



Fertility Specialist + Chinese Medicine

Jody Hsu Steele O.M. LAC

Fertility Acupuncturist. Herbalist. Fertility
Coach. Energy Healer.

909-527-0374

ONLINE HERBAL PHARMACY INSTRUCTIONS

What to buy and how to use them.

List of Herbal formulas

1. Blossom phase 1
2. Blossom phase 2
3. Blossom phase 3
4. Suan Zao Ren Tang
5. Bao Can Wu Yu Fang
6. Menatrol
7. Special Ovulation Trigger Formula
8. Gui Zhi Fu Ling Wan
9. Shao Fu Zhu Yu Tang
10. Wu Zi Yen Zhong Wan
11. Gui Pi Tang
12. Jai Wei Xiao Yao San

This PDF will help you better understand how to use the herbal medications that I have prepared for you throughout your cycle.

I recommend that you take your basal body temperature (BBT) every morning so that you have a better understanding of your cycle and when you change from one phase to the next (and when you will switch your herbs).

A “normal” or an average cycle is about 28 days. A cycle is counted from the first day of one period to the first day of the next period. Your cycle is divided into 4 phases. During each phase, your productive organs are doing different things so that your hormones and organs can function well. Herbal medicine and acupuncture will help stimulate hormone production and optimize the function of your ovaries and uterus.

Phase 1- from cycle day 1 to day 7, you will have your period (menstruation). You will bleed and have cramps/pain. You will feel fatigued and emotional. Blossom Phase 1 formula promotes good blood flow, helping your uterus lining shed. It also helps with cramping discomfort. It stimulates red blood cell production and prepares your follicles so that they can mature later. If your period finishes before day 7, you can go ahead and change to Blossom Phase 2.

Phase 2- after menstruation is complete, you are now entering a follicular phase. This phase typically lasts from day 8 to day 13 in a normal cycle. Your estrogen starts rising and your follicles start showing up. Blossom phase 2 formula stimulates the estrogen and helps your follicles grow so that your egg can mature and ovulation can occur. Estrogen plays a big role in allowing the uterus lining to thicken for better implantation later.

Phase 3- This is the week of ovulation (day 14 in a normal cycle, and about 14 days before your menstruation). Your OPK should show Positive/Peak and you should see a dip in your BBT chart. You may see some egg white cervical mucus. This phase is called the luteal phase. Blossom Phase 3 helps stimulate the endocrine system and signal to the pituitary gland that ovulation is occurring. The herbal medication helps to increase luteinizing stimulating hormone (LSH) and raises your body temperature to warm up your uterus. This promotes good blood circulation and prepares for conception.

Phase 4- This is the implantation phase. Around 7 days after ovulation, implantation starts if an embryo has been made. Your BBT may dip a little. You may feel anxious and stressed waiting to find out if you’re pregnant or not. At Phase 4, I chose the first herbal formula, Suan Zao Ren Tang to calm your mind and enhance better sleep. Studies show that sufficient good sleep every night directly affects reproductive-related hormones that are crucial for good regular cycles. The second formula, Bao Can Wu Yu Fang helps secure the pregnancy and helps prevent early miscarriage.

These two formulas balance the mind and body in order to achieve a successful conception.

Each bottle of herbal medicine contains 100 capsules. You will take 4 capsules 3 times a day. Usually, you will have some leftover for the next cycle (depending on the length of your cycle) if the pregnancy was not achieved right away. Your first order should be of all 4 phases' corresponding herbal formulas so that you can complete a cycle. If you do get pregnant, just continue to take Phase 4 formulas (Suan Zao Ren Tang AND Bao Can Wu Yu Fang) until you are 8 weeks pregnant. If you do not get pregnant and menstruation begins, you will start on Blossom Phase 1 and repeat the process.

Women with Polycystic Ovarian Syndrome (PCOS)- I would recommend you purchase Blossom Phase 1, Menotrol (instead of the standard Phase 2), Phase 3 and Phase 4 instead. Menatrol helps with blood movement and warm up your reproductive system, which will help you ovulate. PCOS women have longer follicular phases because their eggs mature slower so ovulation will be slower as well.

For women who have trouble ovulating such as low AMH(Anti-Mullerian Hormone) and low eggs reserve, my own special OV trigger formula can help a woman ovulate more often. You should take an additional of it couple days after you show a high chance of ovulation coming soon. (OPK Show High at less)

If you have anxiety, difficulty sleeping, and feelings of depression, Gui Pi Tang should also be taken monthly.

If you feel stressed, irritable, hot, and frequently experience headaches, Jia Wei Xiao Yao San should also be taken regularly to reduce your stress.

Lastly, if your male partner has sperm quality and/or quantity problems, they should start Wu Zi Yen Zhong Wan as soon as possible. If he has low testosterone problems, then Maca root powder or AmericanGinSeng tea are recommended. If he constantly feels hot, heat reduces sperms mobility. Tumeric should be added to his diet to reduce inflammation and internal heat.

[Shop Now](#)