

# ***WEAVING WOMB WISDOM: INNER SPRING***

*WORKBOOK*

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**ANOTHER GREAT CLASS ON THE BOOKS, LADIES!**

**HERE IS WHAT I RECOMMEND YOU DO TO HELP ROOT THIS INFORMATION IN:**

1. **Homework: MAKE SOME MEDICINE.** Reply to the transmission in the Telegram channel with your creations. Make a tincture, tea blend, or vinegar and share it with the group so we can cheer each other on. Ask any questions as well.
1. **Practices for this week that can support your detoxification organs:** enemas, foot soaks, castor oil packs, yoni steams, lymph massage, dry brushing.

## Questions for this class:

1. On a scale 1-10 (1 being lowest and 10 being best) rate your digestion.

1. On a scale 1-10 rate your metabolic health overall.

1. What is your most common digestive upset?

1. What is the hardest part of your LIFE to digest?



## Herbs through our cycle:

MENSTRUATION

LUTEAL

**Foods:** phytoestrogens,  
fermented foods, lean  
proteins, sprouted beans,  
probiotics

**Herbs:** phytoestrogens,  
detoxifiers, nourishers

**Practices:** enemas,  
foot baths,  
castor oil packs

FOLLICULAR

OVULATION



## Inner Spring

**Follicular** phase has hormones rising, metabolism slowing some. We feel quicker and leaner and our cognitive functioning is high. Because estrogen is lower, its a good time to have phytoestrogens in the system.

Its also a time to **PREPARE** our body for the later phases. We do this by supporting our detoxification organs and by deeply nourishing.

**Herbs with phytoestrogens:** red clover, wild yam, dong quai, black cohosh, fenugreel, locorice, ginseng, alfalfa, flax

**Detoxification herbs:** Burdock root, dandelion leaf/root, red clover, calendula, echinacea, nettles

**Nourishing herbs:** tonics (red raspberry leaf, oatstraw, red clover, nettles), Yarrow, Roots chai

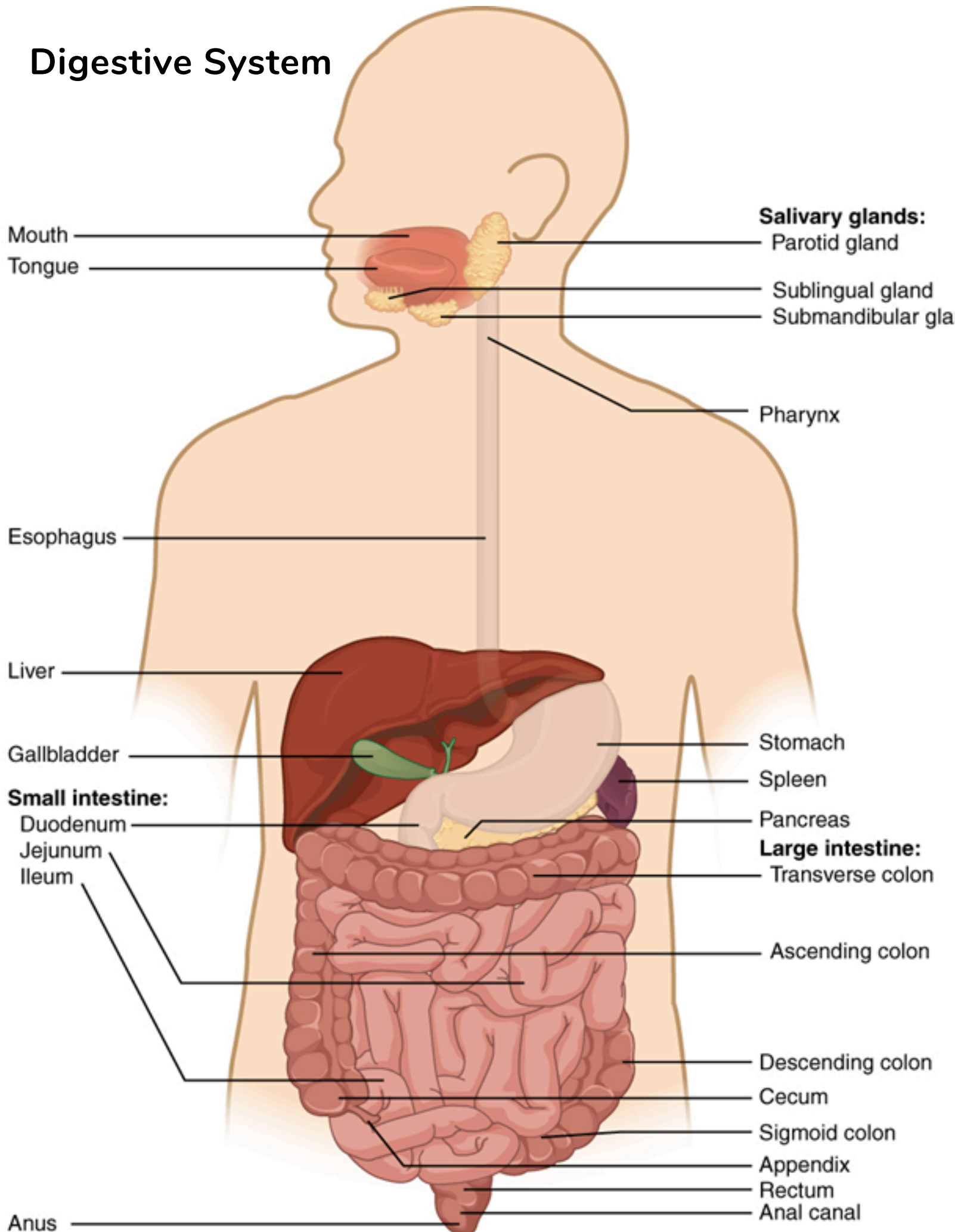
Remember that our hormones are always seeking balance. We can't just focus on the creation of them but also the METABOLIZATION of them and the EXCRETION. How we process our hormones and flush them out of our systems is integral to maintaining the balance. Without proper metabolism and release of hormones we can't maintain balance, we will create excess.

Detoxification organs are key to this process.

“Unstable blood sugar is the most important underlying cause behind hormonal problems”

-Alisa Vitti

# Digestive System





# Role of Detox/Digestive Organs:

**Pancreas:** mostly makes digestive enzymes that help break down proteins but also manufactures INSULIN and Glucagon which balance blood-sugar.

**Liver:** breaks down fat soluble toxins including HORMONES which then sends them to the Large Intestines where they bind with fiber to be excreted through colon.

**Gallbladder:** releases bile into small intestine and works with Pancreas' enzymes to help break down fats.

**Microbiome:** good gut bacteria helps break down our food more efficiently and supports healthy gut permeability. Healthy microbiome helps against estrogen dominance.

When these are imbalanced we see:

- fat malabsorption
- insulin resistance
- neuro-cognitive decline
- neuro-inflammatory disorders (depression, anxiety, brain fog, ADHD)
- histamin response/immune response
- Gut issues and INFLAMMATION

# Herbal Actions for Liver + Gut

## Alteratives

Red Clover

Burdock Root

Dandelion

Root

Calendula

Echinacea

## Digestive Support

Ginger

Calendula

Schisandra

Hawthorn Berry

Yarrow

Chamomile

Plantain

## Some Tea Blends:

Bitter Chai  
Decoction

Burdock Root  
Dandelion Root  
Hawthorn Berry  
Dong Quai  
Ginger  
Cinnamon  
Licorice  
Cardamom  
Clove

Digestive Blend

Calendula  
Yarrow  
Chamomile  
Plantain  
Nettles  
Ginger  
Licorice

Replenish &  
Nourish

Nettles  
Red Raspberry Leaf  
Red Clover  
Oatstraw  
Dandelion Leaf  
Peppermint  
Ginger  
Licorice

## Make a Bitter Vinegar:

Dandelion Leaf/Root  
Burdock Root  
Orange Peel  
Cinnamon  
Fennel  
Ginger

1. Fill herbs up halfway in jar.
2. Pour Apple Cider Vinegar and cover with 1-2 inches over herbs.
3. use plastic lid or cover with parchment paper.
4. label.
5. sit for 4-8 weeks, shaking regularly.
6. USE: as a shot in water before meals or in salad dressing, added to soups.



# Lifestyle Supports:

## **Food Focus:**

- minimize simple carbs
- minimize/remove sugar
- increase complex carbs
- increase fiber
- have salad with vinegar dressing before meals
- add cholagogues (gall bladder supportive herbs)
  - lemon in water
  - bitters
  - greens

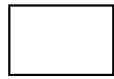
## **Practices to Incorporate:**

- foot soaks
- yoni steams
- enema
- dry brushing
- lymph massage
  - castor oil packs

# HERBS FOR DETOXICATION ORGANS:



# Dandelion Root:



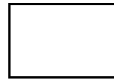
Latin name: *Taraxacum officinale*



Taste: bitter, salty, sweet



Main Constituents: bitter, mineral and vitamin rich, inulin, polysaccharides



Actions: diuretic, nutritive, softening, dissolving, decongesting, calming, sinking

## INFORMATION:

Dandelion is common weed that is medicinal and edible from root tip to flower head!! Dandelion Root clears damp heat, inflammation, food allergies and constipation.

Dandelion helps hear toxic heat showing up externally as boils, abscesses, sores, ulcers, or internal infections.

Dandelion may be helpful for asthma. Dandelion is said to dissolve deposits and resolve dampness. It is said to be nourishing for the blood and protective of the Liver. It helps to build stamina as well. Its inulin content offer blood sugar, digestive, and pancreatic support.

Dandelion's high mineral content and salty taste make it a great detoxicant. Its a DRAINING, COOLING, and DETOXING herb. It specifically is beneficial as a detoxicant hepatic, meaning it has an affinity for the Liver system. In this way it is said to treat deficiency and excess conditions of the Liver.



# Red Clover



Latin name: *Trifolium pratense*

Taste: sweet

Actions: alterative, astringent, moistening,  
blood cleansing, phytoestrogenic

## INFORMATION:

Red Clover is part of the Pea family and as such holds the action of being a nitrogen fixing herb in the soil. It is a very nutritive plant with vitamins, minerals, phytoestrogens. It has organ affinities for the blood, lymph, female reproductive systems, and the lungs.

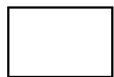
Its alterative “blood cleansing” actions help it support detoxification and metabolization of our food and toxins. This also supports it as a useful herb for skin issues like eczema and rashes.

A less common use for this herb is to support the respiratory system but it has been used traditionally as a lung supportive herb helping to reduce mucus in the lungs.

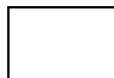
It supports the female reproductive system with its phytoestrogen qualities that help balance hormones and are useful during menopause.

Use flower primarily with some leaves.

# Burdock Root



Latin name: *Artium lappa*



Taste: bitter, sweet, moistening, draining



Actions: alterative, hepatic, cholagogue

## INFORMATION:

Burdock Root is a true alterative. It helps cleanse the body, lymph, and blood. It is part of the metabolic process as it helps cleanse the waste out and supports the organs of detoxification like lymph, liver, kidneys, blood. Its beneficial for skin eruptions and rashes for clearing through the internal cleansing mechanism.

Burdock root has inulin, which is an indigestible sugar that has been shown to have marked effects on modulating blood-glucose and insulin levels after a meal. Inulin also works as a prebiotic that supports a healthy microbiome. In this way Burdock is a great digestive supportive herb.

In Japan, China, and Korea it is eaten as a food and commonly referred to as Gobo. Tincture fresh root or decoct, make as tea, or do a cold infusion. Commonly use the roots but some customs use leaves and seeds, this information pertains to use of root medicinally.

# Calendula



Latin name: *Calendula officinalis*

Taste: bitter, sweet, salty, pungent

Actions: lymphagogue, alterative, vulnerary, astringent, bitter

## INFORMATION:

Calendula is a multi-purpose herb. Externally it is great in salves and oils for skin nourishing and healing qualities. Internally, it is supportive of the digestive system, the immune system, and the lymphatic system (which are all connected!).

In soups and teas it's useful for its immune boosting qualities. It is also a great and safe alterative which supports lymph flow. This makes it great for damp/heat conditions with inflammation and swelling.

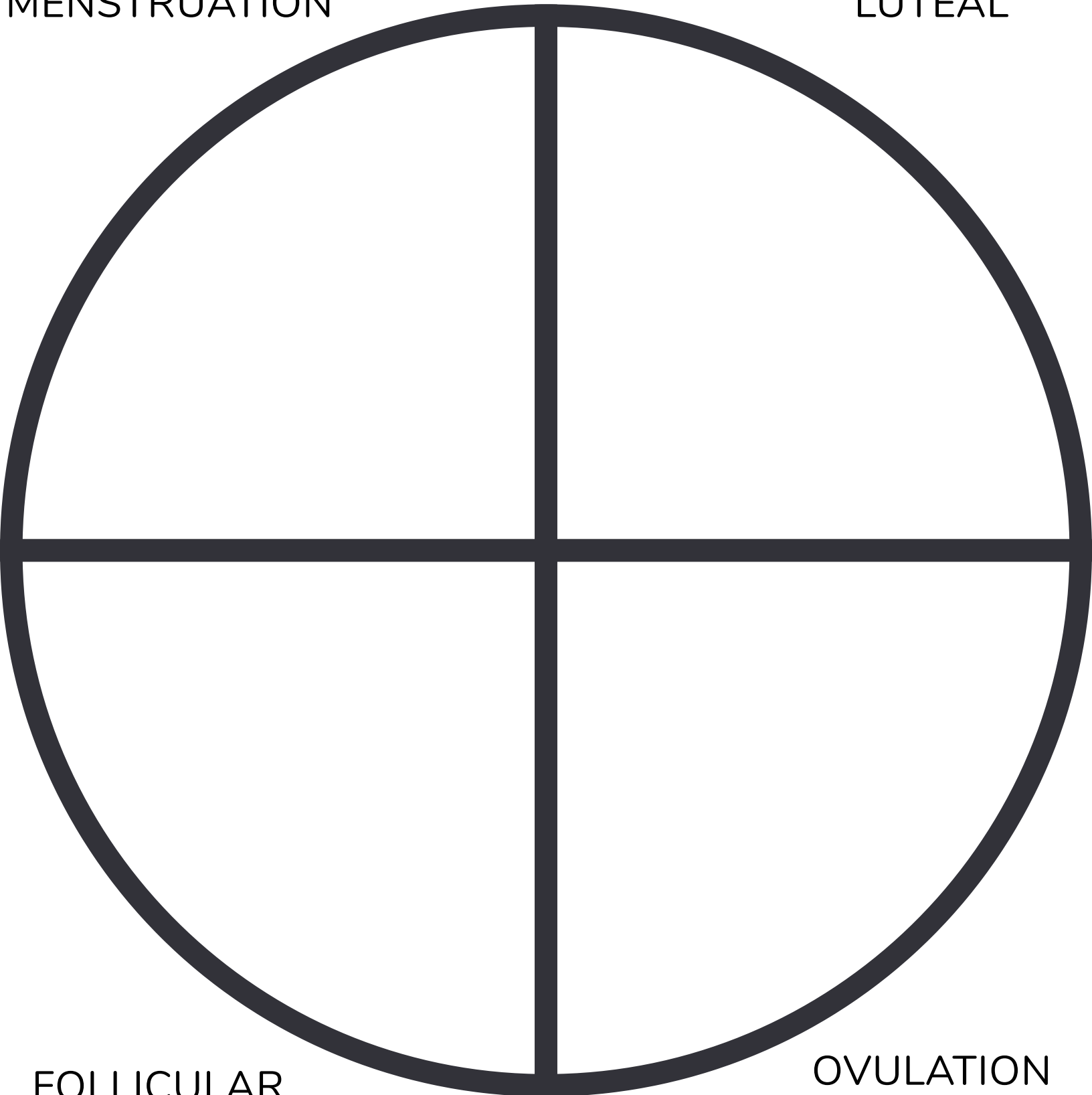
Calendula is beneficial for the liver and gallbladder detoxification pathways. It is anti-inflammatory for the gut as it helps support the gut lining and the mucosal membrane.



Herbs through our cycle:

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