

WITCH'S
BREW

Rx

NEVE LAPOINTE

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WARNING

The following is a personal experiment and not by any means intended as a reference for others to follow. I have no professional qualifications in these subjects whatsoever and am merely guessing for the most part.

Despite this I have attempted to properly research everything involved and record my findings accurately. Even so, until proper research is done on this subject any attempt to replicate this experiment will be a potential risk to the user.

I in the name of sheer curiosity venture into this uncharted territory of my own volition, though it is not my place to recommend anyone else do the same -rather this is merely an attempt to document my own journey.

ABSTRACT

“Witch's brew” is the author's colloquial name given to an attempt to use plant and fungus based ingredients as an alternative to the conventional method male to female hormone replacement therapy. It should be noted that the current prescriptions intended for this purpose are often very effective, making a new formula of such nature rather superfluous and even potentially dangerous. Nonetheless great care has been put in to the end of determining whether such a thing is possible or not. This experiment focuses on using the chromenes from the plant *Pueraria Mirifica* as a replacement for endogenous estrogen, and a variety of reportedly anti-androgenic spices. These include; Spearmint, Liquorice, Green Tea, Chaste Tree, White Peony, and Red Reishi Mushroom. The process is thoroughly documented, with references, doses used, and noticed effects.

INTRODUCTION

With endocrinologists specializing in transgender HRT few and far between if at all available, waiting lists may be long, and requirements stringent. Hormonal therapy can be a major part in alleviating symptoms of gender dysphoria, which if untreated will persist (The Gender Variant...c2003) Thus; (If these substances can prove effective and safe) it may help some to have an alternative that can be ordered online, discretely delivered, and obtained without prescription.

To this end the following documents are noteworthy:

(Grant P, Ramasamy S. 2012) provides some significant resources on the subject of organic anti-androgen substances.

(Pueraria Mirifica...c2011-2015) compiles articles about a highly estrogenic herb found in Thailand.

MATERIALS & METHODS

The following organic samples were self administered daily, meanwhile progress was tracked in the form of notes and monthly photographs. Empirical evidence was gathered through hormone level tests to gauge the collective efficiency of the substances.



PUERARIA-MIRIFICA
(WHITE KWAO KRUA ROOT)

-1g

-Many plants also contain other phytoestrogens, though there is no others known as effective as those in PM; some of which are more potent than estradiol. Supplementing other phytoestrogens would likely only hog receptor cites from this potent herb.



VITEX AGNUS-CASTUS (CHASTE BERRIES)

-1g

-Consumption has been shown to cause reduced prolactin levels in men which can in turn lower testosterone. In ancient times it was apparently used by monks as a means of maintaining celibacy.



GLYCYRRHIZA GLABRA (LIQUORICE ROOT)

-1g

-Contains some chemicals such as glycyrrhizin and glycyrrhetic acid which may have a subtle anti-androgenic effect with continued use. It also has some phytoestrogens of the isoflavone class.



PAEONIAE LACTIFLORA (WHITE PEONY ROOT)

-3g

-Contains "paeoniflorin" which has been shown *in vitro* to inhibit the production of testosterone, while simultaneously promoting the activity of aromatase (which is responsible for converting testosterone into estrogen).



CAMELLIA SINENSIS (GREEN TEA)

-2g

-Contains epigallocatechins that inhibit the 5-alpha-reductase enzyme thereby blocking testosterone from being converted into the more potent DHT.



MENTHA SPICATA (SPEARMINT)

-1.5g

-Continued use has been shown to reduce the free testosterone count while simultaneously increasing the estradiol levels. Traditionally it has been used for treating hirsutism in females (excessive body hair growth).



GANODERMA LUCIDUM (RED REISHI)

-5g

-Has been shown to be a potent 5-alpha-reductase inhibitor, as such preventing testosterone from being converted into the more potent DHT.

-PREPARATION

In terms of sample preparation, the estrogens and anti-androgens were treated separately. Following the traditionally prescribed preparation (Anusarnsoondhorn 1931) a blend of cow's milk and the Pueraria-Mirifica was drunk. The other spices were gathered and ground into a fine dust, which was then consumed as a tea made with the use of a coffee press.

The Pueraria-Mirifica milk was pleasant and somewhat reminiscent of melted ice cream. The spice tea had a sharp bite that was diminished by milk, which revealed a mingling of exotic earthy flavours and a sweet aftertaste (as a result of the liquorice).

RESULTS

14/08/2015 – EXPERIMENT STARTS



02/09/2015

I am unsure if the following effects are psycho-somatic, they gradually appeared over the first two weeks of the experiment, while at first subtle I have started noticing them all at once. Since I have begun persuing a mail order hormone blood test to get a clue as to wether the potion has significantly affected my hormone levels. I regret not taking a baseline reading, yet I may be able to aquire a previous record from my doctor; if so it will appear at the beginning of this diary.

- nails seem less fragile, and grow slightly faster
- skin is smoother, more pliant - but less oily, face tends to dry out
- pimples appear much more rarely
- skin is thinner and more tender, bruises and scratches very easily
- don't need to shave face quite as often
- generally more youthful appearance
- muscles are rounder, exercise doesn't do as much
- fingers and hands are more slender
- morning erections have stopped
- so have other "unintentional" erections

03/09/2015

Even when fully flexed my formerly solid pectoral muscles have a squishiness around the nipple, unsure if it is breast tissue or fat, though it is yet so minimal as to be visually unnoticeable.

04/09/2015

A small layer of subcutaneous fat has appeared around my waist.

05/09/2015

The feeling of clothing on skin is very comfortable with the lack of tacky oils, the increased smoothness, and heightened sensitivity.

06/09/2015

I forgot to drink the tea before falling asleep, woke up a few hours later with an erection. Then made the pot I missed before going back to sleep.

07/09/2015

I am unsure if it's the hrt action of the brew, but it feels sort of like addiction. I didn't drink it at the usual time because I was trying to reverse my schedule, and I started to sense what seemed like withdrawal symptoms. I was getting increasingly agitated without knowing why and then after brewing and consuming a pot I began to feel extremely relieved like a junkie getting a fix. Admittedly it could be another component of the brew, or merely psychological, though I thought it might be significant to note.

08/09/2015

Nipples are much more sensitive, and have a more defined structure, whereas before they were effectively not much different from the surrounding skin. Both the nipple and areola have somewhat increased in size and now protrude slightly more from the surrounding skin.

09/09/2015

Figure is slightly more hourglass shaped, with a small inward bend around the stomach whereas before it was more box shaped.

10/09/2015

My neck seems to be thinning, especially near the upper end. Meanwhile my trapezius muscles are slowly flattening out, causing my neck to seem longer than before.

11/09/2015

The subcutaneous squishy tissue beneath my nipples is slowly increasing, and the nipples themselves have become slightly tender when grazed by fabric.

12/09/2015

Effects are still for the most part very subtle, and have been unnoticeable to anyone but myself. Of course I have been closely watching for them, and am more familiar with my baseline state to begin with. Despite being rather convinced myself, I still require a hormone level test, not only for verifying my claims but also as a clue on how I might tweak the recipe.

13/09/2015 – ONE MONTH



There are some unrelated differences from the first photo to take note of;

- lighting has changed (bulb to the camera's right is brighter)
- I have freshly shaved in this photo
- my hairstyle is different

Other than those minor differences I attempted to replicate the first photo.

LITERATURE CITED

1. Anusarnsoondhorn, Luang (1931-05-15). *Tumrayahuakaokrua*. Upasipong printing.
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3. Grant P, Ramasamy S. 2012. An Update on Plant Derived Anti-Androgens. *International Journal of Endocrinology and Metabolism*. 10(2): 497–502.
4. Pueraria Mirifica – Scientific Review on Usage, Dosage, Side Effects | Examine. c2011-2015. "<http://examine.com/supplements/pueraria-mirifica/>"; [accessed 2015/7/31].