

# Evergreen Herb Formulas Help with Infertility

When we see infertility cases, it is important to assess if there are obvious conditions of anxiousness and/or low mood, sadness. This will need to be addressed first; if you have any two or more of the following: tension/anxiousness, poor sleep or low mood and sadness, start at stage I as below. Otherwise, start at stage II.

## Stage I – Build up a general healthy foundation, prepare for healthy fertility



Alternate between the above three formulas (each for 10 days). Continue the cycle until more balanced (e.g., better sleep quality, healthy digestion, relaxed and happy) and then go to stage II.

## Stage II – Restore body's vitality for healthy fertility



Start with **Relax Formula** until finished, then **Body Cleanser** until finished. Then alternate between **Energy Support I** (4 days) and **Energy Support II** (2 day), repeat this alteration until both are finished. Continue the cycle of stage II for two to three months, and then take a one-month break before the next course. Restart from stage I if needed.