



# Fertility Herbal Power Couples

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BALANCING HORMONES AND  
BOOSTING FERTILITY WITH HERBAL ALCHEMY

*by Susana Puelles L.Ac.*

*Physician of Asian medicine, Functional Medicine Practitioner,  
Acupuncturist & Herbal Connoisseur*

WWW.YONISYNC.COM

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In Traditional Chinese Medicine single herbs are rarely used alone. The power in using herbs lies in the way a formula is combined & customized to your unique needs. Herbs are an essential part in preparing the body for pregnancy. They easily balance hormones, optimize fertility at any age, maintaining longevity.

## ***THE HARMONIZERS***



*BUPLEURUM*



*PEONY*

Together, Bupleurum & Peony help improve mood, balance hormones, optimizes immunity and liver function. Peony helps improve progesterone levels, builds blood, regulates cycles & reduces menstrual pain. Bupleurum helps lift the spirit and gently cleanses toxins. It's an essential fertility pair to harmonize the reproductive system.

## ***THE IMMORTALS***



*REISHI MUSHROOM*



*ASTRAGALUS*

Reishi Mushroom & Astragalus Root are a classic longevity pairing. Astragalus & Reishi can help the body adapt to physical & emotional stress, while protecting cells from advanced aging! Both are essential herbs to boost immunity, optimize liver function for hormone balance, as well as balance blood sugar.

## ***THE VITAL TONICS***



*REHMANNIA*



*GOJI BERRIES*

Rehmannia & Goji Berries are vital tonics that support fertility at the highest level. Rehmannia supports the adrenal glands, replenishes reproductive hormones, especially in advanced maternal age and calms the mind. Goji berries are rich in Vitamins A & C and antioxidants that protect egg and skin cells. Goji berries also contain phytoestrogens, which are plant compounds that mimic the effects of "good" estrogen in the body. These help balance cycles, replenish hormonal reserves and decrease PMS.



## **MEET SUSANA**



I help women, like you, transform and heal on multiple levels, so that you can enjoy the life you've worked so hard for, live free from medication and surgery, and maximize your fertility so that you can finally hold your dream baby.

If you're ready to replenish your reserve and prepare your body for a healthy, safe pregnancy, book your FREE fertility breakthrough session with me.

**OPTIMIZE YOUR FERTILITY!  
BOOK A CALL HERE**

## **HERBAL HEALING**

To create healthy eggs and balance hormones you need a healthy cycle.

Check out the Yoni Sync herbal product line that features fertility herbs that promote proper endocrine function and improve circulation to the reproductive organs.



**SHOP HERBAL PRODUCTS**

Disclaimer: The purpose of this document is for educational purposes only. This is not meant to substitute treatment, medical advice or diagnose disease. Please consult a medical professional for the medical or herbal support your body requires.

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