



## Vitex: The Women's Herb

*Christopher Hobbs L.AC.*

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# Vitex: The Women's Herb

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**Vitex: The Women's Herb** Christopher Hobbs L.AC.

Throughout Europe Vitex is the number one herb used to help relieve the symptoms of female hormonal imbalance--such as depression, cramps, mood swings, water retention, and weight gain--associated with the menstrual cycle. Vitex extracts are also prescribed for uterine fibroid cysts and to help ease the discomforts of menopause This book explains everything there is to know about vitex--both its traditional and modern uses--as well as the latest scientific findings, and information on how to take the herb, whether in the form of liquid, powder, or tea.

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