



Peri-Menopausal & Post-Menopausal Allies

General Herbal Tinctures

- Herbalist & Alchemist's Women's Tonic Formula, 20-30 drops, 3xday, for 3-6 months. Can double dose. Great balancer & female tonic, good for menstrual problems. (Disclaimer: David Winston is my brother! And, he's brilliant & his products are superlative.)
- Vitex (Chaste Tree Berry) 20 – 40 drops, 3Xday. The preeminent re-balancing tonic herb for menopause.
- Herbalist & Alchemist's Women's Transition Compound: 40-60 drops, 4-6X/d, for 3-6 months. Good for menopausal discomforts such as hot flashes, night sweats, skin crawling, insomnia, anxiety & depression.
- Saw Palmetto: 20-30 drops, 3xday, for 3-6 months. Boosts the immune and endocrine systems and combats male and female infertility, ovarian pain and cysts, urinary tract and weak libido.
- Black Cohosh 10 – 60 drops, 3xday, good quality herbal capsules 1-2/day or sip 1 cup of infusion throughout the day. Avoid if having problems with flooding.
- Motherwort is helpful for acute emotional situations. Take between 5 - 30 drops as needed. Or try taking 10-20 drops 2 X day. Passionflower, Hops and Lemon balm are also helpful in acute situations, either as tincture or tea.
- Ginseng (Panax): (Avoid taking Vitamin C within 3 hours). Take with 100-200IU Vitamin E or a teaspoon of wheat germ or flax seed oil to double the effect. 5-40 drops of fresh root tincture, 1-3X/d. 4-8 oz dried root tea/d. Chew a piece of dried root, approximately ½ to 1 inch long, every day.
- Dong Quai: 10-40 drops/1-3X/d. 4-8 oz dried root tea/d. Chew a piece of dried root, approximately 1/8 to 1/4 inch long, 2-3X/d. Avoid with heavy bleeding, fibroids, concurrent use of aspirin or blood-thinners. Can alternate use of Ginseng & Dong Quai every 2-4 weeks.

General Herbal Teas & Infusions

- Oatstraw: drink as many cups as you can.
- Nettle: 1-3 cups/day
- Red Clover
- Raspberry Leaf: 1-3 cups/day
- Sage (avoid if vaginal dryness is an issue)
- Alfalfa

Supplements

- Tocotrienols (A Vit E derivative) 1-2/caps before bed. Great for ending hot flashes!
- B complex, 50 mg/day
- Zinc 50 mg/day
- Calcium: Your goal is 1000-1500 mg/day. Always combine with magnesium, approximately ½ to 1/3 the calcium dose. Calcium Citrate Maleate is the most easily absorbable form. Calcium-fortified orange juice is an excellent absorbable form.
- Vitamin E 400 IU, 2xday
- Plant oils rich in GLA (gammalinoleic acid): Flax seed, black current seed, borage, and evening primrose. 1 - 3 capsules, 3xday

Self-Care

- Exercise: 30 min/day of aerobic exercise, in the morning
- Stress Reduction: yoga, meditation
- Processing: journal-writing, counseling, support groups

Bach Flower Remedies

- Mustard: Sudden deep melancholy for no apparent reason
- Gorse: Feel like nothing will lift your depression
- Sweet Chestnut: Great anguish
- Wild Rose, Larch, Gentian: Alleviate: Apathy, resignation, despondency, inferiority, despair, hopelessness, discouragement, self-doubt, intense descending gloom.

Homeopathics

- Arum Metalica: frequent suicidal thoughts, feels cut off from love and joy.
- Sepia: just wants to be left alone, disinterested in sex, snappish and angry.
- Calms Forte: depression with crying.

Nutrition

- Calcium is essential. I recommend 3 or more servings of calcium-rich foods a day, especially green leafy vegetables such as collards, broccoli, kale, turnip or mustard greens. Dried fruit is also a good source. Calcium-rich herbs: nettle, sage, chickweed, red clover, comfrey, raspberry leaf, oatstraw.
- High-quality dairy products are great as long as you can digest them.
- There are also foods that act synergistically to help with absorption and utilization of calcium. Vitamin D is available in nettles or in alfalfa. Fish such as salmon, halibut and mackerel, free-range eggs. Get 20 minutes of sunshine. Vitamin K: potatoes, yogurt, molasses, leafy greens, green tea, kelp, nettles. Magnesium: Oatstraw, kelp, nettle, sage, horse-tail. Boron: fresh (preferably organic) fruits and veggies.
- Excessive protein and excessive phosphorus leach calcium from your system. Avoid excessive protein, especially non-organic meats and dairy products. Moderate amounts of organic meat & dairy is OK.
- The 'whites', processed foods and carbonated beverages contain huge amounts of phosphorus. Eat whole grains. Avoid the whites (white flour, white sugar and salt). Avoid: coffee, cola, and caffeinated tea. Replace with green herbal teas. Avoid excessive salt.
- Eat foods rich in estrogen precursors. If you don't have any thyroid issues, you may want to use soy foods, yams, and pomegranate (including seeds). Soy can disrupt thyroid functioning though so if you have thyroid problems or concerns, get phytoestrogens from red clover infusion and food. Phytoestrogen-rich foods and herbs, eaten regularly, help prevent and treat vaginal dryness. All roots and seeds, including nuts, all types of beans, and whole grains are good sources of phytoestrogens. Flax seeds are an excellent source.

Vaginal Dryness

- Oral Plant Medicine:
 - Oatstraw Tea or Infusion: 3 -4 cups/day
 - Wheat Germ Oil: 1 tablespoon/day or increase Vit E to 400-600 IU/d
 - Motherwort
 - Vitex
 - Dong Quai
 - Chickweed Tincture 25-40 drops/2-3 X/d.

- Herbalist & Alchemist's Replenish Compound: Orally: 40-60 drops, 3X/d
- Avoid: Sage
- Increase water intake
- Topicals: Comfrey Ointment; Comfrey Root Sitz Bath; Slippery Elm Gel; Plantain Ointment; Coconut Oil; Aloe Vera Gel. (Avoid all of these if you're using latex barriers for contraception or safer sex)
- Pelvic floor muscle exercises
- Arousal: Get turned on in whatever way works for you. Minimum of 5-10 minutes/day
- Orgasm: 5 – 10/week.

Decreased Libido

- Fenugreek Seed Tea
- Ginseng
- Chinese Asparagus Root
- Pelvic floor muscle exercises
- Arousal: Get turned on in whatever way works for you. Minimum of 5-10 minutes/day
- Orgasm: 5 – 10/week.

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