

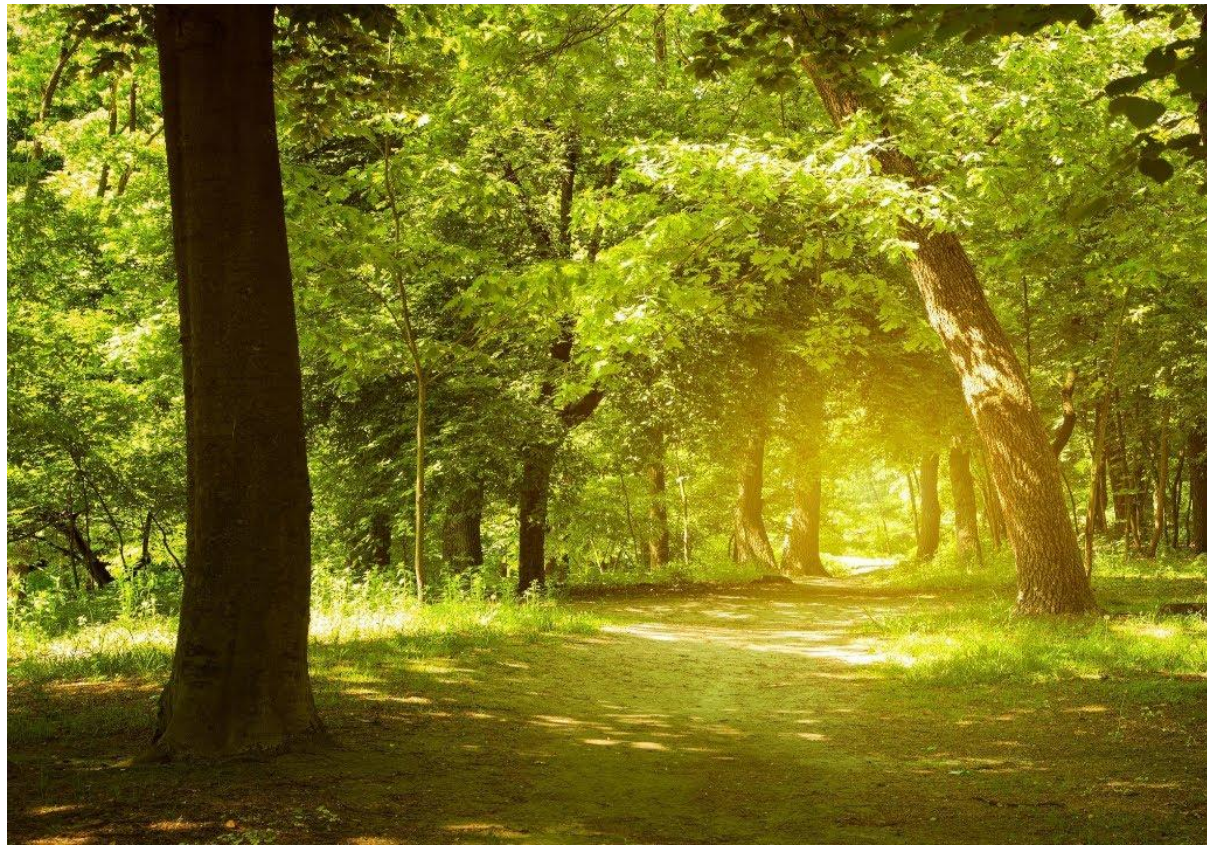
**ORGANIC  
REMEDIES  
NEWSLETTER  
OCTOBER**

**OCTOBER 2021**

Stress, how it affects the body. (pg.1)

Herb of the month:  
**Chamomile Tea.** (pg.2)

Organic Remedies: Herbal resource. (pg.3)



**ORGANIC REMEDIES HERBAL OVERVIEW: STRESS - HPA AXIS**

The hypothalamic–pituitary–adrenal (HPA) axis is our hormone-based system that regulates our body’s reaction to stress. This axis helps the body respond immediately to stressful events and return to a normal state. Hypothalamus secretes hormones into the blood stream. The pituitary gland pumps hormones into the endocrine system. The endocrine system secretes the hormone cortisol into the blood stream.

Both blood pressure and heart rate increase. Additional blood goes to your skeletal muscles in case physical exertion is necessary. Glucose starts circulating in your blood, providing an energy source for your cells.

Now here is the downside to all of this. Constant heightened stress, experienced daily, causes physical and psychiatric problems from constant activation. Issues such as, suppressed immune system response, memory and cognition issues, mood disorders like anxiety and/or depression, along with other metabolic effects, including excess fat and insulin resistance, start to manifest.

In acute instances of stress, the HPA Axis is able to stay healthy and responsive. Chronic stress, however, causes more resistant to the signal to “chill out” (the negative feedback loop). This is what leads to the downside issues we mentioned above.

# THE BENEFITS OF 'CHAMOMILE' TEA



**Chamomile** (*Matricaria recuita*) helps us to relax.

Chamomile as a sleep aid is one of the most well-known benefits of this tea, and we have apigenin to thank for it! Apigenin links certain receptors in your brain to promote sleep. It's used as a main ingredient for minor tranquilizers. It's no wonder chamomile tea is great to drink before bed!

Some studies have found that chamomile tea can lower blood sugar in people with diabetes. Other studies have shown that with regular use, Osteoporosis, the progressive loss of bone density can be held back with regular use.

Research also shows that chamomile possesses properties that can help ease inflammation, spasms, flatulence, promote calm and sleep, and protect against the bacteria that cause stomach ulcers.

This month we are talking about the negative attributes of stress. Chamomile helps us become more levelheaded in our thinking concerning the stress we deal with in this life. This life is full of stressors, and this life is full of herbs to help you deal with those stressors. Chamomile is one.

Chamomile is safe enough for children to drink. Especially its digestive benefits. Chamomile is what herbalist refer to as a carminative. Helps with stomach cramping and aches. So, drink Chamomile and allow yourself to relax.



## LET ORGANIC REMEDIES BE YOUR HERBAL RESOURCE

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**At Organic Remedies you have so many ways to help improve your health.**

Organic Remedies primary focus is to help alleviate the symptoms of pain. Our topical products, when used regularly, and applied to the body part which is experiencing pain will help minimize the symptoms. Ask about our topical pain relievers for gout, arthritis, joint pain, back pain, headaches, and other issues.



We realize that many of our customers are very familiar with herbs. Some have found herbal blends online or from other research methods and would like to try those blends themselves. Well, Organic Remedies has the herbs, and we can make that tea blend either in tea bags or bulk tea if you like. Just ask us.

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