

QUICK REFERENCE SHEET

CHASTE TREE

Vitex agnus castus



Part Utilized:
Berry



PROPERTIES:

Emmenagogue, Hormone Balancer

SYSTEMS AFFECTED:

Endocrine/Glandular (pituitary as it relates to female sex hormones)

POSSIBLE USES:

women's complaints at all stages of life after puberty

INGREDIENT IN:

CB, PHB

GENERAL INFORMATION:

Chaste Tree is used primarily for menstrual complaints and women's issues. The flavonoids in Chaste Tree create a similar effect to the hormone progesterone, although the plant contains no hormonal compounds at all. When progesterone levels are low relative to estrogen levels, the result is often infertility, heavy bleeding, lack of periods, too-frequent periods, irregular periods, premenstrual syndrome with symptoms of many kinds, and menopausal bleeding irregularities.

The progesterone-like capabilities of Chaste Tree are brought about because Chaste Tree acts on the pituitary gland in the brain, normalizing the release of both follicle stimulating hormone and luteinizing hormone. This is really an amazing attribute. The effects of this action on the pituitary is to regulate the menstrual cycle and to slightly increase the production of progesterone in women who are having irregular cycles.

Chaste Tree is a slow-acting herb and, depending on the severity of the nutritional deficiencies, can take months to produce its beneficial effects. In this day and age we are so used to the quick disappearance of symptoms that don't necessarily indicate a cure that we may lack the patience to wait for this amazing herb to do its work. The use of Chaste Tree should be continued for a year or two even after symptoms have subsided.

Chaste Tree should be discontinued if pregnancy occurs although miscarriages have not been reported when it was used up until the pregnancy was recognized.