

(Or just cramps and things like that.)

Yeah, cramps. Well, you know, there's instances where the, I guess they say where the womb drops. And things like that. That's what that's for.

(Oh, I see.)

Yeah. That's what that's for. They've got another medicine for like that, the menopause. And it's just a herb or a plant that don't grow too tall. Maybe it's just about three inches from the ground. And it's I don't know what you call it in English. I don't know even the name of it in Cherokee. But I know what it looks like (words not clear.)

(Uh-huh.)

And they take that for the menopause. And they, now I've used that myself. This lady told me the one, showed me that. Well, it was about six months before I had to go through the change of life. She told me, she showed me that plant. She said, "You take the roots of that." "You drink it just anytime you think about it." "Make tea out of it and just keep it there." "Put it in ice box so it'll be fresh all time." And she said, "You drink it, just anytime that you happen to think about it." Just like water, you know. You don't have to heat it or anything. But she said every four days out of each month, during my period, you know, she told me to drink it for four days. Be sure and drink it every day, at least two or three times a day. And she said I never would have any trouble when my change of life came. And I did that and I never did have any trouble at all.

(Oh. For goodness sakes. You hear of women just almost going crazy and everything.)

Yeah, I had heard that, you know, as I was growing older. And after she told me that, showed me the plant. Well, I just went out and got it myself, you know, whenever I drank up what I had already made.

And made fresh ones. I kept drinking it off and on. And I never did