



Big Tree News

The world gets better when we do.....

Big Tree Herb Farm

December 2022

Hello Everyone,

Hope you are all staying well and are stocked up on immunity remedies to get you through the winter!



With 2022 ending and 2023 beginning I have had a healing crisis. I have not been sick since early 2018 when I had pneumonia for the third time in my life and then a few months later

Anaplasmosis, a tick-borne virus. I have worked very hard on developing many immune-boosting remedies and have taken them diligently ever since then and promote my regimen to others to help fight off the barrage of viruses, colds and flu that we are all exposed to daily. This past week my son and I both got very sick and are still fighting our way back to the health we have enjoyed for these past five years. Initially, I felt very discouraged and like a failure in my quest but after much thought I still do believe in what I am doing and am thankful that this has not developed into pneumonia. I did have a tick bite two weeks ago so maybe that is what allowed a virus to sneak through my armor of herbal remedies. So my message today is that I believe it is worth it to do everything you can to improve your immune system—even though it may not be 100% perfect it is still way better than not taking care of yourself at all! Even though you may still get sick, you will probably recover faster and it may be less serious if you are working on actively supporting your immune system. I hope you will all be able to stay well this winter !

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Hormone Balancing Herbs:

During our journey as women we often find times where our hormones get out of balance, and we experience symptoms because of this. Hot flashes, night sweats, fatigue, brain fog, food intolerances, lack of libido, heart palpitations, PMS symptoms and insomnia are some of those.

Environmental toxins, hormone-disrupting chemicals and the added stress of modern life, have made this job substantially harder in recent years. Luckily, there are some fantastic herbs available to help with this challenge: Black Cohosh Root, Chaste Tree Berry (Vitex), Raspberry Leaf, Red Clover, Milk Thistle, Ashwaganda, Passion Flower, Licorice Root, Damiana Leaf, and Dong Quai, to name a few. We will focus on a few of those in this newsletter.....

**THIS
MONTH'S
Featured
Herbs are
Black Cohosh
And
Chaste Tree**





Did you know...

Black Cohosh can help with...

As we get closer to the end of the transition, closer to actual menopause, this is when estrogen levels can swing around, and Black Cohosh can help by suppressing the Luteinising Hormone which keeps rising when it is trying to find an egg that just isn't there, and also help be a modulator on the estrogen receptor.



Black Cohosh (Cimicifuga Racemose):

- Helps with hormone balancing
- Diuretic, for fluid retention
- Female Toning
- Anti-spasmodic for lung and mucous conditions
- Helps relieve menstrual cramps and uterine disorders
- Helps relieve hot flashes, depression and vaginal atrophy
- Useful for arthritic, neurological and rheumatic pain
- Increases natural fertility by regulating hormone production after Discontinuing birth control pills
- Useful for ringing in the ears, muscle relaxant
- Helps with pain of osteo-arthritis



Other Herbs to Help:

1. Passionflower. Sleep can become very disturbed as progesterone declines. This is a beautiful herb to calm the nervous system and send you off to sleep. We can also get a bit anxious during this time also and passionflower can be very effective for this.

2. Milk Thistle. Supportive of the liver. Looking after your liver can help reduce hot flashes and night sweats, as it has extra work to process the fluctuating hormones during the later stages of your menopause transition, if you are not able to process these then you can develop much stronger symptoms. The body also chooses to process toxins first before your body's own hormones, so Milk Thistle is helpful to support and process both toxins and hormones.

3. Motherwort: As a menstrual and uterine tonic to improve cramping, delayed or stopped menses, support the female organs during menopause. Also helps with heart issues and palpitations associated with menopause. Helps to balance hormones after discontinuing birth control pills. Useful for gas and urine retention.

Also, CAULIFLOWER! Troubled by fibroids, PMS or symptoms of menopause? Eat more cauliflower! It is loaded with plant compounds (Indoles) which help rid the body of synthetic estrogens found in processed foods and products. Indoles help break down excess Estrogen, bringing hormone levels back into balance.

More on Motherwort:

Motherwort is used for heart conditions, including heart failure, irregular heartbeat, fast heartbeat, and heart symptoms due to anxiety. It is also used for the absence of menstrual periods, intestinal gas (flatulence), and over-active thyroid (hyperthyroidism).

Some people apply motherwort directly to the skin for itching and shingles. The seeds of two of the species (Leonurus artemisia or Leonurus heterophyllus) are used to improve eyesight and as a general tonic.



HEAT RELIEF TEA

(for Hot Flashes)

2 parts Black Cohosh

2 parts Motherwort

2 parts Sage

1 part Blue Vervain

1 part Chaste Tree Berry

1 part mint for taste

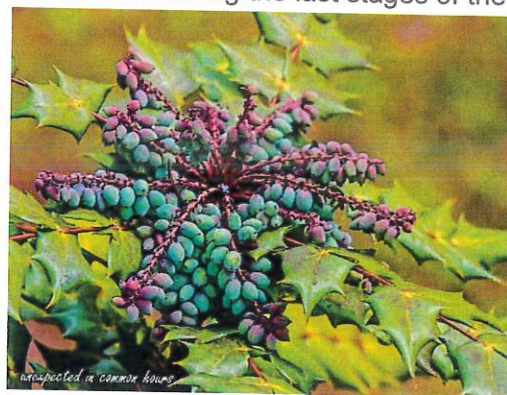
Pour boiling water over herbs, cover and let steep for 30 minutes. Strain and enjoy several cups per day





Chaste Tree (Vitex Agnus-Castus) This is known as a hormone regulator, it can do this by inhibiting the prolactin in anterior pituitary, thereby increasing progesterone. This can be beneficial during the last stages of the transition when you can experience larger fluctuations of estrogen, causing the body to have temporary times of estrogen dominance. This can help to reduce symptoms of hot flashes and night sweats.

- Helps the whole endocrine system to work effectively as the "Master Gland" in regulating the hormones of the pituitary gland
- Helps alleviate PMS symptoms
- Helps to reduce recurring fibroid cysts in the ovaries and uterus
- Useful in easing menstrual fluid retention
- Used to help regulate irregular or suppressed menstrual cycles
- To promote an abundant supply of mother's milk during lactation
- Helps to control mid-cycle bleeding during peri-menopause
- Useful for controlling low blood sugar



1. **Dong quai.** A female tonic and also restorative of the liver. Hot flushes can be supported by supporting the liver, as well as flavoring the support of production of progesterone. Vaginal dryness, can also be supported by the ability to stimulate pelvic arteries.

2. **Ashwaganda.** This is a herbal adaptogen, which means it helps your body to have a larger band width for handling stress. It is our adrenals where we manage stress, but also where we make hormones that help us during and post menopause, so supporting the body with a herbal adaptogen is really helpful. Ashwaganda is a nice gentle supportive anti-inflammatory herb. (not good for you if you have an over active thyroid)



3. **Red Clover:** Anti-inflammatory, detoxifying, blood purifying, lymphatic cleanser, anti-bacterial, high in minerals + vitamins, hormone balancing, female tonic for PMS and menopause symptoms. Aids digestive and respiratory issues. Externally for eczema and psoriasis. Relaxing for the central nervous system. Helps maintain bone density.

4. **Fennel—Struggling with hormonal upheavals?** Fennel can help! Compounds in this licorice-tasting herb mimic the effects of estrogen to combat mood swings, night sweats and hot flashes. Plus, its potassium eases water retention and its anti-inflammatory properties calm menstrual cramps.

DID YOU KNOW? .

There are many environmental and dietary synthetic estrogen sources to try to avoid:

Dairy and meat products with added hormones
Plastic water bottles and canned foods with BPA
in the lining

Personal care products which contain

Parabens, phthalates, triclosan and synthetic fragrances
Also, cash register receipts
which contain BPA

(Bisphenol A) This has been linked to cancer, abnormal reproductive system development, obesity and asthma



More reasons to try to keep your hormones balanced:

- Lower levels of Estrogen, Progesterone or Testosterone contribute to more rapid loss in bone mass.
- Hormones send messages between the brain, glands and organs and regulate inflammation.
- Every imbalance in hormones creates an imbalance in the body and can put you at higher risk for heart disease, Alzheimer's and certain cancers.



Big Tree Herb Farm

If anyone has any herbal questions,
please let me know.
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<https://www.bigtreeherbfarm.com>



Next month's
Newsletter will
focus on
Pain and
Inflammation
Relief



**We will be at the following
Farmers Markets this winter:**

Berwick Town Hall

10am to 1:00 pm

Sundays

2/12, 3/12, 4/16/2023

Wentworth Greenhouse

In Rollinsford NH

10am to 2pm

Saturdays

1/21, 2/18, 3/4, 3/18/2023

Exeter/Stratham

Cooperative Middle School

10am—2pm

Saturdays

2/4/ 4/1, 4/15/2023

**Tri-Town at the Central
School in South Berwick**

10am to 2pm

Sundays

1/15, 2/5, 2/19, 3/5, 3/19, 4/2/23

HOPE TO SEE YOU THERE!

COMING SOON—MORE New Products!



Rose Hip Oxymel

Contains: Dried Rose Hips, Local Raw Honey, Organic
Apple Cider Vinegar, Ginger, Cinnamon

Spring cleaning tonic Excellent source on non-acidic Vitamin C and
Bioflavonoids for colds, flu and respiratory infections, Strengthens
arteries, gall bladder, kidneys

Nettle Tincture

I decided to make this Nettle Tincture after several customers
asked for it and said that it works really well for seasonal allergies.

Also can be used for:

Alkalizing, astringent, diuretic, high in chlorophyll and minerals.
Blood purifying, thyroid balancer. Helps with arthritis, bloating,
bladder infections, asthma, inflammatory skin conditions, achy
bones and joints. Antihistamine properties help with allergies and
hay fever. Tonic for PMS, menopause symptoms.

Wormwood Tincture

Bitter herb generally used to expel parasites and intestinal
worms. Digestive stimulant, helps reduce fever. Aids gall blad-
der disease and intestinal spasms. Use as a wash to relieve skin
itching and rashes.

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These are the first tinctures I have made, I do have mixed feelings  
about using 100 Proof Vodka in medicine making but it is the method  
that extracts the highest amount of the  
healing properties of the herbs.

