

WOMB FIRE ELIXIR

This Elixir is liquid alchemy for the woman reclaiming rhythm. When the body slows down in the days before and during bleeding or as the moon wanes into darkness, this Elixir helps open the inner rivers between liver, digestion, and womb.

It supports the natural descent and release process: what the body no longer needs - old hormones, emotions, tension, memory and stagnation is transformed and carried out.

Why Use It:

- “Puffy or heavy” feeling, sluggish bowels, bloat after fatty foods
- Irritability, jaw clenching, shoulder tightness
- Irregular menstrual cycles, reproductive imbalances – Fibroids, PCOS, infertility
- Cycles with clots, painful cramps, fatigue (or post-pill recalibration)
- Creative blocks or feeling emotionally stuck

When to Use:

Luteal Phase / Waning Moon (Cycle days 18-28)

- Your body begins turning inward; energy moves downward and digestion can slow.
- Begin the elixir daily to keep bile, lymph, and emotional flow moving.
- Signs you need it: bloating, irritability, breast tenderness, constipation, PMS, menstrual clots, heaviness.

WOMB FIRE ELIXIR (CONT.)

Menstrual Phase / New Moon (Cycle days 1-5)

- The womb is releasing; liver helps clear excess estrogen and old blood.
- Continue gentle doses to support cleansing and emotional softness.
- If bleeding is heavy or you feel weak, pause for 1-3 days, then resume lightly.

Cycle-Synching Rhythm and Elixir Dosage

Phase	Moon	Focus	Suggested Dose
Luteal (cycle days 18-28)	Waning	Support detox & mood	1-2 tsp AM (add PM if feeling heavy)
Menstrual (cycle days 1-5)	New	Gentle release & flow	1/2-1 tsp AM only
Follicular (cycle days 6-13) & Ovulation (cycle days 14-17)	Waxing & Full	Build & nourish	Pause or reduce to 1/2 tsp every few days

WOMB FIRE ELIXIR (CONT.)

Ways to use Elixir during the phases:

1. Upon Rising (before food): Add 1–2 tsp in 1 cup of warm water. Hold the cup at your womb; whisper your intention.
2. Pre-Meal Digestive Awakening: Take 1 tsp in 1 cup of warm water 10 minutes before lunch or dinner to stoke the inner fire and assist bile flow.
3. Evening Unwind: For emotional heaviness, stagnation, feeling stuck or bloating - take 1 tsp in 1 cup of warm water after your last meal.
4. Somatic Alchemy Practice:
 - Place right hand over liver (below right ribs) and left over womb.
 - Sound and Breath: Inhale through nose and long “haa” or “humming” exhale, softening jaw and pelvic floor (5 cycles). (Jaw tightness = womb contraction = flow blocked)
 - Movement: 10 slow hip circles. Finish with shaking the body to complete release and recite Mantra
 - Mantra: *“I release all that no longer serves my creation.”*

Why this helps: From an Ayurvedic and psycho-somatic lens, the liver holds unprocessed anger resentment, or boundaries ignored. The womb holds grief, unmet longing, and creativity unexpressed. Breath + touch teaches the body and nervous system to turn tension into flow.

WOMB FIRE ELIXIR (CONT.)

Signs it's working:

- Easier bowel movements, less bloat after meals
- Calmer mood, less tension and anxiety
- Cycle looks brighter red with fewer clots (if you menstruate)
- Less breast tenderness or head pressure around stressful days

Contraindications:

- **Pregnancy and Breastfeeding:** Consult your Healthcare Practitioner.
- **Trying to conceive:** Best to use this kit prior to conceiving to release stagnation within the body
- **Active ulcers, reflux, gallstones or hiatal hernia:** avoid vinegar or pungent bases.
- **Blood thinners, diabetes, or hypertension medications:** Consult your prescriber
- **Medications and supplements:** allow 60–90 minutes between taking medicines and mineral supplements.

Storage:

- Shake before use; sediment is normal
- Cool, dark place or refrigerate for longer shelf life
- Shelf life: 6 months