



Wild Yam-E Salve

Wild Yam-E Salve is a unique, fragrant blend of herbal and essential oils with Vitamin E. It is completely nontoxic, has no known side effects, and is safe for prolonged use. **Wild Yam-E Salve** helps to balance the female hormone systems and the liver, which relates directly to the synthesis of sex hormones, essential for physical wellness and emotional balance. Wildcrafted Wild Yam is extracted in olive oil, using three times as much Wild Yam as other herbs.

Contains: Olive Oil, Beeswax, Wild Yam & Burdock Roots, Chaste Tree Berry, Licorice Root, Alfalfa & Motherwort Leaf, Vitamin E Oil, Coconut Oil, Essential Oils of Clary Sage, Fennel & Geranium and Flower & Gem Essences.

Indications: For PMS symptoms such as headaches, depression, fluid retention, menstrual cramping and menopausal conditions. Use for female wellness, to enhance fertility and for the relief of hot flashes, ovarian pain & hormonal changes.

Wild Yam *Dioscorea villosa*- A vining perennial plant with heart-shaped leaves that grows in rich moist woods along the East Coast, Mexico and the Southwest. Wild Yam was used in folk medicine by Native Americans and in China for menstrual problems, labor, infertility, menopause, as a liver, digestive & lung tonic, for rheumatoid arthritis and to relieve stiff joints. Wild Yam root is high in natural plant steroids (saponins) that release Diosgenin. This is essential in the production of the hormone Progesterone, which is necessary to maintain and regulate the female reproductive system.

Directions: Apply externally to forehead, wrists, abdomen or upper pelvic area. Use 1 teaspoon daily before cycle begins and during menses to relieve symptoms.

CAUTION: External Use Only. Do not use during profuse menses or pregnancy as it may stimulate the uterus.

NOTE: Our Wild Yam-E does not contain any added synthetic or natural Progesterone. We do not measure the concentration of Progesterone. We find this herbal formula works in a balanced way on the female system.

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Alfalfa Leaf — Contains all known vitamins, most minerals and digestive enzymes. Helps balance estrogen levels, raise energy and promote health and vitality.

Motherwort Leaf — Excellent uterine relaxant to relieve cramps, menstrual tension, moodiness, and to calm the heart.

Chaste Tree Berries *Vitex* — The female herb for hormone balancing. *Vitex* has a profound stimulating and regulating effect upon the pituitary gland, the director of the endocrine system, and the progesterone/estrogen cycle. Use for relief of PMS, menstrual irregularities, swollen breasts, infertility, endometriosis, and after birth control pill use.

Burdock Root — A powerful cleansing root used to nourish the liver, to help strengthen the blood, purify the skin, calm and ground the emotions.

Licorice Root — A soothing and nourishing health promoting herb that balances the glandular system with its hormonal-like properties.

Clary Sage Essential Oil — A deep, musky, pungent fragrance that uplifts and regenerates both the body and spirit. Use for irregular menses, cramps, migraines, menopause and to soothe the emotions.

Fennel Essential Oil — The warm fragrance of fennel is sweet and licorice-like. It has estrogen stimulating properties and is used to reduce stress & nervous tension, release toxicity and relieve cramping. Also beneficial for the liver and moisturizing for the skin.

Geranium Essential Oil — An uplifting, sweet, rose-like, flowery fragrance. Stimulating to the hormone system. For PMS and menopause symptoms such as hot flashes and depression. It is an excellent moisturizer for dry skin conditions, especially those due to hormone imbalance.

Vitamin E — An essential hormone balancing vitamin for the reproductive system. Regenerative and beneficial to the skin.

Pomegranate Flower Essence — Embodies the fertile, mothering and nurturing female aspects. Used for menstrual & reproductive harmony and for women in conflict with their inner selves and the external world.

Fire Coral Gem Essence — Coral, with its pastel orange color, is believed to activate, energize, harmonize and warm the pelvic or reproductive area, also known as the second chakra or energy center. Coral may also aid infertility and stimulate sexuality.