



V-X

Vaginal Suppository, Rectal Bolus, and Poultice Formula

V-X is based on a formula developed by the famous herbalist John Christopher. It is a combination of herbs that draw toxins out of the body and encourage tissue repair and healing. Its original purpose was to be used as a vaginal suppository or rectal bolus for problems such as uterine fibroids, vaginal irritation, cysts, tumors and hemorrhoids. So, it was sold in bulk.

V-X is made into suppositories by blending it with enough melted cocoa butter to make a paste the consistency of pie dough. These are rolled into pencil-like shapes approximately the size of the middle finger and about one inch long. They are then stored in the refrigerator until ready for use.

When inserted into the vagina or rectum, just prior to retiring for bed, the cocoa butter melts, leaving the herbs in contact with tissues to absorb toxins and promote healing. It is a good idea to use a sanitary napkin to help hold the suppository in place. The herbal powders can be washed out of the vagina with a douche the following morning. (This is not necessary with rectal insertion as the powders will simply pass with the next bowel movement.)

If heavy bleeding is a problem, the douche can be made using a decoction of an astringent herb (such as white oak bark or calendula) and retained for 5-10 minutes to tone up tissues. Bleeding can also be stopped by adding one ounce of colloidal minerals to each pint of water. The retention douche is performed on a slant board or with some pillows propped up under the hips. The fluid is taken into the vaginal area and retained for 5-10 minutes, then expelled.

This procedure can cause fibroids to start passing and bleeding problems to ease up in as little as a week. Unfortunately, although the procedure is very effective, many people simply will not take the time to make the suppositories or do the douching, so the formula was eventually encapsulated for internal use.

Internally, V-X soothes the irritated tissues of the digestive tract, reducing inflammation and absorbing toxins in a similar manner to Intestinal Soothe and Build. It also helps supply iron to build the blood and improves the flow of lymph in the body. It helps eliminate toxins and can be used for diarrhea, reducing cholesterol and easing dry, irritated cough.

Even though it is more effective as a suppository or douche, herbalists have found that taken internally it still helps to eliminate uterine fibroids. The process is simply slower. When

taken internally, V-X should be used in large doses, 3-4 capsules three times daily. Where heavy bleeding is a problem, yarrow and Menstrual Reg should be taken along with V-X.

Another excellent way to use V-X is as a poultice. Mix the powders with enough water to form a paste and apply topically to wounds, sores, insect bites and other injuries to reduce swelling and inflammation, ease pain, and promote rapid healing.

V-X contains the following ingredients:

Plantain leaves have the ability to draw toxins, pus, and other impurities from tissues, while promoting tissue healing and repair. They improve lymphatic drainage and have a mild astringent effect that helps stop excess bleeding.

Squaw vine gets its name because it helps to regulate the menstrual cycle and female hormones. The fact that it has been used to help sustain pregnancy suggests it has a progesterone enhancing, estrogen-lowering effect. It is also a diuretic that reduces pain and inflammation in the genito-urinary passages.

Goldenseal reduces stagnation and chronic inflammation on membranes such as those lining the vaginal area and rectum. It also has a mild antiseptic action.

Yellow dock is rich in iron and helps rebuild the blood, overcoming anemia. It is also beneficial to the liver, helping to detoxify that organ.

Marshmallow is a mucilaginous herb that soothes and softens tissue while it absorbs impurities.

Chickweed helps the body break down fats and fatty deposits. It improves liver and lymphatic function.

Mullein softens and hydrates tissue, while improving lymphatic drainage.

Slippery elm is nourishing and mucilaginous. It helps to bind poultices together and also absorbs toxins.

Sources

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A Handbook of Native American Herbs by Alma R. Hutchens (Boston, Massachusetts: Shambhala, 1992).

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