

Kansha is the Japanese word for gratitude and Kansha Alchemy was developed to represent the magical transformation that occurs when we are grateful...

Wonder Woman by Kansha Alchemy is a new type of herbal supplement that aims to naturally help balance female hormones, especially for women when suffering from PMS and menopause. Wonder Women is different because it contains a comprehensive range (not just one or two) of potent herbs renowned for their beneficial effect on female hormones. Wonder Women is a totally natural way to alleviate hormonal imbalance symptoms such as hot flushes, night sweats, low mood, irritability, brain fog and also, low libido.

Herbs work as adaptogenics, which means they stabilise physiological processes and promote homeostasis, which means they are teaching the body to come back into balance and therefore their results are long lasting with no side effects. Their action makes them ideally suited to helping female hormones especially with the 40, 50 plus with menopausal and peri-menopausal complaints and something to try before reaching for pharmaceutically led HRT. However, they also help younger women with irregular or painful periods and hormonal mood swings.

The Wonder Women advanced herbal formula uses ancient wisdom from the Chinese and Ayurvedic traditions with each ingredient chosen for its long-term scientific recognition and undeniable ability to support women's hormones. As a trainee herbalist, Ann-Louise Holland, co-founder of Kansha Alchemy couldn't see any sophisticated herbal complexes in supplement form that were readily available, in complex and powerful doses. Wonder Women Advanced Herbal Hormone Complex, with its mix of potent and pure, high quality herbs is the first of its kind and aims to fill the gap between hyped up single herb products that do not have the complexity of treatment to be effective, to the alternative of relying on painkillers or pharmaceuticals to deal with their hormones.

Wonder Women is MADE WITH POTENT INGREDIENTS - Black Cohosh, Dong Quai, Licorice, Red Clover, Sage, Chasteberry, Blessed Thistle, Red Raspberry Leaf powder, Wild Yam, and Soy Isoflavones which support female hormone balance.:

- **Dong Quai** is known for its ability to help ease PMS, menstrual cramps, and is touted as the 'female ginseng' for its ability to bring back libido.
- **Red Clover** is made up of isoflavones, which have an estrogen like effect to slow down bone density loss, help reduce cortisol (so good for sleep) and combat menopausal symptoms.
- **Sage**, various studies have shown Sage could be beneficial for reducing excessive sweating in night sweats and hot flushes, and helping improve memory and cognition.
- **Agnus Cactus aka Chasteberry** reacts with dopamine receptors in the brain, such as the pituitary gland and helps regulate progesterone/oestrogen for happier moods.



- **Ashwagandha** is the main herb for women used in Ayurveda and is excellent in reducing cortisol for less anxiety and increased brain function. Hormones use the same pathways as cortisol, so it helps to reduce cortisol, the stress hormone as much as possible.
- **Licorice Root Powder** is found in so many Chinese herbal formulas and here it helps alleviate the symptoms of menopause as a phytoestrogen bring female hormones back into balance.
- **Black Cohosh Root Powder** is one of the most-studied supplements for menopause, known to give a 26% reduction in hot flashes and night sweats and also help bring about a deeper sleep pattern.
- **Blessed Thistle** is excellent for hormonal digestive issues and stimulates production of bile which assist in detoxification of the liver which in turn helps alleviate fatigue and brain fog.
- **Red Raspberry Leaf** is affectionately called ‘the women’s tonic’, whose healing attributes benefit all women through each stage of hormonal life. It helps balance the hormones and aids with adrenal fatigue and exhaustion brought about by hormonal changes.
- **Wild Yam** is an amazing uterine tonic, relieving painful periods and cramps, it helps calm mood swings, reduces anxiety and soothes irritable digestion caused by hormonal issues.
- **Soy Isoflavones** get a bad rep because they are mixed up with ‘soy’, but these natural plant oestrogen mimickers help bring hormones back from the brink and are especially good for peri- and menopause, as they help reduce hot flushes, whilst they also prevent too much oestrogen and thereby help regulate menstruation.
- **Resveratrol** has been shown to provide significant pain relief, improved mood and wellbeing and also works as a powerful anti-oxidant.

Herbs generally work as adaptogens which means they bring the body back into balance and back into harmony, so they do not create excess situations, and therefore they are completely safe.
Wonder Women costs \$22.99.

Kansha Alchemy was developed by a beauty industry exec turned yoga teacher and alternative health practitioner Ann-Louise Holland who wanted to create products that made a difference. After suffering from thinning hair herself, Ann-Louise researched the problem so much she thought it was madness not to pass this information on with her own line. After studying plant medicine and alternative healthcare, she knew that it isn’t just products that are going to make us all beautiful, so with Kansha Alchemy she has married her beauty industry expertise with yoga and spiritual philosophy... Kansha Alchemy, with its positive message of gratitude was launched in the US in 2016 and the UK in 2017 with more health products and beauty gadgets in the pipeline.

Check our website: www.kanshaalchemy.com Follow us on social @kanshaalchemy or speak to Ann-Louise on +44(0)7770841840.