



IBS (Irritable Bowel Syndrome) Herbal Support

Herbs to Include:

1. Peppermint (*Mentha piperita*)

Use: Antispasmodic, eases bloating and cramping

Dosage: 1–2 enteric-coated capsules before meals or 1 cup tea 2–3x/day

Ritual: Sip warm peppermint tea after meals while seated and breathing deeply. Use a hot water bottle over the belly for 10 minutes.

2. Fennel Seed (*Foeniculum vulgare*)

Use: Reduces gas, stimulates gentle digestion

Dosage: 1 tsp seeds steeped in hot water, 2x/day

Ritual: Chew ¼ tsp fennel seeds after meals or sip tea with a gratitude journal moment.

3. Slippery Elm Bark (*Ulmus rubra*)

Use: Soothes intestinal lining, supports gut mucosa

Dosage: 1 tsp powder stirred into water or almond milk 1–2x/day

Ritual: Stir into a small warm drink before bed; sit in stillness as you drink.





Candida Overgrowth Herbal Support

Herbs to Include:

1. Pau D'Arco (*Tabebuia impetiginosa*)

- Use: Antifungal, supports gut microbial balance
- Dosage: 1 cup tea 2x/day or 300–500 mg extract capsule 2x/day
- Ritual: Sip morning and evening tea as part of your daily cleanse routine (no sugar added).

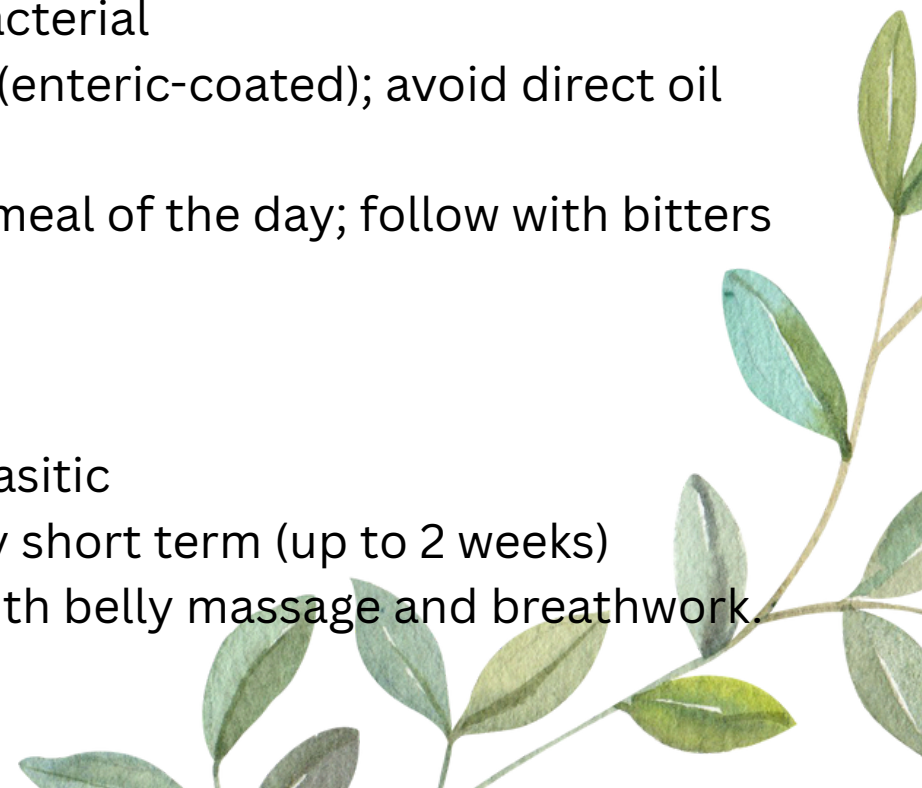
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2. Oregano Oil (*Origanum vulgare*)

- Use: Potent antifungal and antibacterial
- Dosage: 1 softgel daily with food (enteric-coated); avoid direct oil unless diluted
- Ritual: Take with your grounding meal of the day; follow with bitters or lemon water.

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3. Black Walnut Hull (*Juglans nigra*)

- Use: Powerful antifungal, antiparasitic
 - Dosage: 500 mg capsule 1–2x/day short term (up to 2 weeks)
 - Ritual: Best with dinner; follow with belly massage and breathwork.
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Anxiety + Nervous System Herbal Support

Herbs to Include:

1. Lemon Balm (*Melissa officinalis*)

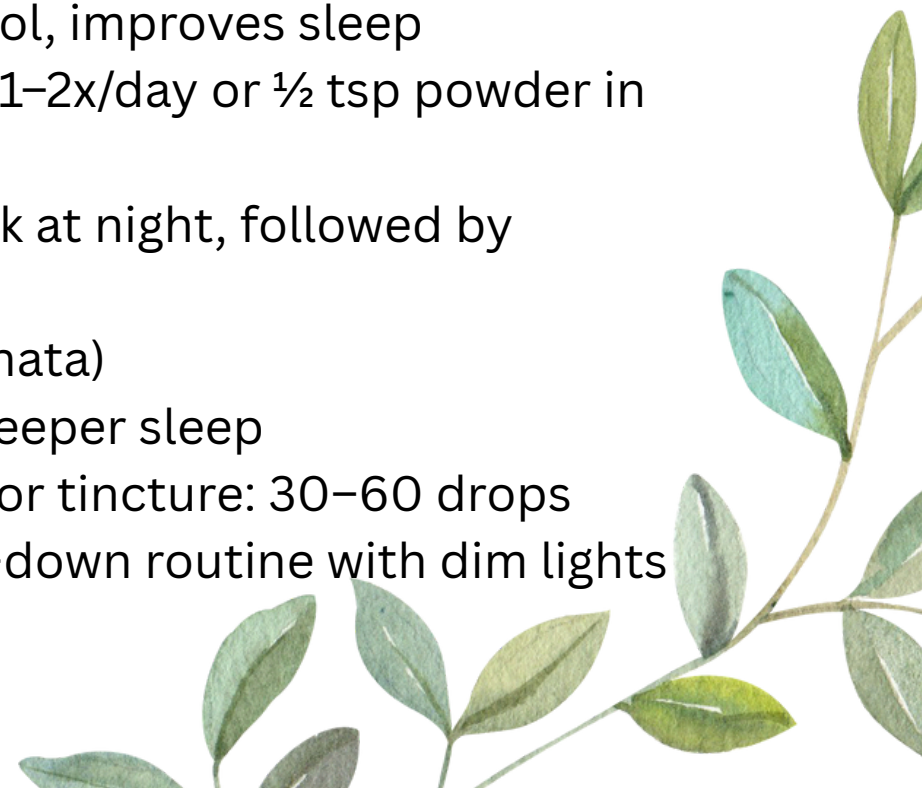
- Use: Calming, antiviral, gut-soothing
- Dosage: 1–2 cups tea/day or 300–500 mg capsule
- Ritual: Morning tea with affirmations; keep fresh balm by your window or desk.

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2. Ashwagandha (*Withania somnifera*)

- Use: Adaptogen, lowers cortisol, improves sleep
- Dosage: 300–600 mg extract 1–2x/day or ½ tsp powder in warm milk
- Ritual: Take with warm nut milk at night, followed by journaling or silent breath.

3. Passionflower (*Passiflora incarnata*)

- Use: Anti-anxiety, promotes deeper sleep
 - Dosage: 1 cup tea before bed or tincture: 30–60 drops
 - Ritual: Add to a pre-bed wind-down routine with dim lights and soft music.
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Autoimmune Flare Support

Herbs to Include:

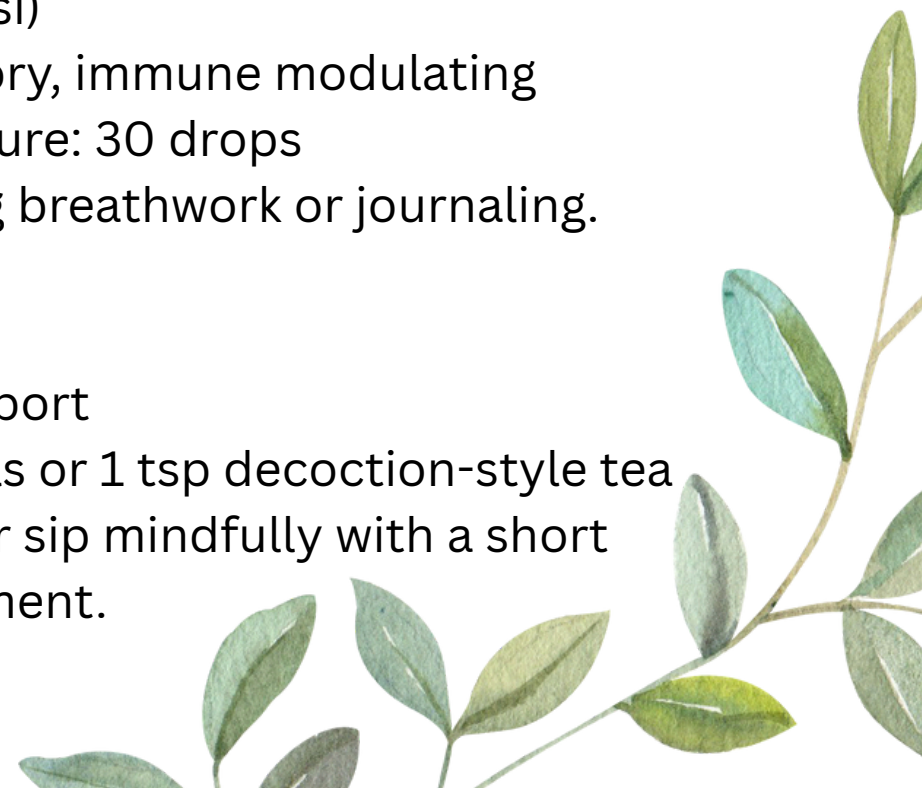
1. Turmeric (*Curcuma longa*)

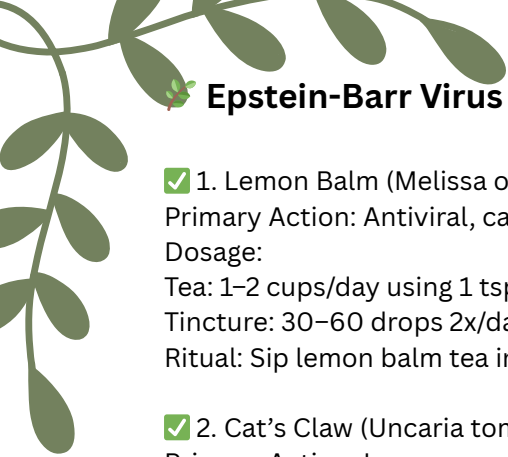
- Use: Anti-inflammatory, antioxidant
- Dosage: 500–1000 mg with black pepper, 1–2x/day
- Ritual: Take golden milk in the evening while doing light stretching or guided meditation.

2. Holy Basil (*Ocimum sanctum* / Tulsi)

- Use: Adaptogen, anti-inflammatory, immune modulating
- Dosage: 1 cup tea 2x/day or tincture: 30 drops
- Ritual: Drink Tulsi tea while doing breathwork or journaling.

3. Licorice Root (*Glycyrrhiza glabra*)

- Use: Mucosal repair, adrenal support
 - Dosage: DGL tablets before meals or 1 tsp decoction-style tea
 - Ritual: Use before meals; chew or sip mindfully with a short “gratitude for nourishment” moment.
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🌿 Epstein-Barr Virus (EBV) Herbal Support Protocol

✓ 1. Lemon Balm (*Melissa officinalis*)

Primary Action: Antiviral, calming, relieves viral-triggered inflammation

Dosage:

Tea: 1–2 cups/day using 1 tsp dried herb per cup

Tincture: 30–60 drops 2x/day

Ritual: Sip lemon balm tea in the morning sun. Let the warmth and aroma remind you that healing is already happening.

✓ 2. Cat's Claw (*Uncaria tomentosa*)

Primary Action: Immune modulator, antiviral, especially effective against latent viral load

Dosage:

Tincture: 20–30 drops in water 1–2x/day

Capsule: 500–1000 mg 1–2x/day

Ritual: Take with intention—say a short affirmation like “I release what no longer serves me” as you drink it.

✓ 3. Licorice Root (*Glycyrrhiza glabra*)

Primary Action: Antiviral, adrenal support, soothes inflamed tissues

Dosage:

Decoction: Simmer 1 tsp root for 10–15 minutes, drink 1 cup/day

DGL Tablets (deglycyrrhized): 2 before meals if sensitive to blood pressure shifts

Ritual: Sip while journaling or laying down with a hand on your heart and belly, connecting breath to body.

✓ 4. Boneset (*Eupatorium perfoliatum*)

Primary Action: Immune stimulant, helps with lingering viral symptoms like body aches or post-viral fatigue

Dosage:

Tea: 1 tsp dried herb steeped for 15 min, 1 cup/day (short term use only)

Ritual: Use when feverish or fatigued; sip slowly while wrapped in warmth and resting fully.

✓ 5. St. John's Wort (*Hypericum perforatum*)

Primary Action: Nerve-soothing, mood-lifting, antiviral (especially against enveloped viruses like EBV)

Dosage:

Tea or tincture: 30 drops 2x/day

Capsules: 300 mg standardized extract/day

Ritual: Take in the afternoon or at sunset, ideally before a walk or gentle stretching to release built-up emotion.

Optional Add-ons:

Reishi mushroom: Deep immune and adrenal restoration

Schisandra berry: Liver detox + antioxidant support

Red root or cleavers: Lymphatic drainage for swollen glands

