7 Herbs Every Woman Should Know

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Let nature be your co-healer.

Why These 7 Herbs?

Modern women carry so much — mentally, emotionally, and physically. Nature offers gentle, powerful allies in the form of herbs that support balance, energy, emotional resilience, and healing.

This guide introduces you to 7 key herbs every woman should know. Each one brings unique gifts, rooted in ancient wisdom and backed by modern use.

1. Ashwagandha Root

(Withania Somniferum Radix)

Known for: Adaptogen, stress support

Benefits: Reduces cortisol, supports adrenal health, eases anxiety, builds blood and muscle, immune system tonic, anti inflammatory, anti cancer, supports thyroid function.

Use it: 1:3 Alcohol Extract – 2-5 ml 3x/day. Capsules – Extract Standardized to 5% Withanolides; 200-400 mg 3x/day

Caution: Avoid during pregnancy. Avoid in hyperthyroidism

2. Chamomile
(Matricaria Recutita)

Known for: Calming nervine, digestive soother

Benefits: Calming, reduces bloating, anti flatulent, anti spasmodic, anti inflammatory, improves sleep, soothes PMS tension. Externally used as eye compress for eye infections

Use it: Brew as tea. 2-5 grams of dried chamomile 3x/day

Caution: Avoid if allergic to ragweed family

Safe for children of all ages, in pregnancy and while breastfeeding

3. Lemon Balm
(Melissa Officinalis)

Known for: Mood lifting, anti-viral, digestive

Benefits: Nourishes the nervous system, helps with anxiety, mild depression, nervous digestion. Anti flatulant, anti viral, anti spasmodic, lowers thyroid function; externally the essential oil helps herpes outbreaks

Use it: Fresh or dried in tea – 2-5 grams dried herb or 6-15 grams fresh herb 3x/day

Caution: May interfere with thyroid medication in large amounts. Do not use if you have hypothyroidism

4. Nettle Leaf
(Urtica Dioica Folia)

Known for: Nutrient-rich tonic

Benefits: Supports energy, iron levels, bone health, diuretic, strengthens bladder, anti inflammatory, anti allergy, lowers blood sugar, increases milk production in breastfeeding

Use it: Tea – dried herb 2-5 grams 3x/day, or as food (soup, pesto)

Caution: Do not use in kidney disease

5. Vitex (Chaste Tree Berry)
(Vitex Agnus Castus)

Known for: Hormonal regulator

Benefits: Supports menstrual regularity, PMS, fertility, and perimenopause. Raises dopamine, balances prolactin levels, lowers androgens. Strengthens the female reproductive organs, reduces pain.

Use it: Best taken consistently first thing in the morning. Tincture – 3-6 ml once a day, every day.

Caution: Do not use while using any form of hormonal medications.

6. Motherwort

(Leonurus cardiaca)

Known for: Heart and hormone support

Benefits: Calms anxiety, eases emotional PMS, supports heart palpitations linked to stress, gently tones the uterus. Anti spasmodic, expands blood vessels, lowers blood pressure, Heart tonic, increases bile flow and production, reduces cholesterol.

Use it: Tincture – 2-5 ml 3x/day Capsules: Extract 200-300 mg 3x/day

Caution: Do not take during pregnancy, with low blood pressure, or in hypothyroidism.

7. Saffron

(Crocus sativus)

Known for: Mood support, PMS relief

Benefits: Gently lifts mood, reduces anxiety and irritability, may ease menstrual discomfort and support libido. Studies show it compares favorably with antidepressants.

Use it: Standardized extract (15–30 mg/day) for mood support

Caution: Not recommended during pregnancy, use caution if you are taking blood thinners

How to Begin

Start with 1–2 herbs that resonate with your needs.

Be consistent — herbal medicine works gradually
Keep a journal of what you try and how you feel.

Some herbs (like chamomile and lemon balm) work within 30 minutes. Others can take a few weeks until you see an effect. Notice how you feel. If you have any new symptoms or are concerned the herb is making you feel unwell, stop and consult a professional

Meet Avigail Prince

Avigail Prince is a passionate Naturopath, Clinical Herbalist, and Reflexologist with a deep-rooted familial heritage in natural healing. Trained at Michlelet Maayanot in Jerusalem, she combines traditional wisdom with modern naturopathic science to support her clients on their wellness journeys.

Avigail brings both expertise and empathy to her practice—drawing on her professional training and her experience as a mother of five. Her work is guided by a belief in the body's innate ability to heal when given the right support, and she empowers women and families with the tools they need to thrive naturally.

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Questions or feedback? I'd love to hear from you!