



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).



◆ 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

🌿 Acute Anxiety & Panic Support (Short-Term Use)

For sudden anxiety spikes, panic attacks, or situational stress.

1. **Passionflower (*Passiflora incarnata*) – Calming & anti-anxiety**
 - 🌱 Form: Tincture or tea



- ⌚ Dose: 30-60 drops tincture before bed OR 1-2 cups of tea
 - ✅ Great for acute stress, racing thoughts, and insomnia
 - 2. **Valerian Root (*Valeriana officinalis*) – Sedative & sleep aid**
 - 🌱 Form: Tincture, capsules, or tea
 - ⌚ Dose: 300-600 mg capsules OR 30-60 drops tincture before bedtime
 - ✅ Helps with restlessness and tension
 - ⚠️ Can cause grogginess in some individuals
 - 3. **Kava Kava (*Piper methysticum*) – Strong anxiolytic & social anxiety support**
 - 🌱 Form: Tincture or capsules
 - ⌚ Dose: 100-200 mg per day (short-term use)
 - ✅ Best for situational anxiety and social anxiety
 - ⚠️ Use cautiously due to potential liver effects
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🌿 Sleep & Nervous System Support

For clients with anxiety-related insomnia or restlessness.

1. **Chamomile (*Matricaria chamomilla*) – Gentle sedative & digestive relaxant**
 - 🌱 Form: Tea
 - ⌚ Dose: 1-2 cups before bed
 - ✅ Soothes nerves and helps digestion
 2. **Lavender (*Lavandula angustifolia*) – Relaxing & stress-relief**
 - 🌱 Form: Essential oil, tea, or capsules
 - ⌚ Dose: Diffuse oil at night OR 80 mg capsules per day
 - ✅ Supports relaxation and improves sleep quality
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💎 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)



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- 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

⚠️ **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.