CHANGEASE

Hormonal Food Blend for Male & Female Reproductive Organs

Changease is Dara's hormonal food blend for men and women moving through the natural hormonal shifts of adolescence, pregnancy, and especially menopause. It's built to balance hormones, ease the tension that often comes with reproductive-system change, and support both the adrenal glands and the heart as they help carry the body through that change.

Changease brings together eight herbs — Black Cohosh, Sarsaparilla, Ginseng, Licorice, Blessed Thistle, Squaw Vine, Shatavari, and Vitex (Chaste Tree Berry) — developed and refined by Dara over years of working with members through every stage of hormonal change.

This Herbal Combination:

- SUPPORTS healthy hormone balance in both men and women through adolescence, pregnancy, and menopause
- CORRECTS imbalances in the adrenal gland and compensates for stress placed on the heart
- EASES hot flashes, night sweats, and vaginal dryness while helping steady mood through hormonal transitions
- CONTAINS a complete glandular food for the reproductive system
- 100% organic, herbal, sugar-free and chemical-free

BOTANICAL INGREDIENTS: All Organic - Black Cohosh, Sarsaparilla, Ginseng, Licorice, Blessed Thistle, Squaw Vine, Shatavari, Vitex (Chaste Tree Berry)



Black Cohosh

A classic women's remedy and nervine; supports hormonal balance and eases the tension and nervousness that often come with reproductive-system change, while feeding, regulating, and strengthening the nervous system.



Sarsaparilla

A natural steroidal-saponin source that supports healthy hormone balance in both men and women; traditionally used as a general glandular tonic and for prostate support.



Ginseng

A well-known adaptogen that supports energy, memory, and healthy sexual function in both men and women; helps the body handle the stress of hormonal transition.



Licorice

Supports the adrenal glands and helps ease the stress-driven irritability and nervous exhaustion that so often ride along with hormonal change.



Blessed Thistle

Supplies vitamins, minerals, and hormone-supportive compounds; long included in women's formulas to help balance hormones through cycle changes and puberty.



Squaw Vine

Tones and strengthens the uterine area; traditionally used during the final weeks of pregnancy to prepare the muscles for birth.



Shatavari (NEW)

A cooling, deeply moistening adaptogen; added to bring relief for hot flashes, night sweats, and vaginal dryness, balancing out the blend's warmer, more stimulating herbs.



Vitex / Chaste Tree Berry (NEW)

Acts on the pituitary gland to encourage healthy progesterone production; added to help ease mood swings and irregular cycles, especially in perimenopause.

A Note on This Formula's Ingredients

Changease's seventh herb was originally False Unicorn Root, a pelvic tonic long used in Western herbalism. False Unicorn has become increasingly hard to find as wild supplies are over-harvested — it now appears on the United Plant Savers At-Risk list. Rather than keep drawing on a scarce wild plant, Changease now uses Shatavari and Vitex (Chaste Tree Berry) in its place, expanding the blend from seven herbs to eight. Together they cover what False Unicorn provided and more: Shatavari's cooling, moistening quality for hot flashes and dryness, and Vitex's support for the pituitary gland's role in a balanced cycle.

HOW IT WORKS

Black Cohosh and Licorice lead the formula's hormonal and nervous-system support, easing the tension that so often comes with reproductive change. Sarsaparilla and Ginseng build energy and support healthy hormone balance in both men and women. Blessed Thistle and Squaw Vine tone and strengthen the pelvic and uterine tissue. Shatavari and Vitex round out the blend — Shatavari cooling and moistening what the warmer, more stimulating herbs can dry out, and Vitex working on the pituitary gland to encourage healthy progesterone production and steadier moods.

Suggested Use

As a dietary supplement, take 1/2 to 1 teaspoon, three times daily.

Note: Because this blend contains Licorice, long-term high-dose use can raise blood pressure or cause fluid retention in some people. If you have hypertension or are on blood pressure medication, check in with your healthcare provider before extended use. This is a supportive, nutritional approach to hormonal balance, not a substitute for medical care for a diagnosed hormonal or cardiovascular condition.

For more on this formula, see my blog post “Hormonal Food for Men and Women” at www.daradietz.me.