

Herbal Allies

MANAGING STRESS AND ANXIETY



Just doing
a few simple things
can help maintain
a healthy sense of
self and balance



Mind • Body • Spirit

A Peaceful Mind: Things We Can Do

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

GET QUALITY SLEEP

- One of the most important factors to help with stress and anxiety
- QUALITY over quantity

CREATE A PEACEFUL SPACE IN YOUR HOME

- Somewhere where you feel comfortable and safe
- Ideally, you can set it up however you like

PRACTICE MINDFULNESS

- Develop a daily practice that compliments your schedule
- Pay particular attention to breathing

ADD SOMETHING NEW TO YOUR DAY

- Make it something you look forward to doing

LIMIT EXPOSURE TO SOCIAL MEDIA AND NEWS

- Learn to enjoy quiet
- Less time on social media means more time to do something else

CULTIVATE A SENSE OF PURPOSE

- Explore something that inspires and energizes you
- Something that ignites your passion

ENJOY SOME HERBS!

- Add to your daily routine - quiet herbal tea time
- A ritual in the morning and/or before bed



Herbal Allies: Calming Anxiety And De-stressing

CHAMOMILE

(*Matricaria chamomilla*)

- Gentle Nervine -

Extremely gentle. Calms without sedating. Commonly used with children. Used for tension, colic, inflammation, muscle spasms, indigestion



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



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.



Herbs for Calming and Relaxing



Passionflower



Lemon Balm



Scullcap

Bye-Bye AnxieTEA



Calming Tinctures



Ashwagandha: Indian Ginseng



ASHWAGANDHA (*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 • 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 1st 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

Tranquil Heart Elixir

Fresh Organic
Hand-Picked
Rose Petals
Glycerin Tincture



Linden Blossoms
Tincture



Herbs for a Healthy Mind



Bacopa

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



Ginkgo

- 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

Healthy Mind: Focus & ClariTEA



DIRECTIONS

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



Gotu Kola



Ginkgo Biloba



Tulsi



Lemon Balm



Peppermint



Star Anise

Peaceful Easy Feeling

Calm, Clarity & Focus



Bacopa



Gotu Kola



Ginkgo Biloba



Ashwagandha



Shankhapushpi



Herbal Headache Relief

Pain Slayer Tonic



For relief from nerve pain,
headaches, migraines,
toothaches, menstrual pain



Scullcap

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



White Willow Bark

Contains salicin—a chemical similar to aspirin (acetylsalicylic acid). In combination with the anti-inflammatory plant compounds (flavonoids), provides pain-relieving and anti-inflammatory effects

*Interacts with anticoagulants, acetazolamide, anti-hypertensives and anti-inflammatory drugs; do not take if allergic to aspirin, have gastric ulcers or pregnant or nursing



Wood Betony

Treat head-related afflictions—migraines, toothaches, anxiety, and sleeping troubles. Also used for diarrhea, menstrual problems, mouth and throat irritations, and skin conditions.

*A Russian study found that betony contains glycosides, which may lower blood pressure thus the ability to relieve headaches and anxiety.



WHY IS LIVER HEALTH SO IMPORTANT?



LIVER FUNCTION

The liver performs more functions than any other organ of the body. It is the body's "Master Detoxifier" and cleanses the system not only of environmental toxins but also of metabolic wastes.

WHY DOES IT MATTER?

The liver is also a major organ of digestion - every substance that is ingested must be processed by the liver before it can be distributed throughout the body. It manufactures many of the building blocks needed for hormone activity.

The health of the entire body - including our reproductive organs - is directly related to the health of the liver.

TREAT THE LIVER FIRST

A central problem in many types of menstrual disorders is an imbalance in the levels of estrogen and progesterone. The imbalance can have many sources, sometimes involving serious physiological disorders. Many times, however, an imbalance arises because the hormones are not properly eliminated from the system. Normally, estrogen and progesterone are broken down in the liver and sent as waste products to the kidneys for excretion.

THE BOTTOM LINE

If the liver is not functioning well, hormones are not processed effectively and... disorders result.

HERBS FOR THE LIVER



Burdock Root

One of the safest, most effective detoxifying and cleansing herbs. Alleviates skin issues - acne, eczema, psoriasis - caused by hormone or chemical imbalances in the body. Powerful liver detoxifier when used in conjunction with Dandelion root. Burdock cleans the whole system, helps lymph fluids to flow, alleviating swollen lymph glands.



Dandelion Root

One of the best herbs for supporting and detoxifying the liver, kidneys and digestive system. Helps to purify the blood, flush out impurities, rid stagnation. The whole plant can be ingested - flower, leaves, root..

***Note:** Those with an allergy to latex will probably want to avoid Dandelion. The French call it “pissenlit” ...so don’t take before bed!*



Milk Thistle Seed

Provides powerful antioxidant protection. A primary constituent of silymarin called silibinin also helps to support healthy liver function, encouraging healthy cholesterol synthesis by the liver. Helps to maintain normal kidney function and promote optimal immune function.

Liver Care



Burdock
Root



Dandelion
Root



Milk
Thistle Seed

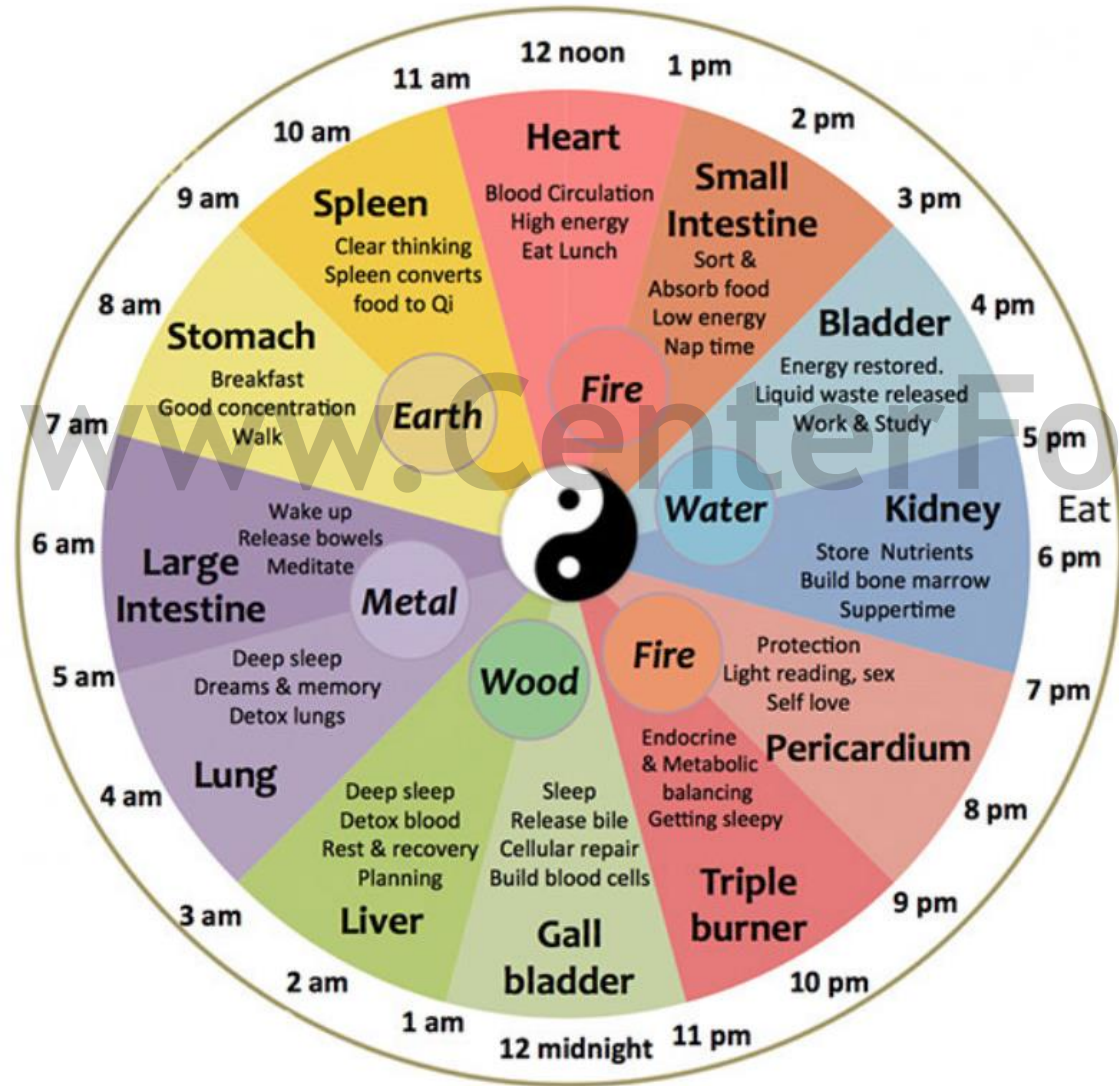
Will You Be My Friend?



24 Hour Body Clock

Traditional Chinese Medicine

What's all the BuZZZZ about sleep?



WHAT HAPPENS WHEN YOU SLEEP

- Memories are consolidated and stored (necessary for learning)
- Ability to concentrate and pay attention is restored
- Muscles repair and recover
- Metabolism is regulated
- Maintain better mental and physical health

WHAT HAPPENS WHEN YOU *DON'T* SLEEP

- Judgment and concentration are impaired
- Release of more appetite stimulating hormones that can result in weight gain
- Immune system is suppressed and increased risk of illness
- Emotions are heightened, causing irritability, anger and/or anxiety
- Reaction time is slowed and more accidents occur

Sleep Issues: Herbs and Things That Help



Falling Asleep

Bedtime Ritual: create a routine to make bedtime something to look forward to

- Go to bed at the same time every night, even on the weekends
- Enjoy a cup of warm tea in a special tea cup or mug
- Diffuse calming essential oils of chamomile, lavender
- Have a sleep ritual basket - bath salts, dream pillow, eye mask, pillow mister

Herbs: Valerian, Scullcap



Staying Asleep

Refrain from alcohol and rich food - stimulates the liver when it should be resting

Use Hepatic Herbs: Dandelion, Burdock, Milk Thistle

Herbs: Scullcap, Valerian



Relaxing the Body

Help the body to wind down for bedtime; slow down everything

Gentle Yoga Practice: 10 minutes of restorative yoga or deep breathing

Relaxing Bath: sooth sore muscles, promotes circulation; add Epsom salts, Lavender

Herbs: Passion Flower, Scullcap, Valerian



Relaxing the Mind

Journal: jot down your thoughts, To-Do lists, complaints, things you're grateful for

Meditation Practice: 5-10 minutes of calming the mind

Herbs: Lemon Balm, Scullcap

Valerian (Valeriana officinalis)

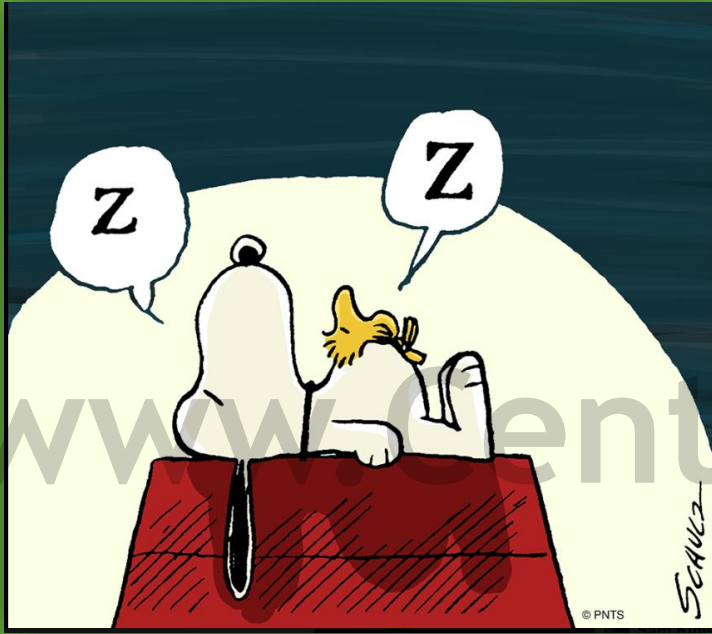
- Sedative-Nervine -

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.



What is Your Relationship with Sleep?



What time do you prefer to go to bed?
What side of the bed do you prefer?
What do you like to do before bed?
Does it really help you to sleep?
Do you enjoy sleeping?
Do you view sleep as a priority?
Do you see sleep as a luxury?
Do you dread going to sleep at night?
Do you know how to get
a good night's sleep?

Tips to Get Some Quality ZZZs

EAT WITHIN 30 MINUTES OF WAKING

Moves the body from survival mode into safety mode; kickstarts metabolism

DRINK PLENTY OF WATER

Dehydration worsens night sweats; drink 1.5-2 liters of water daily

GET AN EARLY NIGHT

Prepare to wind down between 9 and 9:30PM; enter the calming zone

STOP MEASURING

It is normal to wake during the night; avoid looking at the clock

POWER DOWN

Turn off electronics 30-60 min before bed

REDUCE CAFFIENE INTAKE

Half life of caffeine is 5 hours; caffeine dehydrates and keeps us in survival mode

GET PHYSICAL

Move throughout the day to produce adenosine (promotes sleepiness)

LET GO

Finish the day BEFORE the head hits the pillow; journal, meditate, deep breathing

CONNECT WITH NATURE

Walk near woods, green areas or water helps to restore balance

CREATE A SLEEP SANCTUARY

Make sleeping area an oasis of calm

Early to bed and early to rise makes a man
healthy, wealthy and wise. - Benjamin Franklin

Create a Sleep Sanctuary



ZZZ Catching Helpers



Sleep EZZZ Tea

Passion Flower
Lemon Balm
Scullcap
Chamomile

DIRECTIONS

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



Gratitude Practice: Tune In

Connect to the daily rhythms of Mother Nature • Sync with the cycles of the Sun and Moon
Stay in-tune with the Earth

Good Morning, Sun



Good Night, Moon



DONATIONS

- \$5** 1 PACKAGE **HERBAL TEA**
- \$10** 1 - 1 oz **HERBAL TINCTURE**
- \$25** 3 - 1 oz **HERBAL TINCURES**
- \$25** 1 - Bottle **HERBAL CAPSULES** (60 ct)



\$25 DONATION

- 2 - 1 oz **HERBAL TINCTURES**
(your choice)
- 2 - bags of **HERBAL TEA**
(your choice)
- 4 - packets **Aura Cacia SKIN OILS**
Rosehip • Argan • Tulsi • Turmeric
- Herbal Reference Cards



THANK YOU FOR COMING

JOIN US NEXT TIME

Women's Hormonal Health



WE APPRECIATE YOUR DONATIONS!

They help us continue to deliver
these workshops and charitable services
to the community