

WITCH'S
BREW

Rx

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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.

NOTE: Alterations to the original recipe are marked in **RED**

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 for 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 begins with using the chromenes from the plant Pueraria Mirifica as a replacement for endogenous estrogen, and a variety of reportedly anti-androgenic spices. These include; Chaste Tree, White Peony, Green Tea, Spearmint, Red Reishi Mushroom, ~~and Liquorice~~. It is thoroughly documented, with references, doses used, noticed effects, and recipe changes.

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.

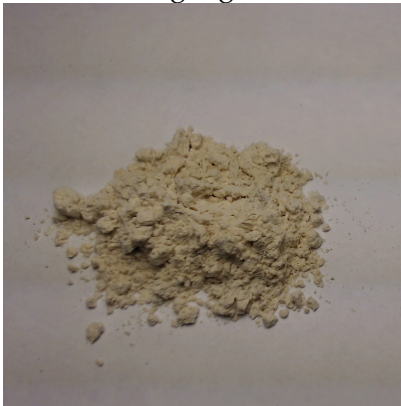
To this end the following documents are noteworthy:

(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 **twice (after the 1.5 month mark); daily and** nightly, meanwhile progress was tracked in the form of notes and monthly photographs. Empirical evidence was gathered with hormone level tests to gauge the collective efficacy of the substances.



PUERARIA-MIRIFICA
(WHITE KWAO KRUA ROOT)

-1g **x2** (in milk)

-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. [4]



VITEX AGNUS-CASTUS (CHASTE BERRIES)

-1g x2 (as milk tea)

-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.



PAEONIAE LACTIFLORA (WHITE PEONY ROOT)

-3g x2 (as milk tea)

-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 x2 (as milk tea)

-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 x2 (as milk tea)

-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 x2 (as milk tea)

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



GLYCYRRHIZA GLABRA (LIQUORICE ROOT)

-1g (as milk tea)

-Removed from the recipe at the 1.5 months mark. It contains weak phytoestrogens which interfere with PM. In addition it is known to increase cholesterol which adds to a danger of bloodclots present with HRT. [6]

-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 unsweetened, 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).

Following the removal of liquorice from the recipe the tea took on a taste somewhat comparable to that of chocolate milk, yet more earthy and not at all sweet. It was still to my personal liking, though I might have a unique palate.

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 half month 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.

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

03/09/2015

Even when fully flexed my formerly solid pectoral muscles have a squishyness around the nipple, unsure if it is breast tissure 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 circadian rhythm, 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.

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 inwards bend around the stomach whereas before it was more box shaped.

10/09/2015

My neck seems to be very slowly 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. Small firm lobes are starting to appear beneath my areola, which feel like bruises when compressed.

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.

14/09/2015

Overall I have noticed that many of the effects I've been noticing since the half month mark have been gradually becoming more pronounced, and I presume they will continue to do so as the experiment progresses.

15/09/2015

I haven't mentioned my face much although it seems to have changed a great deal, yet the differences are subtle and hard to pick out. My cheeks are definitely more full and less sunken, my complexion is much more clear than it's been since I was a teen, the skin is much softer and less greasy, and the muscles of my brow have become less prominent. Although I feel there's more to it than that, it is difficult to pinpoint what it is, and I will have to wait until more changes become apparent.

16/09/2015

What I would have previously considered to be slight scratches that would normally have dissipated quickly are now much more stubborn. A slight bump on the corner of an object might leave a bruise that turns into an elevated red mark, given my high tolerance for pain this is not something I was previously concerned about. Now I will have to be careful as it seems my flesh is much more delicate.

17/09/2015

I've been much more relaxed since starting the experiment, it feels as though an immense weight is being lifted off my shoulders. My baseline mood seems to have raised up a few notches, whereas before it was most often neutral and occasionally melancholy. Now I feel much more lighthearted and even quite giddy at times.

18/09/2015

In dim lighting where the shadow of my shaved beard is invisible I can definitely see the face of a woman staring back through the mirror, I'm sure there's a lot further to go in terms of development but nonetheless it's inspiring.

19/09/2015

It may be that I'm looking too hard for effects but I'm pretty sure there is a slight amount of regrowth in the corners of what was a slowly receding hairline. Small and fine hairs seem to have appeared there and I'm curious as to how significant the regrowth might be given enough time.

20/09/2015

Now that the tissue growing over my pectorals has had some time to develop I can safely say that it has a consistency identical to all other breasts I've felt. as of yet it is still most likely unnoticeable to others.

21/09/2015

I accidentally scraped a nipple against the edge of a door and nearly shouted in pain. The both of them have become somewhat sore to the touch, and even get tickled when grazed by coarser fabrics.

22/09/2015

My waist is definitely starting to *look* wider, although on close inspection it is actually a thinning waist and new fat -nothing like the big child bearing hips I see many girls with but yet much more feminine than before.

23/09/2015

My mother was the first to comment on a physiological change; she was worried that I might be sedentary because she noticed my muscle mass was disappearing. In fact I have been eating properly and exercising more than usual, it has just been more difficult to build and maintain muscle since starting the experiment

24/09/2015

Looking at my face in the mirror feels like a completely different experience than before starting this experiment. I look like a ghost on the day I started and now it feels like bit by bit I seem more alive when I look at myself. There has definitely been a significant mood change, mainly that of hope, and perhaps the will to take more care of myself has contributed as well.

25/09/2015

Starting to notice the shape of my body become more curvy and less angular, with the right posture it can look very feminine.

26/09/2015

Today I wore a semi-tight shirt with soft fabric and the sensation of it on my budding nipples caused a prolonged release of oxytocin. It was quite nice, but I realized that my nipples now show through this shirt whereas they did not before the experiment. As a side note; I think the chaste berries' prolactin inhibition causes the mastalgia to be somewhat dullened, but it is still apparent with any pressure.

27/09/2015

The original recipe was revised on this date, the main changes being the removal of liquorice for reasons stated in "Materials and Methods", and doubling the dosage to both morning and night.

28/09/2015

Body hair seems to be thinning, though as of yet it is a very minor difference. This is one of the changes I am most looking forward to as I have had coarse body hair since puberty.

29/09/2015

Every moment such a relief compared to how I'd been living before, like I was wearing a costume that didn't fit and I'm only now taking it off bit by bit and becoming able to relax and breathe.

30/09/2015

I'm rather suprised at how effective this recipe has been, it's definitely more than I'd expected from a bunch of over-the-counter herbs and spices. Nonetheless I would still rather obtain some legitimate HRT medication because I'm not sure exactly how effective this is; I could be taking too much or too little and would not even know it. Of course a hormone test would clarify it's effect on my testosterone levels, but I am unsure if the chromenes would even show up on any easily obtained estrogen test. Ontop of all this, despite the fact that the spices are normally considered very safe and sold as food, I'm still a bit worried there might be unexpected side effects from consuming them so frequently.

1/10/2015

The subcutaneous fat I had mentioned appearing around my hips (04/09/2015) has filled in much more, making my waistline flow as opposed to being jagged from bones and muscle.

2/10/2015

The new hairgrowth I mentioned (28/09/2015) is now more convincing, showing clear signs of newly sprouting hairs on the edge wheras before they were far less common with longer ones often falling out.

3/10/2015

While walking through town I caught a glimpse of myself in a store window and nearly didn't recognize myself in the unfamiliar setting. Being attracted to women I found myself rather elegant in that moment of dissasociation. I should note that the dim reflection and sunlight can make me look much more feminine than otherwise (artificial lighting can bring out the blues, making my beard shadow and veins more visible without makeup, wheras sunlight really helps to bring warmth to my complexion.)

4/10/2015

I noticed that my moustache is beginning to grow in ginger; nearly half the hairs are bright orange wheras there were only sparse ginger hairs before. I have found some brief mentions of slight hair colour changes during HRT, but I am still unsure what is causing it. I know red hair is caused by a recessive allele on chromosome 16, but I am still unsure how that would be affected by changes in my endocrine system.

5/10/2015

I've been able to aquire pharmaceutical HRT, and because it is much better understood than this homemade potion it will be less risky to continue my transition with it. However I wish to not waste all the effort I have put into this experiment, so I will obtain a hormone level test before weaning off the brew as a means of gaining some clinical evidence. I aim to make this switch by the end of october.

6/10/2015

I've noticed that my hazel eyes seem brighter, and perhaps are beginning to show more green than before. As is the case with the hair colour changes (4/10/2015) I am unsure how exactly this came about but I have found rumors of it happening while on HRT.

7/10/2015

Thinning of my neck is becoming much more noticeable to me, I first noticed this back on 10/09/2015 though it is becoming much more apparent in photograph comparisons whereas before it was so subtle as to be more of a suspicion than a definitive difference.

8/10/2015

My cheeks look significantly less sunken, it seems that as my jaw line thins I am building fat around my cheek bones, giving my face a slightly more almond shape and allowing my cheeks to look fuller and less ghostly.

9/10/2015

My chin *may* have begun to become slightly more tapered, if so it's a very subtle difference. I do still have a beard, and even though I have been shaving quite close the follicles contribute somewhat significantly to the size of my jawline being so thick. I am planning to begin facial hair removal soon and hope that HRT will take care of the rest, as most reports claim it might.

10/10/2015

My nails now being slightly less fragile I have discovered that I can let them grow out for longer periods without fear of a nail breaking. This has had the effect of allowing the nail bed to progress further than usual making the base size of my nails gradually longer. Perhaps I can use this effect to shape them bit by bit over a long period of time into a more feminine form.

11/10/2015

A friend showed me a timeline her doctor had given her on when to expect certain effects, surprisingly I have experienced many of them much sooner. Either I am taking too much Pueraria-Mirifica, it is more potent than I expected, or I am very sensitive to the effects of estrogens.

12/10/2015 – TWO MONTHS



- hair is tied back and not cut
- wearing a slightly different shirt

13/10/2015

Looking back on the photograph taken at the two month mark, and comparing it to the one from the start of the experiment, it's stunning the effect that so many subtle changes can have, even after I begin taking pharmaceutical HRT I should continue these monthly photographs as it might be interesting to see a timelapse or image morph as the changes become even more drastic.

I've begun to run out of changes to comment on, even though there was quite a lot in the first two months I'm beginning to only see improvements on what was already happening. Unless I notice something significantly new I will just post the end result of the hormone test when I manage to get one done.

20/10/2015



Went to buy a pair of shoes today and discovered I'd dropped in size from a men's US 11.5 to a 10. These are the same brand and model of shoe, so the difference in size is rather apparent when the two are put side to side. The new shoes fit exactly the same as the old ones did when I had bought them, rather suprisingly.

Test Results



8605 SW Creekside Place
 Beaverton, OR 97008
 Phone: 503-466-2445 Fax: 503-466-1636
 info@zrtlab.com www.zrtlab.com

Samples Arrived: 11/02/2015
 Date Closed: 11/04/2015

Samples Collected: Saliva: 10/27/15 09:30

Ordering Provider:

Test Country
 6370 Nancy Ridge Dr Ste 104
 San Diego, CA 92121

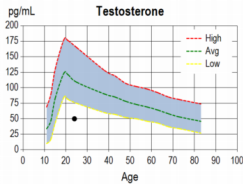
BMI: 23.2
 Height: 5 ft 10 in
 Weight: 162 lb
 Waist: 34 in

Gender: Male DOB: 1991 (24 yrs) Patient Ph#: Unspecified

Test Name	Result	Units	Range
Estradiol (Saliva)	0.6	pg/mL	0.5-2.2
Progesterone (Saliva)	28	pg/mL	12-100
Testosterone (Saliva)	50	pg/mL	44-148 (Age Dependent)

Therapies

None Indicated



DISCUSSION

It is apparent from the saliva test that the witch's brew had a significant effect on my testosterone level. Though it did not in fact bring me into a female range it was still capable of moving my levels well out of the common male levels for my age. This should constitute evidence that at least some of the spices included in the tea have anti-androgenic effects.

I did not notice any negative side effects during my trial, and in fact felt better than normal (although this is something that may be attributed to dysphoria lessening from the hrt, many of the spices also have claimed health benefits.

As suspected the chromenes did not show up on the test, but given the amount of changes I've experienced I'm assuming they are potent nonetheless.

I will keep this recipe in mind incase I lose access to pharmaceutical HRT in the future, as it seems somewhat successful as a replacement.

LITERATURE CITED

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