VAGINAL BOLUS

Herbal Support for Rebuilding the Female Organs

The Vaginal Bolus is an aid used alongside the healing program for endometriosis, cysts and similar problems, to help heal and strengthen the female organs. We blend the herbal powder here; you make the bolus at home with coconut oil.

Why the Female Organs Need Help

When the female organs are weak and sickly, they become a dumping ground for toxic waste from the rest of the body. And the bowel sits right against them: any constipation held in the bowel presses on the female organs, and the waste seeps into them and pollutes them. A constipated bowel destroys the female system. That is why the bowel must be open and moving well before, and all through, this work.

This Bolus:

- FEEDS and strengthens weak female organs right where they are
- DRAWS out the toxins that have settled there
- SOOTHES irritated, inflamed tissue
- SUPPORTS the healing program for endometriosis, cysts and similar problems

This Herbal Combination

Squaw Vine. A classic female herb, traditionally used to tone and strengthen the uterus.

Slippery Elm Bark. Its soothing mucilage protects tender tissue and helps hold the bolus together.

Yellow Dock Root. A blood cleanser, traditionally used to help draw out toxins.

Comfrey Root. Known as “knitbone,” traditionally used to support the growth of new cells and tissue.

Marshmallow Root. Softens and soothes irritated, inflamed tissue.

Chickweed. Traditionally used to help dissolve unwanted growths and deposits.

Goldenseal Root. Long used to support the mucous membranes and to keep tissue clean.

Mullein. A gentle drawing herb, traditionally used for the glands and lymph.

Making the Bolus





Step 1 - Mix. Work the powder into coconut oil until it reaches a pie-crust consistency: firm enough to hold its shape, soft enough to roll.

Step 2 - Shape. Roll it into sticks about as thick as your finger and cut them about 1 inch long.

Step 3 - Firm and Store. Chill them until firm, and keep them in the refrigerator.

Using It

At Bedtime: Insert one bolus. Wear a sanitary pad, not a tampon.

Through the Day: Leave it in. A little coming out in the morning is normal.

In the Evening: Douche to clean out the area before inserting the next bolus. A pint of warm water with 2 tablespoons of fresh lemon juice or raw apple cider vinegar works well.

Schedule: 6 nights a week, resting over the Lord's day.

First, Get the Bowel Moving

Before beginning, and all through the program, keep the bowel open and moving well with LBF #1 or LBF-CC. A clean bowel is the foundation for a healthy female system.

Pairs Well With

Nu Fem to rebuild a worn-down female system from the inside; Female Formula, the everyday food for the female system; and LBF #1, LBF-CC or LBF #2 for the bowel.

This information is for educational purposes and has not been evaluated by the Food and Drug Administration. It 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 "An Herbal Bolus for Weak, Sickly Female Organs" at www.daradietz.me.