



V-X

Vaginal Bolus Formula for Uterine Fibroids

V-X is a modified version of a vaginal suppository formula originally developed by Dr. John Christopher. The formula was used to make vaginal suppositories to treat a variety of female complaints, including vaginal infections, vaginitis, and uterine fibroids. The formula is primarily composed of mucilant herbs, plants that contain water soluble fibers called mucilage. These plants absorb irritants, soothing and cooling irritated and inflamed tissues.

The ingredients in this formula, and their benefits are listed below.

Plantain

Plantain is a sour tasting herb with cooling, astringent properties. It absorbs toxins, reduces swelling, and cools and soothes inflamed tissues. As a drawing agent, it is unsurpassed in being able to pull toxins and irritants from tissues.

Golden seal root

Goldenseal is a bitter herb that has a slight astringent action on mucus membranes. It helps to fight infection, remove stagnation and ease subacute inflammation of membranes.

Yellow dock root

A source of easily assimilated iron, yellow dock also improves tissue uptake of iron, helping to overcome anemia. It is also a blood purifier and liver herb, promoting improved detoxification of the blood via the liver.

Marshmallow

This cooling and moistening mucilaginous herb soothes irritated membranes, absorbs toxins, cools inflammation and promotes a natural mucus secretion. It is particularly soothing to the lungs, digestive organs, and the genitourinary tract.

Chickweed

Chickweed helps emulsify fats and fat soluble toxins. Used topically it reduces itching and irritation. In fact, it has been known to reduce itching when all other remedies have failed.

Mullein

This soothing herb helps hydrate membranes and soothe dry, irritated tissues. It is also a lymphatic herb, promoting better lymphatic drainage.

Slippery elm bark

A mild nourishing food and mucilaginous herb, slippery elm absorbs toxins to reduce swelling and irritation of tissues. It also softens and soothes mucus membranes.

Topical Application

To use this formula as a suppository, mix it with pure cocoa butter. Simply empty the capsules and blend the powders into a small amount of cocoa butter. Three to four capsules per tablespoon of cocoa butter is a good place to start. If the mixture will handle it, add more herb powders. If the mixture doesn't hold together well, you can add more cocoa butter. Form the mixture of herbs and cocoa butter into small rolls about the size of the end of your little finger. Wrap them in wax paper and refrigerate them. This allows them to harden for easy insertion.

The suppositories are inserted into the vagina where the cocoa butter melts, allowing the herbs to come in contact with the tissues. These suppositories could also be inserted rectally to help shrink hemorrhoids, although adding some white oak bark powder to the formula would make it even more effective. One can also add a single drop of an essential oil such as helicrysum or lavender to each suppository to help fight infection or promote more rapid tissue healing.

Of course, it isn't necessary to make this product into suppositories to obtain its benefits. It can also be taken in capsule form. The ingredients will soothe irritated tissues in the digestive tract, which will help other tissues in the body to heal as well, since the digestive tract is the first line of immune defense.

Internal Use

V-X can also be taken internally. Although it is most effective against uterine fibroids when used as a suppository, it has also been reported to shrink fibroids when taken internally when taken with All Cell Detox. This is probably because the combination is reducing toxins in the intestinal tract and liver, which is indirectly helping the uterus. Other herbs to use internally with V-X for uterine fibroids include yarrow or Menstrual-Reg (for heavy bleeding) and BP-X (for anemia and fatigue).

Internally, V-X can also be helpful for reducing intestinal inflammation and easing respiratory congestion. Suggested internal use is 2-3 capsules 3 times per day.

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