



*3 methods for*  
**MANAGING  
PCOS  
NATURALLY**

**WITH HERBAL  
TEAS**

A GUIDE FOR THE HEALTHY WOMAN

A GUIDE FOR THE HEALTHY WOMAN

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Discover and understand the powerful bond between Raspberry Leaf and the uterus. I will teach you its purpose, benefits and how to properly prepare and use it for maximum benefits.

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Understand how vital the hormone that Chaste Tree (Vitex) helps to produce and regulate is for you as a woman.

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Discover how this powerful God-crafted herb lowers the hormone that is highest in most women with PCOS. This is an essential herb for hormonal balance.



*Noble Woman*



# HELLO, I'M BRITTANY

**We've talked briefly about hormonal health and balance on the blog and podcast**

But this short and sweet free e-book is going to highlight and describe in fine detail not one, not two, but **THREE** herbal remedies (in tea form) that I personally use daily to reverse PCOS . My main objective is results! But It is 100% up to you to nourish your body in the ways that you may need. I am not a doctor and this is not medical advice, but I do believe that this guide will give you that kick-start that you need to begin your hormonal balance journey.

*Brittany Tucker*

**LET'S BEGIN**



# *Beloved* **NOBLE WOMAN,**

If you're reading this, you're likely walking through the journey of balancing your hormones, stewarding your temple, and seeking God's wisdom for your health. You're not alone—and you're not without hope.

After my own PCOS diagnosis, I began uncovering the ways God already provided natural support through His creation. Herbal teas were one of the first gifts I discovered—simple, powerful, and healing.

This guide is your starting point to manage PCOS symptoms with natural herbal teas, paired with prayer, wisdom, and stewardship of your body. Let's return to God's original design for health, one sip at a time.

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Tea



# RASPBERRY

*Leaf Tea*

**ALSO KNOWN AS “A GIRL’S BEST FRIEND”**

Herbal  
Tea

Grab  
Your  
Mug!

*What you will learn*

Discover and understand the powerful bond between Raspberry Leaf and the uterus. I will teach you its purpose, benefits and how to properly prepare and use it for maximum benefits.

# A GIRL'S BEST FRIEND

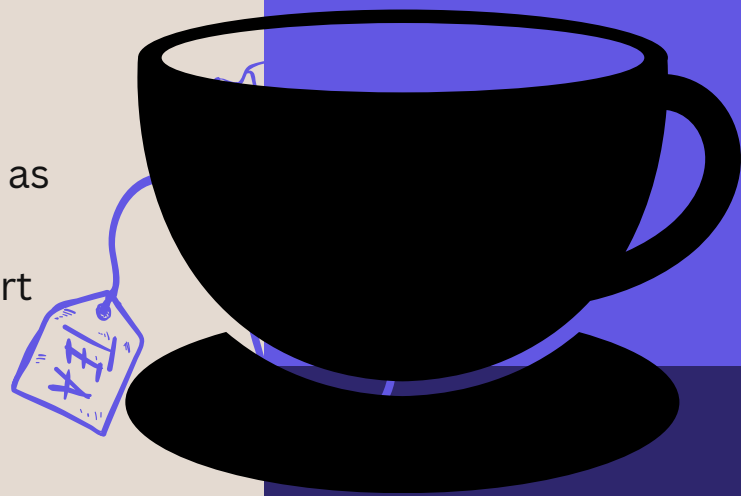
## The Powerful Bond Between Raspberry Leaf and the Uterus

Red Raspberry Leaf (*Rubus idaeus*) has been treasured for centuries by herbalists and midwives for its strong affinity with the female reproductive system—especially the uterus. Known as the “woman’s herb,” Raspberry Leaf offers a wealth of benefits that support menstrual health, fertility, pregnancy, and postpartum recovery.

## Purpose and Connection to the Uterus

The uterus is a muscular organ that plays a central role in menstruation, conception, and childbirth. Raspberry Leaf contains a compound called fragarine, which is known to tone and tighten the pelvic and uterine muscles. This toning action helps to prepare the uterus for labor, ease menstrual cramps, and promote more efficient uterine function overall.

Rather than stimulating the uterus (which some herbs do), Raspberry Leaf works to strengthen and support, making it safe and effective for long-term use in most women.



# *Benefits*

## OF RASPBERRY LEAF FOR UTERINE HEALTH

01

### **MENSTRUAL SUPPORT**

- Eases painful cramps by toning uterine muscles.
- Reduces excessive menstrual bleeding.
- Helps regulate cycles over time.

02

### **FERTILITY AID**

- Prepares the uterus for implantation by improving uterine tone.
- Supports hormonal balance when used consistently.

03

### **PREGNANCY SUPPORT**

- Often used in the second and third trimesters to prepare the uterus for labor.
- May shorten labor duration and reduce complications during childbirth.

04

### **POSTPARTUM HEALING**

- Aids in uterine recovery after delivery.
- Helps reduce postpartum bleeding and supports milk production.

# *How to Prepare & Use* **RASPBERRY LEAF**



## **Raspberry Leaf Tea (Infusion)**

### **Ingredients:**

- 1–2 teaspoons dried Raspberry Leaf
- 1 cup boiling water

### **Instructions:**

1. Place the dried leaf into a teacup or infuser.
2. Pour freshly boiled water over the leaves.
3. Cover and steep for 10–15 minutes (up to 30 minutes for a stronger infusion).
4. Strain and enjoy up to 2–3 cups daily.

**For pregnancy support:** Begin with 1 cup daily in the second trimester and increase to 2–3 cups per day in the third trimester, if well tolerated.



# *Tips for Safe* **& EFFECTIVE** **USE**



- **Consistency** is key. Herbal support works best over time. Regular daily use provides cumulative benefits. You've got this!
- **Start slowly**, especially in early pregnancy, and consult your healthcare provider if pregnant or breastfeeding.
- **Pair** with other womb-loving herbs like nettle, oatstraw, or spearmint for added nourishment and flavor.
- **Use** organic, high-quality dried herbs for the most potent and safe results.



# Raspberry Leaf Dosage Chart

| Life Stage / Purpose               | Recommended Dosage                                   | Form                              |
|------------------------------------|--|-----------------------------------|
| Menstrual Support                  | 1–3 cups daily                                       | Tea / Infusion                    |
| Hormonal Balance & Fertility       | 1–2 cups daily<br>or 500–1000 mg/day                 | Tea / Capsules                    |
| Preconception                      | 1–2 cups daily                                       | Tea                               |
| Pregnancy<br>(2nd Trimester)       | Start with 1 cup daily,<br>increase to 2 cups/day    | Tea                               |
| Pregnancy<br>(3rd Trimester)       | Up to 2–3 cups daily                                 | Tea                               |
| Postpartum<br>Recovery             | 1–2 cups daily                                       | Tea                               |
| Lactation<br>Support               | 1–2 cups daily                                       | Tea (blend with<br>galactagogues) |
| Capsule /<br>Tincture<br>(General) | 500–1500 mg per day<br>OR 1–2 dropperfuls 1–3x daily |                                   |







*Raspberry* LEAF IS A  
BEAUTIFUL EXPRESSION OF  
GOD'S PROVISION FOR  
WOMEN'S HEALTH. WITH ITS  
GENTLE STRENGTH, IT  
PARTNERS WITH THE UTERUS  
IN EVERY STAGE:  
NOURISHING, TONING, AND  
HEALING. WHETHER YOU'RE  
SEEKING RELIEF FROM PCOS,  
PMS, PREPARING FOR  
CHILDBIRTH, OR RESTORING  
BALANCE POSTPARTUM,  
RASPBERRY LEAF CAN BE A  
POWERFUL ALLY IN YOUR  
*wellness* JOURNEY.

2



# CHASTE

## *Tree Tea*

**ALSO KNOWN AS VITEX AGNUS-CASTUS**

Herbal  
Tea

Grab  
Your  
Mug!

### *What you will learn*

Understand how vital the hormone that Chaste Tree (Vitex) helps to produce and regulate is for you as a woman.

# THE PROGESTERONE HERB

## The Vital Hormone Vitex Supports: Why Progesterone Matters for Women with PCOS

Chaste Tree, also known as Vitex agnus-castus, is a time-honored herb used by women for centuries to bring hormonal balance and reproductive health.

Its most powerful effect lies in its ability to support the natural production of progesterone, one of the most vital yet commonly deficient hormones in women. especially in those battling Polycystic Ovary Syndrome (PCOS).



# *Benefits*

## OF CHASTE TREE FOR PCOS

01

### **SUPPORTS NATURAL PROGESTERONE PRODUCTION**

- Stimulates pituitary gland to increase luteinizing hormone (LH).
- Encourages the body to ovulate.
- Supports formation of corpus luteum (the progesterone-producing structure after ovulation).

02

### **RESTORES MENSTRUAL REGULARITY**

- Helps normalize irregular or absent periods.
- Balances hormonal feedback between brain and ovaries.
- Encourages a healthy cycle length.

03

### **SUPPORTS FERTILITY AND HEALTHY OVULATION**

- Promotes natural ovulation.
- Supports luteal phase health and length.
- Prepares the womb for healthy implantation and pregnancy.

04

### **BALANCES ESTROGEN DOMINANCE**

- Reduces symptoms of high estrogen like heavy bleeding, breast tenderness, and bloating.
- Helps lower the risk of estrogen-related conditions.
- Brings hormonal harmony by increasing natural progesterone to oppose excess estrogen.

# *How to Prepare & Use* **CHASTE TREE** **(VITEX)**



## **Capsules**

- Start with a low dose: 300–500 mg per day.
- Take once daily, ideally in the morning before breakfast (this aligns with your body's hormonal cycle).
- Use consistently for 3–6 months to see significant results.
- Avoid taking with hormone-based medications or birth control unless guided by a practitioner.

## **Tincture (Liquid Extract)**

- Take 1–2 dropperfuls (approx. 30–60 drops) daily in a small amount of water or juice.
- Best taken in the morning on an empty stomach.
- Offers fast absorption and is a great alternative for those who don't like capsules.
- Always follow dosage instructions from your specific tincture brand.

## **Herbal Tea**

- 1/2 teaspoon dried Chaste Tree berries (crushed)
- 1 cup boiling water


# *Tips for Safe* **& EFFECTIVE USE**



- **Consistency** is key. Vitex takes time to work. Results often begin after 4–8 weeks, with full benefits in 3–6 months.
- **Track** your cycle and symptoms to notice subtle shifts in mood, skin, periods, or ovulation.
- **Do not** take during pregnancy or while using hormonal birth control (unless guided by your healthcare provider).
- **If trying to conceive**, pause Vitex once pregnancy is confirmed to avoid interfering with early pregnancy hormone levels.



# Chaste Tree (Vitex) Dosage Chart

| CONDITION                   | RECOMMENDED DOSAGE              | FORM                 | NOTES   |
|-----------------------------|---------------------------------|----------------------|---|
| Hormonal Balance & PCOS     | 300–500 mg/day                  | Capsules             | Indirect support progesterone production.<br>Restore menstrual cycle.<br>Use earlier 2-m+ths. Benefits after 2+ monthst consistent use.  |
| Amenorrhea (Absent Periods) | 30–60 drops/day                 | Tincture             |   |
| Common PMS                  | 400 mg/day                      | Capsules             |   |
| Luteal Phase Defect         | by symptoms, 400 mg/day or more | Capsules             |   |
| Fertility Support           | 500–1000 mg/day                 | Capsules or Tincture |   |
| Short Luteal Phase          | 30–40 drops/day                 | Tincture             |   |
| Mild Hyperprolactinemia     | 200 mg/day                      | Capsules             |   |
| Small Uterine Fibroids      | 400 mg/day                      | Capsules             |   |
| Fertility Support           | 500–1000 mg/day                 | Capsules or Tincture |   |
| Short Luteal Phase          | 30–40 drops/day                 | Tincture             |   |
| Mild Hyperprolactinemia     | 200 mg/day                      | Capsules             |   |

YOUR HERBAL



*Vitex* DOESN'T JUST  
"TREAT SYMPTOMS", IT  
WORKS WITH YOUR  
ENDOCRINE SYSTEM TO  
RE-ESTABLISH A GOD-  
DESIGNED HARMONY  
BETWEEN YOUR BRAIN,  
OVARIES, AND  
HORMONES. THAT'S WHAT  
MAKES IT DIFFERENT  
FROM SYNTHETIC FIXES:  
IT *Restores* RATHER  
THAN REPLACES.

PCOS GUIDE

3



# SPEARMINT

## *Tea*

**ALSO KNOWN AS "GARDEN" OR "COMMON" MINT**

Herbal  
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Grab  
Your  
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### *What you will learn*

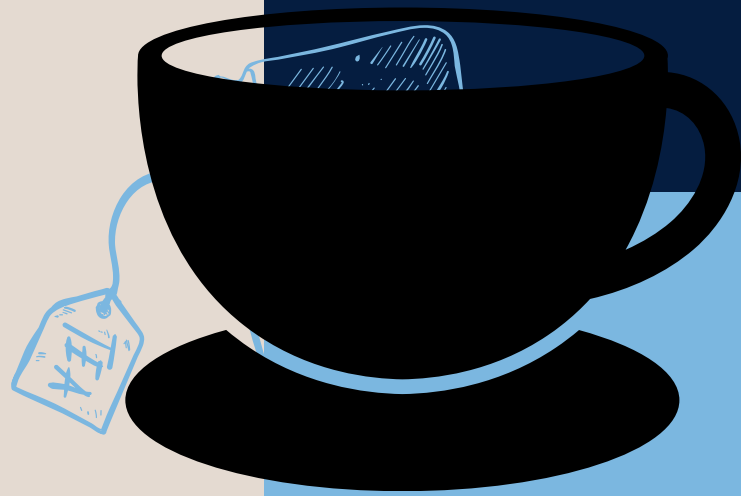
Discover how this powerful God-crafted herb lowers the hormone that is highest in most women with PCOS. This is an essential herb for hormonal balance.

# THE ANDROGEN- LOWERING HERB

## **Spearmint** for Hormonal Imbalance: A Natural Ally for Women

Spearmint (*Mentha spicata*) is more than just a refreshing herb. It's a natural hormonal balancer, especially beneficial for women experiencing elevated androgens (male hormones) like testosterone.

This gentle yet powerful herb has been traditionally used to support women struggling with PCOS, acne, excess hair growth, and irregular periods.



# *Benefits*

## OF SPEARMINT FOR PCOS

01

### **SUPPORTS NATURAL HORMONE BALANCE**

- Naturally reduces free and total testosterone levels.
- Helps restore a healthy hormonal equilibrium.

02

### **IMPROVES MENSTRUAL REGULARITY**

- Supports more consistent ovulation and monthly cycles.
- Eases symptoms related to irregular or missed periods.

03

### **CLEARs HORMONAL ACNE**

- Reduces inflammation and oil production in the skin.
- Fights the root cause of androgen-driven breakouts.

04

### **REDUCES HIRSUTISM**

- Decreases unwanted facial and body hair growth caused by excess androgens.
- Supports long-term improvement when used consistently.



# *How to Prepare & Use* **SPEARMINT TEA**



## **Spearmint Tea (Infusion)**

### **Ingredients:**

- 1–2 teaspoons dried spearmint leaves (or 5–10 fresh leaves)
- 1 cup boiling water

### **Instructions:**

- Place spearmint leaves in a teacup, mug, or infuser.
- Pour freshly boiled water over the leaves.
- Cover and steep for 10–15 minutes to extract full benefits.
- Strain and sip warm or chilled.

### **Recommended Use:**

- Drink 1–2 cups daily for at least 30 days to begin noticing hormonal and skin-related improvements.
- Best results come from consistent daily use, especially in the morning or early afternoon.

# *Tips for Safe* **& EFFECTIVE** **USE**



- **Be Consistent for Best Results:** Drink 1–2 cups of spearmint tea daily for at least 30–60 days. Spearmint works gradually to lower testosterone and support hormonal balance. Track your symptoms to observe improvements in acne, hair growth, mood, and cycle length.
- **Choose Quality Herbs:** Use organic, loose-leaf spearmint whenever possible for maximum potency. Store dried herbs in an airtight glass jar away from heat and light to preserve freshness.
- **Don't Overdo It:** More isn't always better. Stick to 1–2 cups per day. Excessive use may mildly lower libido or lead to mild digestive discomfort in some women.



# Spearmint Dosage Chart

| Purpose                | Recommended Dosage       | Form     | Notes   |
|------------------------|--------------------------|----------|---|
| Hormonal Balance       | 1–2 cups daily           | Tea      | Results may be seen in 30–90 days<br><br>Reduces acne by lowering androgens |
| Clear Skin             | 1–2 cups daily           | Tea      |   |
| Reduced Hirsutism      | 1–2 cups daily           | Tea      |   |
| Capsules (Alternative) | 400–500 mg<br>1–2x daily | Capsules | Ideal if tea is not tolerated   |

## Notes

- Most studies showed best results after using spearmint tea twice daily.
- Do not use if pregnant due to possible uterine stimulation.



YOUR HERBAL



*Spearmint* DOESN'T JUST  
"MASK HORMONAL ISSUES"—IT  
GENTLY SUPPORTS YOUR BODY  
IN LOWERING EXCESS  
ANDROGENS AT THE ROOT. BY  
WORKING WITH THE NATURAL  
WISDOM GOD PLACED IN YOUR  
BODY, IT HELPS RESTORE A  
CALM, BALANCED HORMONAL  
ENVIRONMENT. THAT'S WHAT  
MAKES IT DIFFERENT FROM  
HARSH MEDICATIONS: IT  
BRINGS RELIEF BY HEALING THE  
*Cause*, NOT JUST THE  
SYMPTOMS.

PCOS GUIDE

# HERBAL TEA TRACKER CHECKLIST

**Month:** ..... **Week:** .....

[illegible]

*Thank you*  
**FOR READING**

**CONGRATULATIONS ON COMPLETING THIS GUIDE  
TOWARDS HOLISTIC HEALING WITH THE MEDICINE THAT  
GOD HAS CREATED IN THE EARTH. GOD BLESS YOU!**



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