Dong QuaiDong Quai combats the emotional upheaval and mood swings associated with out-of-balance hormones. Dong Quai has long been used as a general woman's tonic. The aroma can sometimes help with hormone-related headaches. Dong Quai can relieve menstrual cramps, correct infrequent and irregular periods, cope with many of the other symptoms of PMS, and bring relief from menopausal symptoms such as hot flashes. Caution should be used if on blood thinners. Do not use while pregnant.

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