

The background of the page is a light blue color with a delicate, white line-art pattern of various flowers and leaves. The pattern is scattered across the entire page, with some larger, more detailed floral motifs and many smaller, simpler leaves and buds. The overall style is elegant and botanical.

Resources

angelaferri.com

ROOTED WOMAN PROGRAM

Resources



RECOMMENDED THERAPEUTIC MODALITIES

Biodynamic Craniosacral Therapy Association of North America

International Biodynamic Craniosacral Therapy

Psychology Today practitioner listing: Search for therapists specializing in Emotionally Focused, Attachment Based and Depth Psychology therapies, locally.

Massage Therapists: AMTA, ABMP: Look for seasoned practitioners with specializations that include Biodynamic Craniosacral Therapy, and other mind-body therapies.

HeartMath; Software program to help you regulate your nervous system.

Somatic Experiencing - Body-Mind therapy very useful for overcoming trauma.

Arvigo Techniques of Maya Abdominal Therapy practitioners: holistic and integrative reproductive health.

Perinatal Trauma Resolution: practitioners specializing in ancestral and medical imprints.



WHERE TO PURCHASE CUSTOM FORMULAS

- **Elderberry Herbals, Charlottesville, VA.**

Custom tinctures are \$15.60 per ounce. 8 ounces would be \$124.80. However there's a 15% discount for four more oz so that would make it \$106.08. If paid by debit, cash or check they get an additional 4% off so in the end an 8 oz bottle would be \$101.09. (Fees are subject to change.)

FYI: if this is something you will be on long-term you can purchase powdered herbs and you can make a two-week extract yourself. Elderberry Herbals has handouts on this and will show/talk you through how to do this. (Put the pre-measured herbs in a quart jar, fill to the top with vodka and let it sit for 2 weeks.)

Usually we recommend making a quart at a time so that would be 5 oz of powdered herbs/30 oz 100 proof vodka. Including the herbs and hundred proof vodka, for about \$50 you end up creating about \$300 worth of your own medicine.

OTHER SOURCES FOR PRE-MADE FORMULAS AND SIMPLES

- iherb.com
- Great Lakes Collagen Powder
- Jeans Greens, NY
- Mountain Rose Herbs, CA
- Smile Herb Shop, College Park
- My Organic Market, locations locally in DC, MD, VA, PA
- PCC Markets in Washington State

MOONTIME MENSTRUAL APP



HPV/CERVICAL DYPLASIA

<https://www.botanical-medicine.org/Bove-Mary/HPV-Cervical-Dysplasia-and-Politics>



ASTHMA & ECZEMA

<https://www.botanical-medicine.org/herbal-medicine/Asthma/Atopic-Phenomena-Allergies-Asthma-and-Eczema>



SUGGESTED READING

- Hygeia and Conscious Conception by Jeannie Parvati Baker *
- Wild Feminine by Tami Lynn Kent*
- Womb Wisdom
- Aphrodite's Daughters
- Soulcraft and Nature and the Human Soul, Bill Plotkin*
- The Hidden Spirituality of Men, Matthew Fox
- Vital Man, Stephen Harrod Buhner
- When Things Fall Apart, Pema Chodron
- Attached, Levine and Heller
- Gut and Psychology*

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- Hold Me Tight: Seven Conversations for a Lifetime of Love, Sue Johnson, PhD
- The Seven Principles for Making Marriage Work, John Gottman
- Alison Armstrong, The Queen's Code
- Love & War in Intimate Relationships, Solomon & Tatkin
- Wired for Dating, Tatkin
- The Complete Book of Essential Oils & Aromatherapy, Valerie Ann Worwood



HERBS

- | | |
|--|--|
| • Borage* | • Nettle root and saw palmetto* |
| • Blue Vervain* | • Yogi teas |
| • Vitex* | • Traditional Medicinal teas |
| • Wild Yam* | • ginkgo* |
| • Chamomile* | • gotu kola* |
| • Lemon Balm* | • chickweed (fresh)* |
| • Nettles* | • liver detox formula (burdock, yellow dock,
dandelion rt)* |
| • Red Raspberry and Red Clover Leaf Tea* | |

ESSENTIAL & THERAPEUTIC OILS

- | | |
|---|---|
| • Angelica, for feminine protection and aura enhancement. | • Agrimony: for protection from acrimonious energies. |
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- Sea Buckthorn Oil - prevents, heals skin cancers can be taken internally.
- Ashwagandha/Bala Oil - Banyan Botanicals - internal, strengthens tissues*



MOVEMENT/BODYWORK

- Biodynamic Craniosacral Therapy
- Walking
- Yoga
- Tai Chi
- Yoga for fertility
- Chi gong
- Belly dance
- Akido



WEBSITES

Pregnancy, Birth, Postpartum

- <http://www.birchoptionsalliance.org>
- ICAN, International Cesarean Awareness Network

Menstruation

- Womanquest.org, Alexandra Pope
- The Red Tent community, Deanna Lam

PROLAPSE

- Aligned and Well
- Christiane Kent, Saving the Whole Woman*

BONDING & ATTACHMENT

- myrnamartin.net, process workshops*
- Castellino training

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PROGRESSIVE HEALTH INFO

- Zach Bush, MD
- Women's International Pharmacy; bio-identical hormones, Rx needed
- Green Med Info; online health resource
- Children's Health Defense; top of moment health info for people of all ages.
- Drugwatch
- lef.org Life Extension Foundation*
- Cooking for Balance, Magdalene

