Female Weakness Support

Female Weakness Support is one of Dr. Christopher's own formulas, built to rebuild a malfunctioning reproductive system and restore good menstrual timing when periods are painful, irregular, delayed, or absent altogether.

This Herbal Combination



Motherwort Herb — predominantly a womb remedy, used for painful, delayed, or suppressed periods, and also to help prepare for childbirth — taken two to three times daily in the final weeks of pregnancy, it encourages more coordinated contractions when they might otherwise be painfully spasmodic or insufficient.



Chamomile Flowers — a mild, relaxing herb used for centuries to calm the nerves and gently support the body through the ups and downs a cycle can bring.



Blue Cohosh Root — long called “woman's best friend,” and especially effective for troubles relating to menstruation. It can regulate a habitually late cycle and help restore the flow when a period has been delayed by shock, chill, or a cold — and for young girls just beginning their cycle, it works well alongside Blessed Thistle to relieve nervous irritation and help the menses regulate.



Golden Seal Root — one of the most valued herbs in the herbal kingdom — tonic, alterative, and gently cleansing, rounding out the formula's support for the whole reproductive system.



Ginger Root — the “lead sheep” of the formula, carrying the other herbs down into the abdominal area. Where Cayenne stimulates the heart, arteries, and veins first, Ginger starts in the capillaries — flushing out congestion there and driving it into the veins for the body to clear.

How It Works

This is a rebuilding combination for a malfunctioning reproductive system — uterus, ovaries, fallopian tubes, and the rest. Over the years, herbalists and the women they've worked with have seen painful periods, heavy flow, cramping, and irregularity ease as these herbs go to work, restoring a painless cycle, good menstrual timing, and a renewed outlook.

These herbs support the physical side of restoring a cycle, but they aren't a substitute for the deeper work of resolving chronic stress, unprocessed anger, or emotional trauma — those states affect hormone balance and immune function directly, and addressing them is often just as necessary as the herbal support itself.

Suggested Use

Add 2 to 4 droppers full to 8 oz. of hot water, sweetened with honey if needed (about ½ to 1 teaspoon), three times daily.

From Dara’s Practice

One of the stories that stays with me: a HEAL member's close friend had gone years without a menstrual cycle at all. When the two of them came to me, not sure what else to try, I suggested Female Weakness Support — it's one of Dr. Christopher's own formulas, and in my experience, when he believed something would restore a cycle, it usually did. Several months later I heard the good news: her cycle had returned, and not long after, the two of them were married.

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 “Rebuilding a Cycle That Has Gone Wrong” at www.daradietz.me.