There is a tonic formula that is the treatment of choice at the Chel Farm in Belize for all female complaints—particularly difficult or irregular menstruation, absence of menstruation and ovulation, fibroids, cysts and benign tumors.

**Female Tonic** as it is known here in the United States, has been used for 10 years now by Dr. Rosita Arvigo, D.N., in her practice in Belize with great success and without a single negative reaction or even allergic reaction. In this report, I will detail real life stories that will help women to learn how to use this formula for their own menstrual health needs.

**Actual Case Studies**

**Clarina**—Clarina was a young yoga enthusiast and massage instructor who came to see Dr. Arvigo about a worrisome result on her last pap smear which showed a stage 2 dysplasia. Her medical physician recommended a dilation and curettage (DC), which she greatly feared and wanted to avoid, if at all possible. She was to take Female Tonic ten days before her menses was to begin at a dosage of one dropperful of the tincture in a bit of tepid water three times daily. She was to stop the Female Tonic once her period began.

Her first period after taking the Female Tonic was heavier, lasting an extra two days and had some dark fluids. Even more dark fluids came with her next and her tissues looked like chunks of meat with yellow mucous. Although at first she was somewhat disturbed, Dr. Arvigo reassured her that this was a good sign and part of the healing process. She sent her back to her physician for another Pap smear. “We were all delighted to see her uterine membrane was now completely normal.”

**Edna**—Edna was 17, oldest of fourteen children of a Mennonite family. She did not start menstruating until she was almost seventeen. She experienced a great deal of menstrual pain with headaches, backache, depression, irregular periods, painful ovulation and bloating just before menses. Her mother was worried her daughter was infertile, which would be extremely difficult on a young Mennonite woman contemplating marriage soon.
Edna was to take regular doses of Female Tonic for three months and return once monthly for treatments. Mother and daughter returned five weeks later to report that her cycle was heavier and lasted a full eight days, but they felt that it was all a good sign (which it was). She was to continue with Female Tonic ten days before menses. Within four months, her menstrual discomfort was almost completely improved, her PMS was gone, the backache was no longer a problem and ovulation occurred unremarkably without pain. The bloating also was greatly reduced.

**The Female Tonic Formula**

By now, you’re probably wondering what on earth this formula contains that women with difficult to treat menstrual problems find so beneficial. This is a formula that Dr. Arvigo learned from her mentor of a decade, Don Elmo Pati. There are six different herbs in the formula, four of which were in his original formula that he devised from what he learned from his teacher in the 1930s in Belize.

**Copalchi Bark** (Croton guatemalensis) is one of those Central American trees whose bark has many clinical uses in natural healing, including cleansing the female uterus of pathologically accumulated debris. This usually takes the form of incompletely flushed uterine fluids from period to period. When the patient reports she sees dark blood at either the onset or end of menstruation, it is an indication that her uterus has been unable to flush itself out completely from month to month so menstrual fluid has stayed behind and become hard, dark and thick. Copalchi loosens the accumulated hardened fluid and helps it to pass with the next menses.

**Man Vine** (Agonandra racemosa) is an excellent anti-inflammatory and in general quite relaxing to involuntary muscle tissues such as the uterus, stomach and intestines.

**Billy Webb Bark** (Sweetia panamensis) is an intensely bitter bark which women are given traditionally to assist with uterine cleaning. It works with Copalchi bark to assist the uterine membrane to clean itself efficiently month to month. It is also used for energizing the systems and aids the body to have more available energy to do the task of cleansing the uterus.

**Skunk Root** (Chiococca alba) is useful for many diverse ailments. The Maya consider this root to be the “thinking herb” because it has the ability to affect the human function most in need of assistance and adjustment. It is a specific to heal ulcerations of mucous membranes so it acts here to strengthen the uterine membrane.

**Wild Yam** (Dioscorea spp) is world famous because it is the basis for the birth control pill and contraceptives, two of our most often prescribed medications. The herb’s active principle, diosgenin, is a precursor to hormones such as estrogen and progesterone, thereby giving the hypothalamus a jump start on producing the molecules to control female reproductive function. When hormonal levels are askew and either too high or too low, wild yam is given as an aid to return hormonal production back to a balanced state. So, this assists the woman with PMS, menopause, irregular menses, menopause that starts and stops during the period and infertility due to hormonal imbalance. The active principle known as cortisol is anti-inflammatory so it gives good support to inflamed membranes such as may be found in the uterus, fallopian tubes, and ovaries.

**Ginger Root** (Zingiber officinale) is a common household herb that has been used traditionally by Maya women to bring warmth to the uterus thus improving blood supply to and venous drainage away from the organ. Ginger has been used around the world as a digestive aid. Since many female disorders are aggravated by chronic indigestion, Dr. Arvigo adds this to the formula to support digestion. Furthermore, ginger acts as an anti-inflammatory agent and has good action as an antioxidant to prevent tissue damage and degeneration, which has often begun in the uterus by the time a woman receives herbal support.

**How to Use Female Tonic**

It is recommended that women who have no uterine pathology take one bottle of Female Tonic as a dosage of one dropper in a half glass of tepid water for 10 days before the onset of menses. This can be done once every three months. This is to insure a complete cleansing of the uterus every month and to help reduce the risk of fibroids, cysts and tumors from forming. Also, it will make for an easy, uneventful pregnancy, delivery and menopause later in life.

**How to Obtain Female Tonic**

Female Tonic is an authentic rain forest remedy ecologically and spiritually harvested in Belize and manufactured in limited batches by Rainforest Remedies™. It is distributed in the United States by Lotus Brands, Inc. Although its distribution in health food stores throughout the United States is still limited, your health food store can order the formula for you. Contact their North American distributor, Lotus Brands at 1-(800) 824-6396 or (262) 889-8561 to find a health food store nearest you carrying the product, or have your health food store order a supply. This formula works, and you’ll want to use it regularly. You can write Lotus Brands/Rainforest Remedies at Box 325, Twin Lakes, WI 53181 or e-mail them at rainforest@lotuspress.com.