



THE NERVOUS SYSTEM AND HEALTH

ORGANIC REMEDIES HERBAL OVERVIEW: Nervous System

Herbalism involves healing in a holistic way. Mind, body, and spirit working in alignment. Today we would like to discuss how the nerves function in this holistic approach to health.

Introducing the Nervous System

The nervous system acts as our control center. It keeps everything in our body working in harmony. It is what allows us to go about our daily functions.

The nervous system relies on chemical messengers called 'neurotransmitters' to communicate with each other, and with different parts of the body. These chemical messengers' control, our sight, muscles, internal organs, how we think, feel, and talk.

When the nervous system gets out of balance, it affects us both physically and mentally. Nervous impairment can result from an injury, inflammation, oxidative damage, or the neurotransmitters themselves may be out of whack.

What comprises our nervous system?

Generally speaking, the nervous system consists of two major systems—the **Central Nervous System (CNS)** and the **Peripheral Nervous System (PNS)**.

Our **CNS** is our command center, it consists of our brain and spinal cord. It's here where we control awareness, movements, sensations, thoughts, speech, and memory. It's here where we process information and decide how to respond to informational inputs from the body.

The **PNS** consists of the nerves and ganglia outside the brain and spinal cord. These fibers transfer information to and from the CNS. The PNS has two aspects of activity:

1. **Autonomic nervous system (ANS)**: Controls involuntary bodily functions and regulates glands.
2. **Somatic nervous system (SNS)**: Controls muscle movement and relays information from ears, eyes, and skin to the central nervous system.



HERBS FOR THE NERVOUS SYSTEM

Valerian Root helps calm the nervous system when it is overactive. It can do this by affecting levels of neurotransmitters involved in rest and sleep.

Ashwagandha is an anti-inflammatory herb and an antioxidant. This makes it very helpful for protecting the nervous system, and it has been widely studied for its treatment of nervous system disorders.

Rhodiola has anti-inflammatory and neuroprotective effects, can stimulate the nervous system, and may boost neurotransmitter levels. It has been reported to help improve cognitive function, enhance learning and memory, and support anxiety.

Passionflower is another great herb for the nervous system, because it has calming effects. It is traditionally used for things like sleep problems, anxiety, concentration issues, and even pain.

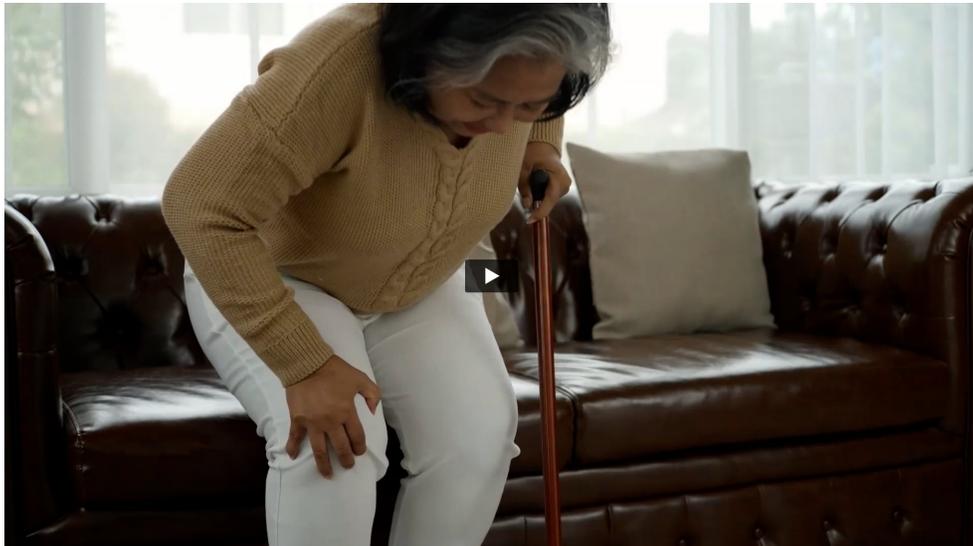
Ginkgo Biloba can be helpful in improving things like anxiety, memory, cognitive function, and more.

Holy Basil is an ideal adaptogen that is specific to the endocrine system and adrenal glands. It's a tonic building herb that supports a depleted nervous system both short and long term.

Skullcap is specific to the musculoskeletal system and is perfect for folks under long term stress that is held in their muscles and joints (especially stiff necks, tightness when sleeping or for those who hold stress in their shoulders and feel tightness there frequently).

PAIN: WHAT CAN YOU DO FOR RELIEF

VIEW THE VIDEO



At Organic Remedies our focus is on natural health.



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