

## ***Dong Quai* —“Compelled to return”...return women to normalcy**

Scientific name is *Angelica Sinensis*; some say it helps females act like angels! ***Dong Quai*** is referred to as the “queen of female herbs”. It has been cultivated in China for thousands of years as a treatment for women’s health and is considered nutrition for girls from childhood on up. Modern research affirms its muscle-relaxing, pain-relieving, immuno-modulating and antibacterial activity.

***Dong Quai*** contains Vitamins A, E, and B<sub>12</sub>, nutrients that stimulate glands, which produce female hormones. Its primary benefits are hormonal: helping to maintain the proper balance of female hormones; regulating the monthly periods; relieving monthly pain; relieving PMS; smoothing menopause; and preparing the uterus for delivery (during pregnancy, eat only the last 2 weeks). A Japanese study showed that ***Dong Quai*** increased both estrogen and progesterone levels in women with insufficient ovarian function. However, if women don’t need more estrogen, the body does not use it as such. In menopause, for assistance with hot flashes, many women eat 4-5 capsules a day. ***Dong Quai*** is now part of the revolutionary new Sunrider formula, ***Bella***, for women over 40. Best known as an herb for female problems, ***Dong Quai*** also aids in healing for both men and women by improving blood circulation. Research conducted by Dr. C. P. Li, M.D., for the U.S. Department of Health Education and Welfare, showed that this herb possessed qualities favorable to female problems, aided in overcoming symptoms induced by Vitamin E deficiency, and produced a tranquilizing effect upon the cerebral nerves.