perimenopause is coveted as the mysterious part of our cycle, it isn't really we have done it once before when we started our periods, but that was a long time ago and we have forgotten - the process is the same it goes a bit haywire, but with these potions we can smooth the process out!

CRONEY JOANY

This blend is specifically for the perimenopause and the weirdness that can go down. The herbs in here are for the specific symptoms that can happen, hot sweats, brain fog, feral PMT. This is best taken for as long as you are experiencing symptoms. It is a fabulous tonic for the body at this time. You can take it at the full dose for a month or two and then come down to a lower dose and remain there if your body is happy to do so, knowing you can up it at any time.

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.

SWEET DREAMS ARE MADE WITH EASE

No one needs to wake up feeling like they need to go back to bed - this potion is a real bomb for helping the body to wind down and induce a peaceful slumber that won't make you feel you have been hit over the head with something heavy the next day! There are two dosages that you can take so find what works for you, there is nothing addictive in this potion, its just full of herbs than help your body unwind. insomnia can be a symptom of peri, so thats why it's here!

NO CALAMITEA TODAY

Tea is an under rated way to take herbs, this tea has the combination of herbs that help to support your body during this transition, you can drink it every day all day, its a wonderful brew to have by your side to help support your body. I recommend you drink it all the way through this part of your menstrual career. You could add some honey in there to sweeten it up if you wish, the herbs will probably make a couple of brews before you throw them in the compost!

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. This potion will need to follow the full cycle of an egg to maturity it is best taken for at least 3 months. Take with Croney Joany its really a superwoman mix!

LOVE YOUR LABIA LIP BALM

If you get dry or sore labia you need this in your life, anything that might cause it irritation it needs this soothing balm applied liberally. It can also double up as a wonderful natural lube (not to be used with condoms). You don't have to suffer uncomfortable sex this little pot of gloriousness can really give you back your mojo. Just because we are in this time of our lives doesn't mean we still can't enjoy sex and a dry vag doesn't have to be the norm!

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

gemma@thewellwomanproject.com

www.thewellwomanproject.com

