Lisa began studying herbs in the Wise Woman tradition back in 1986 and fell profoundly in love with medicinal plants and natural healing.

Because of these side effects and the intermittent nature of pain in IBS, we advise using such agents on an as-needed basis or in anticipation of stressors with known exacerbating effects.

Saw palmetto inhibits the activity of an enzyme, 5-alpha reductase, thereby reducing the conversion of testosterone to dihydrotestosterone, the more potent form.