

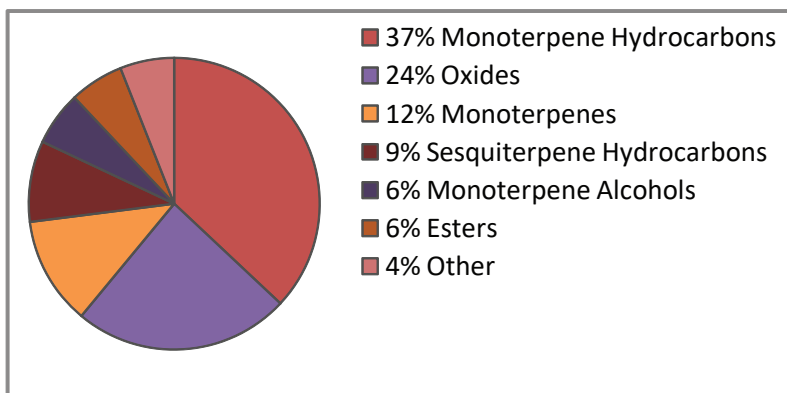
Vitex Berry, Wild: Isle of Crete (*Vitex agnus-castus*)

Vitex Berry, also known as the Chasteberry, is native to the Mediterranean region and has been used for thousands of years. In ancient Greece and Rome, monks were often encouraged to eat the berries to assist them in remaining chaste by curbing sexual desires. In folk medicine the plant was used to assist a variety of female conditions and was sometimes called “the women’s herb”. It was considered highly effective for treating menstrual disorders, aid digestion, and to calm emotions. There are different species of Vitex and different therapeutic oils can be obtained from different parts of the plant. The berry essential oil is more expensive and considered to be the most therapeutic in its overall actions.

Primary Usage: Vitex berry is a hormone modulator because it works directly on the pituitary gland (the master gland of hormones) and harmonizes the endocrine system. Wonderful to assist female hormonal issues (regulating estrogen levels and increasing progesterone levels, regulates menstruation, infertility, cramps, menopause, increases lactation, reduces endometriosis, PMS, depression, hot flashes, night sweats, headaches, acne, breast pain and swelling). It is also useful to assist men (increase urine flow, prostate, curbing sexual desires).

Secondary Usage: Assists with the nervous system (relaxing, anger, depression, nervous tension, nervousness, insomnia) and one drop taken under the tongue has powerful effects on Parkinson’s symptoms, dementia, increasing dopamine in the brain, and prevent epileptic activity. Works for the respiratory system (decongestant, eases breathing), regulates internal organs (liver, spleen, intestines, uterus), and assists skin (acne).

Has been reported: Beneficial for stomach issues (upset, constipation, parasites), pain (joint, inflammation, spasms, swelling), insect repellent, and on insect bites and stings.



Application: Apply topically or put a drop under the tongue.

Caution: Assists hormonal activity so void during pregnancy. Contains high levels of Cineole (about 24%). Avoid use with children.

Main chemical about 26%
Sabinene

Found In: Blend of Vitex Berry

Descriptor: Hormonal, Sedative, Uterine/Liver Stimulant, Tonic, Aids Digestion, Diuretic, Decongestant

Influences: Uplifting and assists spiritual renewal. Promotes feelings of grounding and being in control. Enhances and supports inner feminine energy.

Medicine Wheel: A Primary South.

Blends Well With: Cinnamon, Clary Sage, Clove Bud, Geranium, Ginger, Frankincense, Lavender, Myrrh, Nutmeg, Rose, Rosemary, Sage, Valerian Root

Recipes: For an overall hormone balancing blend take two drops each of Vitex Berry and Rose Geranium, and one drop of Neroli. Add to a carrier oil and massage on abdomen.