

Genitourinary System Herbs List

Nourishing Tonics

[estrogen centered]

American Ginseng-midwest-east N
Black Cohosh-eastern N
Damiana-southern N, C, S
Hibiscus-A, PAC
Lady's Mantle- E
Motherwort-southeast E, A
Mugwort-northern E, A
Nettles-northern Africa, EA
Oatstraw-EA, Africa
Red clover-E, western A, northwest Africa
Red Raspberry-E, northern A
Red Root-N
Rose-probably Asia
Shatavari-A
Vitex-EA, Africa
White Peony-eastern Asia

[testosterone centered]

Angelica-EA
Ashwagandha-A
Damiana-southern N, C, S
Ginseng-eastern A
Maca-S
Pumpkin seeds-N
Sarsaparilla-S
Saw palmetto-southeast N
Schisandra-A, N

From our experiences + ancestors:

Detoxifying Tonics

Agrimony-E
Bearberry-N, EA
Blue vervain-N
Burdock-EA
Celery seed-EA
Cleavers-N, Africa
Corn silk-Mexico
Couch grass-N, E
Dandelion-EA

Elderberry + flower-N
Juniper
Hawthorn-EA
Nettles-northern Africa, EA
Parsley-E
Saw palmetto-southeast N
Uva Ursi-N, EA
Wild carrot-E
Yarrow-EA

From our experiences + ancestors:

Hormone Balancing

Food: *PROTEINS, Almonds, Avocados, Broccoli, Eggs, Quinoa, Salmon*

Testosterone Balance

Ashwagandha-A
Astragalus- TCM
Horny goat weed- TCM

From our experiences + ancestors:



Genitourinary System Herbs List

Estrogen Balance

Burdock-EA
Catuaba Bark- Brazil
Dandelion-EA
Evening Primrose Oil
Horny goat weed-China
Licorice-A, EA
Maca-S
Oatstraw-EA, Africa
Red clover-E, western A, northwest Africa
Shatavari-A
Suma-tropics Panama + south
Tribulus-EA, Africa, N
Foods: Flax Seed, Sesame Seeds, Seaweed

Malaysian ginseng
Mucuna pruriens
Pine Bark Extract
Puncture Vine
Saw palmetto-southeast N
Yohimbe-western Africa

Food: Asparagus, Banana, Chocolate, Garlic, Kale, Strawberries

Phytoestrogen

Red Raspberry-E, northern A
Red clover-E, western A, northwest Africa
Dandelion-EA
Fenugreek-E, Mediterranean
Hops-temperate N, EA, S
Black Cohosh-eastern N
Vitex-EA, Africa
Cramp Bark-E
Ginseng-eastern A
Licorice- A, EA

Motherwort-southeast E, A
Angelica-EA
Rose-probably Asia
White Peony-eastern Asia
White pine pollen-temperate northern hemisphere
Sage-Africa
Sarsaparilla-S
Saw palmetto-southeast N
Wild yam-eastern N
Yarrow-EA

Food: Grains, beans, nuts, seeds, seed oils, berries, fruits, and many vegetables

From our experiences + ancestors:

Emmenagogue

Black Cohosh-eastern N
Dong Quai-China, Japan, Korea
Maca-S

Menorrhagia

Cranesbill-eastern N
Cinnamon-Sri Lanka
Ginger-southeast A

From our experiences + ancestors:



Genitourinary System Herbs List

Motherwort-southeast E, A
Mugwort-northern E, A
Parsley-E
Vitex-EA, Africa
Shatavari-A
Tribulus-EA, Africa, N
White Peony-eastern Asia
Yarrow-EA

Hibiscus-A, PAC
Liferoot-N
Periwinkle-Mediterranean
Shepherd's Purse-A, eastern
E
Vitex-EA, Africa
White Peony-eastern Asia
Yarrow-EA
Yellow Dock-EA

Anti-Androgenic [testosterone blockers]

Black Cohosh-eastern N
Green Tea-China
Licorice- A, EA
Peppermint-E, ME, Africa

Red clover-E, western A,
northwest Africa
Reishi-EA, N
Spearmint-E, ME, Africa
Vitex-EA, Africa
White Peony-eastern Asia

*Foods: mints, soy, flaxseed,
vegetable oils, less
alcohol/sugar/caffeine*

From our experiences + ancestors:

Plant Ancestor is native to:

Africa
ME-Middle East
N-Turtle Island/North America
C-Eagle/Mexico, Central America
S-Colibri/South America
E-Europe
EA-EuroAsia
A-Asia
SEA-Southeast Asia
AS-Australia
AA-Australasia
PI-Polynesian Islands
PAC-Pacific Islands

