



## Herbs for Fertility

Some herbs provide nutrients and properties that support fertility. If you want to become pregnant, consider making infusions or taking a dose of tincture of the herbs listed below.

Herbs that support fertility:

Herb	Properties
Alfalfa	aids in hormone production
Ashwaganda	enhances libido, combats exhaustion
Chaste berry	encourages hormone production and balance; tones uterus; treats menstrual irregularities
Damiana	brings oxygen and blood to genital area; lowers anxiety; raises energy; lowers inhibition
Dong quai	normalizing influence on hormone levels; uterine tonic; benefits many womanly problems; avoid in pregnancy
False unicorn	encourages and balances hormone production; tones and cleanses uterus
Ginseng	hormone regulator; increases energy and vitality; avoid in pregnancy
Licorice root	hormone regulator; avoid in pregnancy
Nettle leaves	uterine tonic
Red clover	good uterine tonic; hormonal balancer
Red raspberry leaf	excellent uterine toner; helps in easing hormonal changes
Sarsaparilla	for men – hormone production; increases energy; useful for impotence
Saw palmetto	for men – enhances sexual functioning; hormone regulator
Squaw vine	hormone balancer; uterine toner; menstrual regulator
Wild yam	hormone regulator; uterine toner; treats menstrual irregularities



## Damiana Cordial

You can use the following instructions to make a cordial of any herb. Cordials are potent, so sip them slowly. You can also use cordials in other ways. Add them to...

- baked goods or pastries.
- sparkling water for a spritzer.
- hot tea or coffee.

### Recipe:

Damiana leaves	1 ounce	
Vodka or brandy	2 cups	
Spring water	1 1/2 cups	
Honey	1 cup	
Vanilla extract	1 teaspoon	optional
Rosewater	1/2 cup	optional

1. Soak the damiana leaves in the vodka or brandy for 5 days.
2. Strain. Put the liquid in a bottle.
3. Soak the alcohol-drenched leaves in the spring water for 3 days.
4. Strain. Put the water into a pan. Discard the leaves.
5. Warm the water extract.
6. Add the honey to the warm water extract. Stir gently till the honey dissolves completely.
7. Remove from heat.
8. Add the vodka or brandy extract to the water and honey mixture. Stir gently.
9. Put into a bottle and cap it tightly. Label it with the contents and date.
10. Let it sit in a dark, cool place for one month or more.
11. If you want, add vanilla extract or rosewater.