

For cramps: 2 parts raspberry leaf, 3 parts crampbark, 2 parts rosemary and 1 part pennyroyal.

Excellent results and zero harmful side effects.

for hot flashes (equal parts, slightly more of the black cohosh):
Black Cohosh Root Extract, Red Clover Blossoms Extract, Wild Yam Root Extract, Chaste Tree Berry Extract, Licorice Root, Red Raspberry Leaves, Sarsaparilla Root, Scullcap, Siberian Ginseng, Angelica Root, Nettles, Lemon Balm, Blessed Thistle, Dong Quai Root, Yellow Dock Root
for cysts: primarily red clover blossom and leaf, along with red raspberry, slippery elm, dandelion root, rhubarb root and pau d arco.

Raspberry tea

1 1/2 tsp to a 6 to 8 oz. Cup of hard boiling water .

You can mix with black tea, white tea, and green tea, too. Let cool and toss in some fresh berries and a wee bit of clover or wild flower honey for a nice summer drink