



Motherwort
Leonurus cardiaca

This powerful herb has been used traditionally to ease cramps by relaxing tense muscles. Through her antispasmodic, muscle-calming properties she helps open up the heart, strengthening our ability to manage difficult emotions.

Motherwort in a tea blend can add a bitter taste, but calm and empower a restless heart and tight muscles.

The botanical name comes from the Greek words *leon* (lion), *ouros* (tail) and *cardiaca* (heart). This sheds light on another name for this plant: Lion's Heart. Nourishing, calming and warming, this herb is ruled by Venus.



Nettle
Urtica dioica

High in vitamins and minerals, this herb helps to re-nourish our body, replenishing compounds that are shed during your period. Due to her large nutritional content, she is a great ally at all stages of the cycle.

Have you tried eating Nettles? You can lightly fry the Spring leaves to make Nettle crisps or harvest the seeds in the Autumn and blend into a nutritious table salt.

100g of fresh Nettle can provide our recommended daily dose of Vitamin A and β -carotene. The leaves contain potassium, magnesium, iron and all our RDA of Vitamin. Cooling and drying, this herb is ruled by Mars.

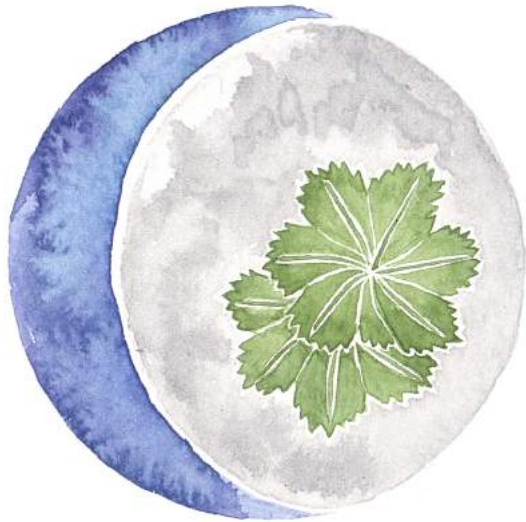


Red Clover
Trifolium pratense

Red Clover has been used for centuries to support our lymphatic system, skin health and balance menstrual irregularities so is a great herb to support us throughout the month.

Red Clover's affinity to cleanse the lymphatic system can be enhanced by adding Dandelion or Cleavers to a tea blend.

Blooming from early Spring to late Autumn, this edible flower has been traditionally used to improve circulation and lymph movement; this makes it ideal for cooling down hot flushes. Cooling and moistening, this herb is under the rule of Venus.



Lady's Mantle
Alchemilla vulgaris

This herb calms, tones and strengthens the uterine muscles. With an affinity for the female reproductive system, she has been traditionally used to help regulate excessive bleeding, including spotting.

From early Summer, the leaves can be harvested and combined with wild garlic, salt, pepper and nuts to make a delicious pesto!

The botanical name *Alchemilla* comes from the Arabic, *alkemelych* (alchemy), indicating the healing powers this plant is said to have. Cooling, moistening and ruled by Venus.



Raspberry Leaf
Rubus idaeus

Leaves full of nutrients nourish the uterus' blood supply, which helps enhance fertility. This herb can be used any time during the cycle to support ovulation.

Palatable as a tea, try blending this herb with Rosemary - you could also add lemon or orange slices. Also used in yoni-steaming, originally a South African practice, to nourish and relax the uterine muscles, both in postpartum and throughout the menstrual cycle.

Many cultures have used this plant for pregnancy and fertility support. Her medicine is warming, moistening and nourishing, being under the dominion of Mars.



Dandelion Root
Taxacarium officinale

All parts of Dandelion plants are bitter and entirely edible. As far back as times of Egyptian folk medicine, this herb has been used to support our liver; which can then more efficiently regulate hormones, such as oestrogen and progesterone, in the body.

Due to its strong taste, making an elixir can be a good option for taking Dandelion. Infuse Dandelion Root in a jar, fill two-thirds with apple cider vinegar and remaining third with honey for a sweeter taste.

Dandelion seed heads, in both their bright yellow and spacey grey, have been known to help some find a balance between the drastically different emotional highs and lows of bipolar disorder.



Skullcap

Scutellaria lateriflora

Offering calming ease from anxiety and gently lifting the mood, this herb is also antispasmodic and relaxes muscles.

An hour before bed is a great time to brew a blend of Skullcap tea. Add some Chamomile flowers or Motherwort to help ease anxiety, relieve spasms of the gut and uterus and encourage sleep.

Studies have found some significant antioxidant effects within this plant. Skullcap may help protect against neurological disorders such as Alzheimer's, Parkinson's, anxiety and depression. Calming and cooling, Venus rules this herb.



Chamomile

Matricaria chamomilla

By softly soothing the digestive tract and calming the nervous system, Chamomile can help ease bloating, agitation and many other PMS symptoms.

Once you have brewed a cup of Chamomile tea, you can use the tea bags as an eye bath, pour the infusion into the bathtub or use in a foot bath - there are many ways to absorb the medicine of this plant.

Chamomile's botanical name *Matricaria* comes from *matrix* (womb) and *caria* (caring); this plant has an ability to comfort all aspects of our mind and body. Flowers bloom in the height of Summer and Egyptian folk medicine classed this herb as warming, with an energy of the Sun.



Yarrow

Achillea millefolium

This herb has a strong affinity with the blood so is a great ally for menstruation. Working with this herb has been known to regulate heavy blood flow and ease painful cramps.

Yarrow can be used as a massage oil to ease painful cramps. Place some flowers in a jar, cover with olive oil and leave for a month in the sun. After straining out the yarrow, you can try massaging your abdominal muscles on painful days.

Millefolium refers to its many (thousand) leaves. This is a great way to identify Yarrow by looking for the multiple feathery, soft leaves in the grass.

It is important to consider the quality of the herbs you are using, as well as the method of extraction.
A strong cup of herbal tea is brewed for 10-15 minutes with a cover to prevent the volatile oils from escaping.

The information in this 'Herbal Moon Cycle Guide' is not intended to diagnose, treat or cure any ailment.
We recommend that you consult a health professional before taking any new herbal supplements.

