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# Herbal Allies

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A HEALTHY MIND: MOOD, MEMORY AND FOCUS



It is very important that we re-learn the art of resting and relaxing. Not only does it help prevent the onset of many illnesses that develop through chronic tension and worrying, it allows us to clear our minds, focus and find creative solutions to problems.

- Thich Nhat Hanh

# A Healthy Mind: Mood, Memory and Focus

Peace of mind is the basis of a healthy body and a healthy mind.  
- Dalai Lama

## TIPS

- Create a daily routine for regularity and groundedness
- Get restful sleep - a solid, regular sleep schedule
- Take breaks - get away from constant stimulation
- Reset mental stagnation with a change of routine
- Keep the nervous system properly nourished
- Calm the mind and keep emotions balanced
- Meditate - the mind's exercise; also needs training
- Keep the nervous system properly nourished
- Learn something new
- Start a new project
- Spend time in Nature
- Stay hydrated
- Exercise



# Rosemary

## That's for Remembrance



Enhance Memory and Recall

# Rosemary (*Rosmarinus officinalis*)

A woody evergreen native to the Mediterranean region and a universal symbol of remembrance used to honor those who have passed on

## HISTORICAL USES

The tradition of laying sprigs of rosemary across the coffin or upon a tombstone dates back to ancient Egypt. This custom continued well into the medieval period.

Scholars in ancient Greece wore wreaths of rosemary about the brow to help improve recall while taking exams.

## SHAKESPEAREAN REFERENCES

- *"There's rosemary, that's for remembrance, pray you love, remember."*  
- Ophelia in Shakespeare's Hamlet
- Shakespeare's Juliet was bestowed with rosemary upon her untimely death.

## MARRIAGE TRADITIONS

A traditional wedding herb used to grace the bride's bouquet, headpiece, and dress. Wedding guests are also given sprigs of rosemary to wear to help them remember the occasion.

It was also once common to add rosemary to the couple's wine to help them remember their sacred vows to each other.

It was customary for the bride and groom to plant rosemary near the marital threshold on their day of matrimony.

There is the old saying "*where rosemary flourished, the woman ruled,*" prompted some husbands to pluck the plant from the ground. This is perhaps why the practice fell out of favor by the late 15th century.

# Essential Oils for Focus and Mood

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Essential oils have been used throughout the ages to promote focus and concentration by either stimulating or calming the mind.

As with any aspect of a healthy lifestyle, maintaining balance is important.

*\*Using essential oils should always be practiced with caution.*

**ROSEMARY**



**SAGE**



**PEPPERMINT**



**VERTIVER**



# Ashwagandha: Indian Ginseng

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## AHWAGANDHA (*Withania somnifera*)

Helps to treat brain fog, increase focus and balance moods

- One of the most revered and commonly used medicinal plants on the Indian subcontinent
- Connects the brain with the rest of the body to maintain a balance between one's physical and mental health
- A stress-tolerant herb that helps regulate metabolic activities in the body
- Especially helpful when feeling overworked and overwhelmed



# WU WEI ZI

Used in Traditional Chinese Medicine



adaptogen  
sour astringent  
anti-inflammatory  
antioxidant  
antibacterial  
expectorant  
immune tonic  
nervine  
sedative  
strong vital stimulant  
aphrodisiac  
blood pressure regulator

# Schisandra (Schisandra chinensis)

## USE AS A LONGEVITY TONIC

Schisandra has been used throughout the history of Chinese civilization as a tonic herb to be consumed daily throughout one's lifetime as an anti-aging herb and to promote longevity. It was first written about in 1<sup>st</sup> century BC in China's first herbal encyclopedia, *Shen Nong's Materia Medica*.

## USE AS AN ADAPTIVE RESPONSE TO STRESS

Russians first classified it as an adaptogen in the Russian Pharmacopeia for its ability to assist the body's adaptive responses to stress of various kinds. Nanai (Siberian) hunters used the herb to improve stamina and the tough hunting conditions with long, cold days and nights, and scarce food and water. It became most well known in the early 1960's as an adaptogen as a result of the large number of clinical studies done by Russian scientists between 1940 and the 1960s.

## 5 Elements

Sour - Wood  
Bitter - Fire  
Sweet - Earth  
Acrid - Metal  
Salty - Water



# Herbs for a Healthy Mind



Bacopa

- “The Scholar Herb”
- Longevity herb
- Aids in recovery from neurological trauma
- Alleviates mental exhaustion



Gingko

- Good for the aging brain
- Regenerates brain damaged cells
- Improves memory
- Increases concentration
- Counteracts stress and anxiety



Peppermint

- Clears brain fog
- Improves attention
- Alleviates headaches
- Helps with nervous indigestion



Gotu Kola

- Non-stimulating effect - good to take at night
- All aspects of brain function
- Improves blood circulation and memory



Tulsi

- Connects us to higher states of consciousness
- Calms without sedating
- Lifts mental fog
- Herb of meditation



Shankhapushpi

- Boosts memory and concentration
- Improves circulation in the brain
- Calms nerves

# Herbs to Induce Calm and Relaxation

## LEMON BALM (*Melissa officinalis*)

- Nervine -

Calms without sedating, improves cognition and mood. Children and adults can use for mild mood funks, anxiety, insomnia, nervous indigestion, restlessness, inattention, mental decline, hyperactivity

## PASSION FLOWER (*Passiflora incarnata*)

- Mild Sedative-Nervine -

Sedative effects similar to Scullcap for relieving insomnia, anxiety, agitation, irritability in adults and children; gently relaxes all body systems, good for stress-induced hypertension and respiratory herbs for asthma and anxiety-provoking lung issues

\*May be too sedating for daytime use; may interact with psych and pain pharmaceuticals.

## SCULLCAP (*Scutellaria lateriflora*)

- Sedative-Nervine -

Sedates the nervous system, particularly used for insomnia, anxiety, hyperactivity, agitation, sensory overload - when hypersensitive to lights, smells, sounds, touch, etc.

\*May be too sedating for daytime use; may interact with psych and pain pharmaceuticals.





# Valerian (Valeriana officinalis)

## - Sedative-Nervine -

Valerian's acts as a tranquilizer, antispasmodic, expectorant, diuretic, carminative and mild anodyne. Treats headaches, muscle cramps, irritable bowel syndrome, anxiety and nervous tension; lowers blood pressure when combined with hawthorn berries.

**CAUTION:** Valerian should not be taken continuously for longer than two to three weeks without a break in use. Otherwise, headaches and heart palpitations may occur. Valerian enhances the properties of other sleep inducing drugs, and therefore should not be taken in combination with other such medications, or with alcohol, opiates, or antihistamine drugs. Should not be taken by pregnant or breastfeeding mothers.



# Focus & ClariTEA



Gotu Kola



Ginkgo Biloba



Lemon Balm



Peppermint



Star Anise

## DIRECTIONS

Pour 1 cup of boiling water over 1  
teaspoon herbal tea.  
Steep for 10-15 minutes.  
Strain and enjoy!



# Mind Support Clarity & Focus



Bacopa



Gotu Kola



Ginkgo Biloba



Ashwagandha



Shankhapushpi

