

## Hysterectomy (Related Problems)

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Surgical removal of the uterus

**Anise, Dong Quai, Fennel, Fenugreek, Ginseng, Licorice, Red Clover, Sage, Suma, and Wild Yam- Internal** Purposes: This wide gathering of herbs may replenish natural estrogen levels. Cautions: If you have seizure disorders, avoid sage.

**Menocum- Internal** Purposes: A combination of beneficial herbs, vitamins, and minerals can be found in Menocum which is an herbal menopause product.

**Black Cohosh, Black Haw, Blue Cohosh, Dandelion Root, Lady's mantle (yarrow), Milk Thistle, & Pau D'arco- Internal** Purposes: These herbs may ease indications of ovarian cysts and uterine fibroids.

**St. John's Wort- Internal** Purposes: There have been many articles written on the benefits of using St. John's Wort to treat depression.