Ex-Mens

Excessive Menstruation Formula

Ex-Mens is a short-term support formula for a cycle that has turned unusually heavy. Red Raspberry Leaf, Prickly Ash, Blue Cohosh, Wild Yam, and Cinnamon work together to slow excessive bleeding back down to a normal, manageable flow — without stopping the body's own monthly cleansing process altogether.

This Herbal Combination



Red Raspberry Leaf — A common plant, but a genuinely powerful one — Red Raspberry Leaf has a real affinity for the female reproductive organs, toning and regulating them more effectively than almost any other herb. It's the herb most closely tied to menstrual and uterine support.



Prickly Ash — Long used for a range of ailments, Prickly Ash bark acts on the secretions, the nervous system, and the circulation. Combined with other tonic herbs, it has traditionally supported painful and irregular menstruation, easing pain and oversensitivity.



Blue Cohosh — Sometimes called “woman's best friend,” Blue Cohosh helps regulate a habitually late cycle and can help restore a delayed flow. Alongside Red Raspberry Leaf, it helps ease irritation and bring the cycle back into a normal rhythm.



Wild Yam — Wild Yam relaxes the muscular fibers and soothes the nerves, offering real relief from pain — especially pain centered in the uterus. It has a long history as a gentle tonic for the uterus itself.



Cinnamon — Cinnamon acts as a tonic to the whole system, its warming, stimulating action helping direct the other herbs' work in the body. Its natural astringent quality also helps stem excess bleeding during a heavy cycle.

How It Works

Ex-Mens is meant for the cycle itself. Begin taking it at the very onset of a heavy period to slow the bleeding down to a normal, comfortable flow, while still allowing the body's natural monthly cleansing to happen. It's especially useful for younger women and newer members who are just learning to get a handle on an excessive-bleeding pattern — typically used for only a couple of months, right at the start of the cycle, while Female Formula does its ongoing work the rest of the month. As the hormones settle into their own rhythm, the extra support is usually no longer needed.

Emotional stress plays a real role in cycle health too. A hard emotional blow can knock down immune function and hormone levels together, so learning to meet life's ordinary stresses with steadiness is as much a part of hormonal health as any herb.

The Traditional Recipe

This blend combines Red Raspberry Leaf, Prickly Ash, Blue Cohosh, Wild Yam, and Cinnamon.

Suggested Use

As soon as a heavy cycle begins, start Ex-Mens and set Female Formula aside until the cycle has passed. Take 2 to 4 droppers full (a dropper is about ¼ teaspoon), 3 to 4 times a day. The flow should begin to slow within a few hours. As with any herbal remedy, use this as a guideline and adjust to what your own body needs.

Ex-Mens works alongside Female Formula rather than in place of it: Female Formula is the formula to take through the rest of the month for long-term hormone balance, while Ex-Mens steps in specifically during a heavy cycle. For unexpected or menopause-related breakthrough bleeding, see Female Formula's own high-dose protocol instead.

From Dara’s Practice

This formula was a real help to me years ago, when I needed something to bring an especially heavy flow back down to a normal, manageable cycle. It's why I still reach for it — and why I recommend it to the newer members in my practice who are just starting to get a handle on excessive bleeding.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post “Bringing a Heavy Cycle Back to Normal” at www.daradietz.me.