

# Aroma HealthCare

25, Priory Close, Hethersett  
Norwich NR9 3HZ  
Tel: 01603 811486  
[miriam@aromahealthcare.net](mailto:miriam@aromahealthcare.net)

## Chastetree Berry

Chastetree berry has been used for centuries to relieve women of menstrual disorders.

Hippocrates used it, and now modern day scientists are very impressed with its effects on women's gynaecological health.

Women who suffer from pre-menstrual syndrome and other menstrual irregularities may not produce normal amounts of the hormone progesterone during the second half of their cycle. Chastetree berry stimulates the pituitary gland, which regulates the body's hormones, and leads to a greater production of progesterone. When levels of progesterone are low, the balance between progesterone and oestrogen is abnormal, thus creating menstrual problems, such as heavy periods and PMS.

Studies show that using Chastetree berry over a period of several months increases progesterone levels and relieves typical PMS symptoms, including cramping, bloating, headaches, and breast tenderness. Chastetree berry also inhibits prolactin Secretion, another hormone that, in high levels, can cause menstrual irregularities, infertility, and breast tenderness. In one clinical study, low progesterone levels and high prolactin levels were diagnosed as the cause of infertility in 62% of 753 women. Chastetree berry is not a fast-acting herb. It is recommended that the herb is taken for 6 months to one year.