



Dr. HerbSistah's

Womb Detox Guide

Your Herbal Journey To Health

Dr. Eshe

Herbalist | Master Formulist



— YOUR WOMB JOURNEY IS

- *Emotional*

- *Spiritual*

- *Physiological*

- *Communal*

CONGRATULATIONS!



You have just committed to moving your Womb Wellness one step further by beginning your Womb Detox Journey. Your Tonics are your Life blood:

REFRIGERATE THEM ALWAYS!! NO PRESERVATIVES!!!

WOMB DETOX IS TRADITIONALLY FORMULATED TO:

- Relieve & build your nerves.
- Build your mineral stores (iron) in your blood. (Herbal Fiber Blood Builder is great for building the blood up)
- Move toxins & waste from your colon (better bowel movements)
- Relieves Bloating
- Decreases the amount of blood & the days of your cycle.
- Moves out fibrous tissue over time
- Encourages better sleeping / Rest

The time period in which you will see results can be anywhere from 1 day, your next cycle or up to 3 months. The following pages describe what you may see in that 3 month period. Of course, every woman is different and we all have different lives, different stressors to which our bodies react in different way. So the **RESULTS WILL VARY.**

Please Note: If you don't rid your life of the emotional toxins you can take all the herbs that you want, you will stay in the same position.



WHAT YOU CAN EXPECT

Every woman's body is different. Every woman has a different level of dysfunction or parasitic invasion. Each woman has been ill for different lengths of time and have different stressors in their life. Below is a list of what changes **GENERALLY** happen during the healing process. But your results may look and feel different. Most women experience noticeable changes by their first cycle.

1ST MONTH ~

Moves mucus, waste and chunks of old blood...may be as much or more blood than you normally have.

2ND MONTH ~

Moves yeast, (white, cheesy, foamy liquid), continues to move mucus & fibrous blood from the body.

3RD MONTH ~

There may be less blood, less fibrous blood, more energy, little to no bloating or pain, cramps, a loss of waist inches, fewer cycle days.

Added to that, you may experience an increase of symptoms that are related to the overgrowth of yeast in your body This is called 'herxheimer's reaction". The herbs are fighting the parasites in your body, the result its that your symptoms will flare up temporarily. You must push past this phase. As you do so the things that may occur are:

- itchiness of the skin
- vaginal itchiness
- rashes / skin breakouts
- headaches
- flu-like symptoms (body aches, mucus etc.)
- diarrhea
- brain fog
- raw painful skin (particularly vaginal or rectal)
- joint pain

WHAT CAN STAND IN YOUR WAY

THE THINGS THAT CAN SLOW DOWN YOUR HEALING:

Your emotions, diet and lifestyle are tied to your physical well being. Your attitude stress levels and diet must be adjusted in order for you to heal to the best of your ability. Things that can negatively affect your progress are:

- If you still are stressed out to the max, and
- If you hate your job
- If you hate your husband/boyfriend/Life
- If you are still eating from the drive-through,
- If you are eating & drinking caffeine
- If you are eating soy and
- If you are using toxins in your beauty products, tampons, shampoos, hot wings etc.

You must adjust your mental attitude. The fibroids are not “my” fibroids. You are not attached to them, you are not in a relationship with them. Your goal is to Eliminate them. You don’t love them, you don’t want to keep them, you don’t own them. They are **parasites**, as are many things in your life right now. The fibroids are showing you what is going on in your life. They respond to your negative emotions and they also respond to the toxins that you feed them.





—
“It works when you work it”

-Womb Lover.

Testimonials

“...I started mid July, after speaking to you on the phone, and the heavy bleeding stopped. I normally go through 64 sanitary pads per month. Since I started Fibroid Free my cycle has been heavy one day one and that’s it. I had been noticing a lot of smaller tissue-like stuff passing out; but last Saturday, I had to go to the URGENT CARE, a very large fibroid came out of me. They didn’t believe it, wanted to know what I had done, I told them what I had taken, and they actually had the nerve to tell me I should not take this substance anymore until I see my doctor. I advised the doctor that I have not taken any migraine medication, since using **Womb Detox Tonic!** I have felt better, had more energy, just everything, and if I needed to take this **Womb Detox Tonic!** every month I will do it, if it means feeling like I do now, vs. the way I had been feeling for at least the last 6 years. I thank God for you and your ability to prepare this product with herbs from God himself. I would love for you to see a photo of one of the Fibroids that came out if you send me your email address I will send it to you.”

R-Milwaukee

“Groovy,...._This formula is brilliant!

I’ve tried a lot of things that don’t work.

My bleeding was so heavy I couldn’t go out for two days of my cycle. Last month my cycle was 12 days. It’s very light now, just from two days on the fibroid free **{Womb Detox Tonic}**. I hope to see a reduction in my fibroids when I have my next ultrasound. “

-S.F

“I would not write a testimony on something I don’t believe in... I discovered Fibroid Free! in July, 2007 after having fibroids for about 5 years. My periods were becoming more painful as the years went on and the bleeding more intense. I took my first shot of Fibroid Free **{Womb Detox Tonic}** the day after i began my menstrual cycle. The flow of blood and cramps eased up almost immediately! I was amazed. Now, three months later, i see changes, my period has only lasted four days (compared to six or seven like before) and my cramps are less. I will be taking the Fibroid Free for a year and i KNOW that my Fibroids will be gone by then. These herbs are truly a God-send. Taking this, along with a mountain of faith, and healthy eating habits will manifest healing miracles in your life. God Bless the work you are doing, Eshe!

-S.C. - Atlanta (Womb Lover)

Testimonials

“This douche is FABULOUS! I feel like I’ve had a vagina transplant! It feels different.... In conjunction with the internal cleanse and soap, I feel and even look totally different. Can’t wait to see how I look and feel at the end of the detox. I’m very grateful, thank you!”

- *Khloe* (Womb Lover)*

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I was first diagnos(ed) with fibroids in my early 20s. And in the 20 plus years since then, I have had 3 myomectomies—one a life saving emergency-- and 2 miscarriages. Besides very brief periods after these myomectomies, for the first time in 2 decades, I am literally fibroid free in utero. After 20 years of working with western doctors, acupuncturists and other herbalists, I found the Herb Sistah. I began using the Herb Sistah’s products: Fibroid Free, Sarsparilla Sassafrass Root Detox and Herbal Parasite De-Wormer Fiber Cleaner, faithfully for a year straight. Her tonics were not only personalized based on my physical ailments but also my emotional and mental states. She is so much more than an herbalist. She is therapist and sistah friend. While working with her, via a saline sonography, I learned that I had scar tissue as a result of my myomectomies—one of which was an emergency due to a D&C to remove my deceased fetus, which had implanted on a fibroid. Immediately the Herb Sistah created herbal treatments designed specifically for my scars. And when I went in for my hysteroscopy a few



months later to my reproductive doctor surprise, I was a woman, with “a perfectly normal uterus” This discovery allowed me to commence my in-vitro treatment. I have now had healthy embryos transferred back into my womb. My fibroids almost robbed me of my fertility, particularly recently, as I am at the end of my child-bearing years. But thanks to the Herb Sistah’s God given talent for remedies;

Testimonials

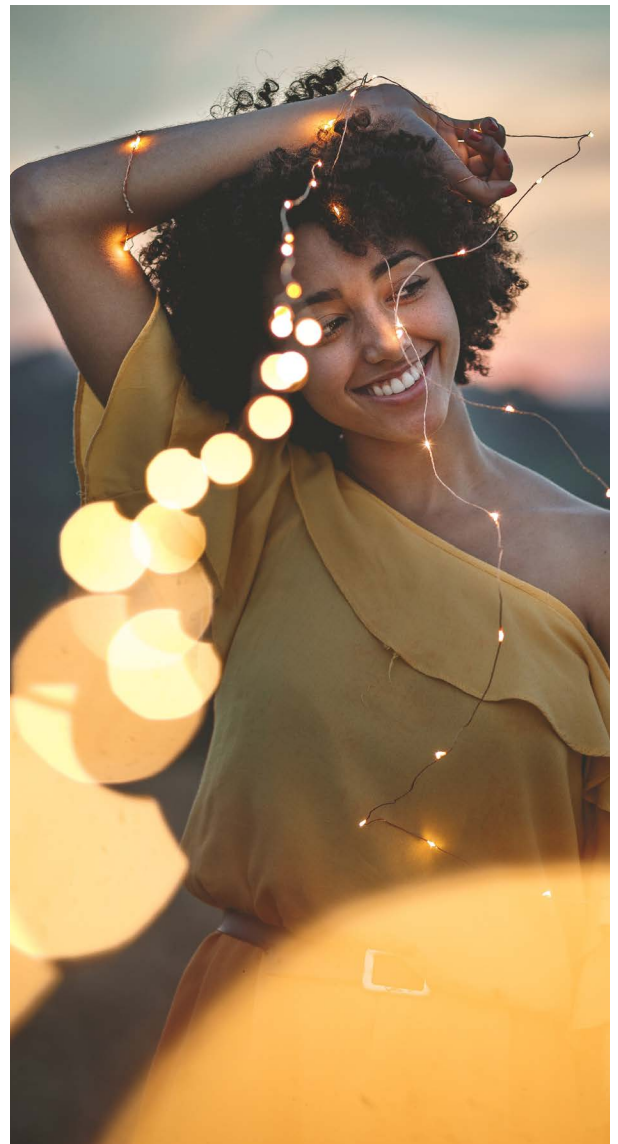
my determination and lifestyle changes including reducing and managing stress as well as doing my best to keep away from stressful people and situations; motherhood is on the horizon for me. I know God hears our cries and knows the desires of our hearts.

-RGA-MJ (Womb Lover)

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To Ms. Eshe, The Herb Lady,

I had been so sick for so long. I had the following symptoms: chronic fatigue, pain in my uterus, aches and body pains, extreme chronic menstrual pain, restlessness, insomnia, heart palpitations, anxiety, depression, muscle spasms, excruciating lower back pain, frequent urination, yeast and bacterial infections, nervousness, excessively dry skin, chronic painful constipation with bleeding after, two and three menstrual periods per month which caused anemia, bleeding between periods, excessive blood flow during my menstruation, headaches and migraines, mood swings, sinus congestion, pressure and sinus infections, clumsiness and being off balance, dizziness, indigestion and acid reflux. I went to the doctor March 1st of this year and he told me that I had numerous, medium-sized fibroid tumors, a bacterial infection, and a hormonal imbalance. He immediately told me that I needed surgery to get a hysterectomy. He started giving me my options on what type of surgeries were available for removing I can now plan and enjoy life more. As for the fibroids, I do not have any pain in my uterus anymore. I'm down to one period per month, normal blood flow and no bleeding between periods. I do not see huge blood clots anymore. I can tell that the Fibroid Free! tonic is working. My stomach was so much bigger before I started the tonic because of all of the fibroids and bloating and gas that was trapped inside. I changed my lifestyle. I cut out all processed foods, no carbonated drinks, no coffee, etc. I eat mostly organic fruits, vegetables, salads and fish. It was a huge adjustment for me to...



(Continued in 4 pages)

HOW TO USE YOUR WOMB TONIC

(Formerly Called Fibroid Free)

The Womb Detox Tonic used to be called Fibroid Free, then, I realized that all Sistahs need to Detox their Womb in order to have a healthy bod and healthy reproductive system. Now, I just call it 'Womb Detox'. The Womb Detox comes in two versions "Cayenne" and 'Ginger'. Take one or the other based on your body's needs. The night time dose of Womb Detox tonic is very important, because the body utilizes the herbs, while the body is at rest, all during the night. Ginger is for Sistahs with High Blood

Pressure or IBS...with some folks Cayenne raises their Blood Pressure so Ginger would be the option for them.



FIBROID FREE TONIC CAYENNE



FIBROID FREE TONIC GINGER

Directions for Fibroid Free Tonic Cayenne
Cayenne style is for heavy bleeders.

- If you have a lot of bleeding start with 2 oz to 4 oz before breakfast, lunch and bed.
- If you have moderate issues, drink 2 oz to 4oz cup before breakfast and before bed.
- The bitter taste is necessary to move toxins and give the body the signal to tighten & tone. The results are worth the taste
- Of course, no sugar, sweetener or juice in it, (that is recreating the problem)

Ginger style is for Women with blood pressure problems, IBS, or digestive challenges.

- If you have a lot of bleeding start with 2 oz to 4 oz before breakfast, lunch and bed.
- If you have moderate issues, drink 2 oz to 4oz cup before breakfast and before bed.
- The bitter taste is necessary to move toxins and give the body the signal to tighten & tone. The results are worth the taste
- Of course, no sugar, sweetener or juice in it, (that is recreating the problem) recreating the problem.

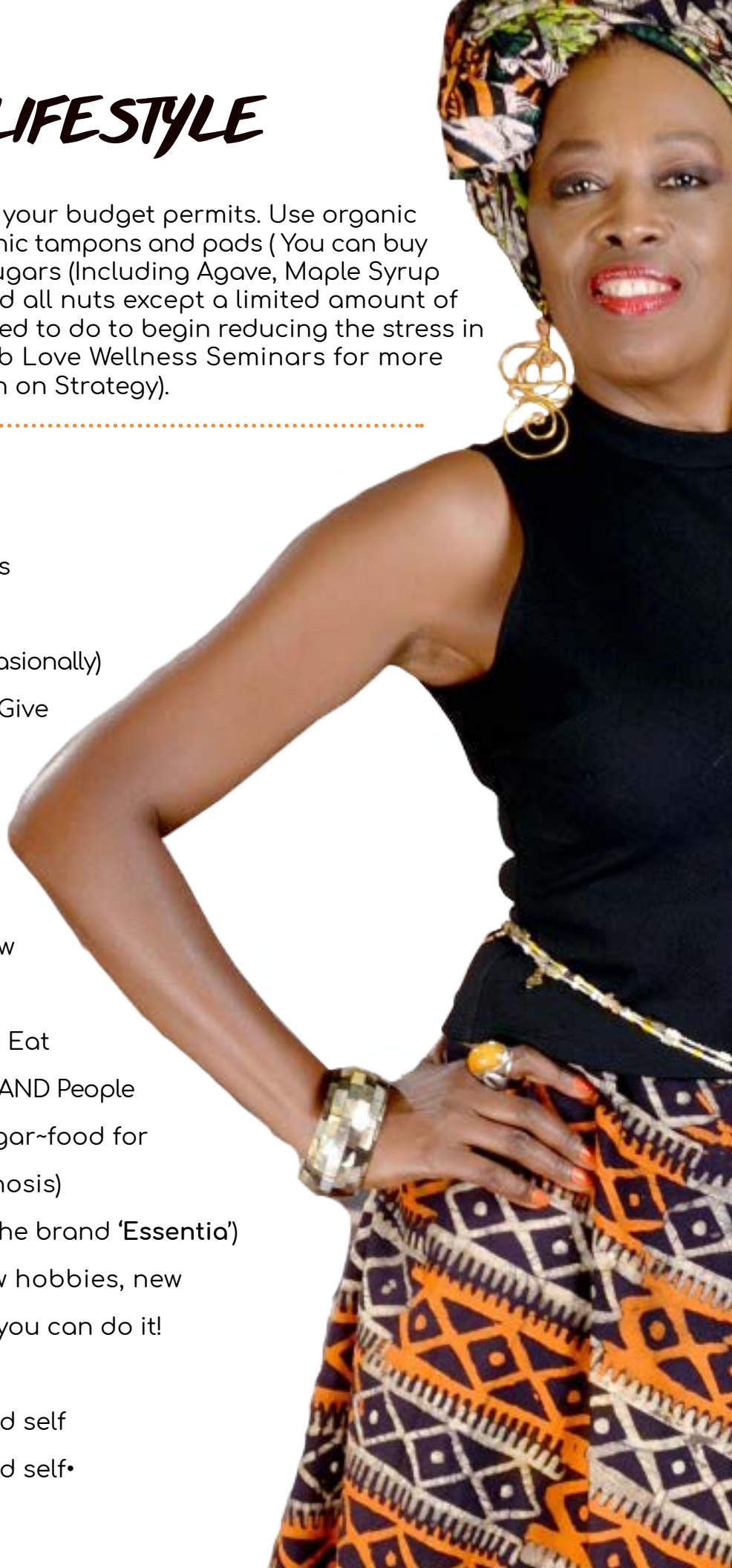
Ask about the Sarsaparilla Full Body Detox. This Formula was created to cleanse the entire body. It moves out mucus, clears the organs and helps them to function properly and cleanse the skin...increase the bowels to basic function.

****Both formulas can be applied at the same time, there is no conflict.**

YOUR NEW LIFESTYLE

Drink as much **alkaline water** as your budget permits. Use organic cleaning supplies. Use only organic tampons and pads (You can buy these on Amazon). Avoid ALL sugars (Including Agave, Maple Syrup and Fruits), Preservatives, Avoid all nuts except a limited amount of almonds. Do **WHATEVER** you need to do to begin reducing the stress in your life. (Ask about my Womb Love Wellness Seminars for more information on Strategy).

- “Womercises” TM
- Reducing Soy in your diet
- Healing Womb-Space attitudes
- Detour around the Drive-Thru
- Wear skirts during your day (occasionally)
& Don’t wear panties at night. Give your Womb some air.
- Use Condoms or...
- ...Put your male partner on my “Herbal Phallus Spray” to reduce the introduction of new bacteria
- Remove Toxins From Your Life: Eat
- Organically & Detox. Toxic food AND People
- Reduce-Eliminate Bread & Sugar-food for bacteria (BV / Bacterial Vaginosis)
- Using Alkaline Water (I prefer the brand ‘Essentia’)
- Reducing Stress-New job, new hobbies, new
- room-mates, or new husband you can do it!
- Wombyn Stories
- Write a letter to your 16 year old self
- Write a letter to your 21 year old self•



WHAT TO EAT

Drink as much alkaline water as your budget permits. Use organic cleaning supplies. Use only organic tampons and pads (You can buy these on Amazon). Avoid ALL sugars (Including Agave, Maple Syrup and Fruits), Avoid Preservatives, Do WHATEVER you need to do to begin reducing the stress in your life. (Ask about my Womb Love Wellness Seminars for more information on Strategy).

Below is a list of do's and don'ts for your diet.

EAT (Consume)

- Alkaline Water
- Coconut & Coconut Products
(milk, water, flakes (etc)
- Turmeric
- Cinnamon
- Non Sweet Fruits
(Grapefruit / Lime / Lemon/ Tomato / Avocado)
- Ginger
- Sweet Potato - Limited
- Brown Rice - limited
- Quinoa
- Organic Oats
- Buckwheat flour
- Almond Flour

DO NOT EAT (Consume)

- Fried Foods
- Processed Foods
- Alcohol
- Sugar
- Sweet Fruits
(Apples, Grapes, Pineapple Mango etc. Anything sweet)
- Starchy Vegetables (Potatoes)
- Rice Except Brown
- Peanuts / Cashews
- Bread
- Flour (Wheat, Corn, Millet, Gluten Free etc)
- Chickpeas
- Beans
- Meats

"I changed my lifestyle. I cut out all processed foods, no carbonated drinks, no coffee, etc. I eat mostly organic fruits, vegetables, salads and fish. It was a huge adjustment for me to stop eating all the processed sweets, but I would much rather be healthy and fibroid free and little to no pain every day. I feel like a totally different person."

- *Keisha B*. (Womb Lover)*



Testimonials (contin.)

...stop eating all the processed sweets, but I would much rather be healthy and fibroid free and little to no pain every day. I feel like a totally different person. My husband and children noticed the difference in me and they are shocked. They all told me to please, please, please continue taking the tonic and getting well because I am a different person. I am so thankful that Ms. Eshe has the gift that she has and she is willing to share that knowledge with others. God has truly answered my prayers in sending her into my life.

Thank You,

- *Tangela (Womb Lover)*

I have always had to plan my month around my period because I knew I was going to be in lots of pain and have headaches and all that came with that....I was waking up tired all the time. I was always in pain. I was miserable. My daughter said to me "Mommy you are always tired and sick and in pain, when are you going to get well?" She was right, I was always tired and in pain. The first week taking the tonic, I felt like a whole new person. I had not felt this good since I was a child. I had lots of energy, regular bowel movements, no constipation, no mood swings, no pain, no sinus congestion, etc.. I have been on the tonic a little over 2 months now and I feel fantastic. I had my first monthly period with no mood swings, no cramping and extreme pain. I didn't even know that it was on until I went to the restroom. I started screaming, "WOW I CAN'T BELIEVE IT". My husband asked what was wrong and I explained to him that I have had a monthly period since I was 11 yrs old and this was the first time in my life that I had no pain, no cramps, no mood swings.

- *Mariam* (Womb Lover)*

Hi Eshe, I hope this finds you well! I just wanted to let you know that my last cycle was the first cycle in over at least a couple years that I did not have to use any painkillers to combat cramps!! My period came and I didnt even see it coming! I am so used to PMS and cramps as the signal. I had a full period and felt very clean at the end and it was entirely pain free. Thank you so much for creating these tonics and making use of all these good herbs!! Thank you a million times!! I am so thankful that you came into my world and I truly don't know what I would have done if I didnt have

- *Anita L*. (Womb Lover)*



WARNING

**THE FOLLOWING IMAGES ARE
GRAPHIC IN NATURE.
IF YOU HAVE A SENSITIVE
STOMACH OR AN AVERSION TO
BLOOD PLEASE PROCEED WITH
CAUTION.**

FIBROID BIRTHING / RESULTS!

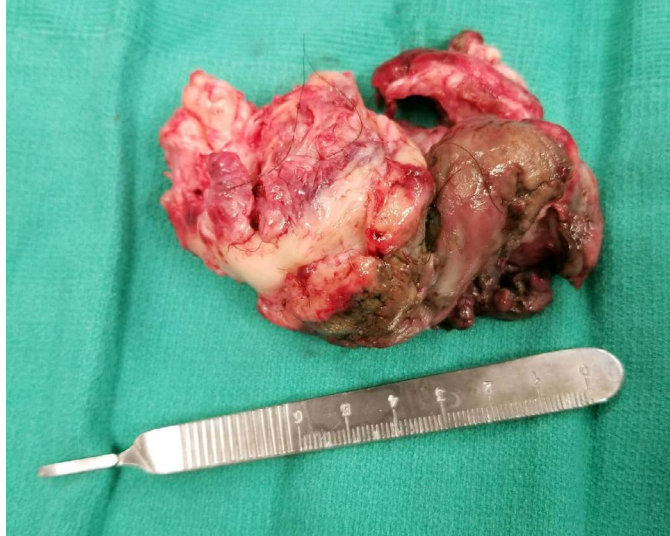


BLOATING FROM GAS AND FIBROIDS REDUCED DRASTICALLY



A LARGE FIBROID PUSHED OUT OF A WOMBLOVER'S BODY NATURALLY THROUGH HER PROGRAM

FIBROID BIRTHING / RESULTS!



A LARGE FIBROID BEGAN TO RELEASE FROM THE CLIENTS BODY. A DOCTOR ASSISTED THE FIBROID BIRTHING



A PHOTO OF A CLIENT AS SHE BIRTHS A FIBROID.



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