



Spokane Holistic
Healing

Spokane Holistic Healing Client Handout

Herbalist Interventions for Anxiety

Herbal remedies have been used for centuries to help with anxiety, promoting relaxation and emotional balance. Here are some common herbal interventions for anxiety:

Herbs for Anxiety Relief

1. **Ashwagandha (*Withania somnifera*)** – An adaptogen that helps the body manage stress and lower cortisol levels. Often used for generalized anxiety and nervous tension.
2. **Valerian Root (*Valeriana officinalis*)** – Known for its sedative effects, it can help with insomnia and nervous restlessness. Best used before bedtime.
3. **Chamomile (*Matricaria chamomilla*)** – A gentle herb that helps with mild anxiety and digestive issues linked to stress. Available as tea, capsules, or tincture.
4. **Passionflower (*Passiflora incarnata*)** – A calming herb that may help reduce anxiety and improve sleep. Works well for social anxiety and generalized anxiety disorder (GAD).
5. **Lemon Balm (*Melissa officinalis*)** – Helps uplift mood and promote relaxation. Often used in tea form for mild anxiety.
6. **Lavender (*Lavandula angustifolia*)** – Reduces nervous tension and promotes relaxation. Can be used as tea, essential oil, or capsules.
7. **Rhodiola (*Rhodiola rosea*)** – An adaptogen that helps regulate stress responses and reduce fatigue from chronic anxiety.
8. **Kava Kava (*Piper methysticum*)** – Known for its strong calming effects, often used for social anxiety. Should be used cautiously due to potential liver toxicity.

How to Use Herbal Remedies

- **Teas** – Chamomile, lemon balm, and passionflower teas are great for daily relaxation.
- **Tinctures** – Fast-acting and potent; great for valerian, passionflower, or ashwagandha.
- **Capsules** – Convenient for consistent dosing, especially for adaptogens like ashwagandha or rhodiola.
- **Essential Oils** – Lavender and chamomile essential oils can be used in diffusers or applied topically (diluted).



Spokane Holistic
Healing

◆ Herbal Protocol for Anxiety Management

🌿 Daily Supportive Herbs (Long-Term Use)

Best for mild to moderate anxiety, stress resilience, and nervous system nourishment.

1. **Ashwagandha (*Withania somnifera*) – Adaptogen for stress & cortisol regulation**
 - 🌱 Form: Capsules, tincture, or powder
 - 🕒 Dose: 300–600 mg per day (capsules) OR 1-2 tsp powder in warm milk/tea
 - ✅ Best for chronic stress, adrenal support, and burnout
 - ⚠️ Avoid in hyperthyroidism or if taking sedatives
2. **Lemon Balm (*Melissa officinalis*) – Mood-lifting & calming**
 - 🌱 Form: Tea or tincture
 - 🕒 Dose: 1-2 cups daily OR 30 drops tincture twice daily
 - ✅ Helps with nervous tension, mild anxiety, and cognitive function
3. **Rhodiola (*Rhodiola rosea*) – Energy & mood-balancing adaptogen**
 - 🌱 Form: Capsules or tincture
 - 🕒 Dose: 200-400 mg per day
 - ✅ Good for those with anxiety-related fatigue
 - ⚠️ Avoid in high doses or if prone to overstimulation

Specific Types of Anxiety

Generalized Anxiety Disorder (GAD) – Persistent worry, overthinking, tension

Social Anxiety – Fear of social situations, avoidance, self-consciousness

Panic Attacks – Sudden, intense fear with physical symptoms like rapid heartbeat

Stress-Induced Anxiety – Temporary anxiety from work, relationships, or life events

Insomnia & Anxiety – Difficulty sleeping due to racing thoughts or restlessness

◆ Core Herbal Protocol for Social Anxiety

🌿 Daily Support (Long-Term Use)

These herbs help balance stress hormones, regulate the nervous system, and improve resilience.

1. **Ashwagandha (*Withania somnifera*) – Adaptogen for stress & confidence**
 - 🌱 Form: Capsules, tincture, or powder



Spokane Holistic Healing

- ⌚ Dose: 300–600 mg per day (capsules) OR 1 tsp powder in warm tea
 - ✅ Helps reduce cortisol (stress hormone) and supports relaxation in social settings
 - ⚠️ Avoid in hyperthyroidism or if taking sedatives
 - 2. **Lemon Balm (*Melissa officinalis*) – Mood-lifting & calming**
 - 🌿 Form: Tea or tincture
 - ⌚ Dose: 1-2 cups daily OR 30 drops tincture twice daily
 - ✅ Eases nervous tension without causing drowsiness
 - 3. **Rhodiola (*Rhodiola rosea*) – Enhances mental clarity & emotional resilience**
 - 🌿 Form: Capsules or tincture
 - ⌚ Dose: 200-400 mg per day
 - ✅ Helps reduce nervousness before social interactions
 - ⚠️ Avoid if prone to overstimulation or high blood pressure
-

💎 Lifestyle & Nutritional Recommendations

✅ Mindfulness & Relaxation Techniques:

- Breathwork, meditation, and gentle yoga enhance the effects of herbal remedies.
- Try the 4-7-8 breathing technique for immediate calm.

✅ Dietary Support:

- Increase magnesium-rich foods (dark leafy greens, nuts, seeds)
- Reduce caffeine, sugar, and processed foods
- Consider omega-3s (flaxseeds, walnuts, fatty fish) for brain support

✅ Daily Routine for Anxiety Management:

☀️ **Morning:** Ashwagandha + Rhodiola for resilience

☀️ **Midday:** Lemon Balm tea for emotional balance

🌙 **Evening:** Passionflower or Valerian for relaxation and sleep

💎 Monitoring & Adjustments

- Reassess symptoms after 4-6 weeks
- Adjust herbs based on response and tolerance
- Consider switching herbs if side effects occur



*Spokane Holistic
Healing*

Precautions

- Always consult a healthcare provider before using herbal remedies, especially if you're on medication.
- Some herbs (e.g., kava, valerian) may interact with sedatives or antidepressants.
- Pregnant or breastfeeding individuals should consult a doctor before taking herbal supplements.