

NERVOUS SYSTEM

ACTION CATEGORIES & HERBS

ADAPTOGENS for STRESS: regulates or normalizes transmission of nerve impulses, provides nutrition for nerve transmission and nerve tissue maintenance, harmonizes the activities of the various divisions of the nervous system, ‘amphoteric’.

Aralia nudicaulis (Spikenard, *Araliaceae*, Ginseng Family), species of the ginseng family have special sugars (ginsenosides), roots form in rhizomes, the older the root, the numerous ‘nodes’ of the root indicate the age of the root- much like rings on a tree, helps regulate blood sugar, increases insulin sensitivity

Aralia racemosa (Sarsaparilla, *Araliaceae*, Ginseng Family),

Avena sativa (Milky Oats, *Poaceae*, Grass Family),
Very high in Nutrition and compounds - ”nerve food”. Aphrodisiac (for exhausted individuals). Trophorestorative.

Borago officinalis (Borage, *Boraginaceae*, Borage Family),
Highly nutritive, adrenal replenishment, galactagogue (long term use). Regulates blood sugar. In cases where adrenals have been put to sleep with Corticosteroids, borage can help ‘wake them up’.

Eleutherococcus senticosus (Siberian Ginseng, *Araliaceae*, Ginseng Family), improves cognitive function, excellent for stress, protects against various environmental stresses

Echium vulgare (Viper’s Bugloss, *Boraginaceae*, Borage Family) Similar to Borage, soothes inflamed lungs. Good for those quitting smoking (particularly when people smoke due to stress).

Ginkgo biloba (Ginkgo, *Ginkgoaceae*, Ginkgo Family)
Flavonoids. Improves cerebro-vascular circulation in brain, increases oxygen availability. Helps clarify thinking physically.

Oplopanax horridum (Devil’s Club, *Araliaceae*, Ginseng Family)
Aids with mind/body stresses, helps with lust for sugars and binge eating, specific for adult onset diabetes. Sacred to Western Natives, who used it to control obesity and diabetes, and to increase stamina. Spikes make it difficult to harvest, shamans used to make dwellings out of the boughs because it was believed to ward off evil.

Panax ginseng (Korean Ginseng, *Araliaceae*, Ginseng Family)
Stimulating and warming. Provides lots of energy, not for those with hot flashes or hot conditions. Very strong by itself. Good mixed with Astragalus and Lycium (goji berries).

Panax quinquefolius (North American Ginseng, *Araliaceae*, Ginseng Family) Cool and moist. A milder, cooling ginseng adaptogen

Pfaffia paniculata (Suma, *Amaranthaceae*, Amaranth Family) South American (Brazil). Nutritious, trophorestorative, aphrodisiac for the exhausted and undernourished.

Polygonum multiflora (Chinese Knotweed, He Shou Wu, *Polygonaceae*, Buckwheat Family), Chinese powerful ‘trophorestorative’. Long term high usage causes liver damage. It is processed before sold.

Ptychopetalum olacoides (Muir Puama, ‘Potency wood’, *Olacaceae*) Aphrodisiac. Restores vigor, replenishes kidney chi.

Rhodiola rosea (Stoncrop, *Crassulaceae*, Stoncrop Family) Can grow in the snow, native to arctic and mountainous regions. Exceptionally astringent, increases stamina, improves blood sugar. Can be stimulating mentally and physically in large doses.

Rosmarinus officinalis (Rosemary, *Lamiaceae*, Mint Family) Drying, improves cerebrovascular circulation

<i>Turnera diffusa</i> , (Damiana, <i>Passifloraceae</i> , Passion Flower Family) Grows in Southwest and Mexico. Aphrodisiac, increases circulation to genitals. Gives a flush of energy and a sense of well-being.
<i>Verbena officinalis</i> (Verbena, Vervain, <i>Verbenaceae</i> , Verbena Family) Restorative by allowing us to rest (one of the best medicines), for nighttime cough.
<i>Withania somnifera</i> (Ashwagandha, <i>Solanaceae</i> , Nightshade Family) Can aid sleep. Can be cooked in milk with nutmeg. Good adaptogen, often used as a simple (by itself).
DEEP IMMUNE ACTIVATION
THREE GINSENGS TONIC
ANALGESICS / ANODYNES: inhibits pain transmission and perception
<i>Anemone pulsatilla</i> (Pasque Flower, <i>Ranunculaceae</i> , Buttercup Family) Toxic when used fresh. Use smaller doses. Specifically for ovarian/pelvic cavity pain
<i>Atropa belladonna</i> (Deadly Nightshade, <i>Solanaceae</i> , Nightshade Family), 1:10, strong action, contains Tropane alkaloid ‘Atropine’, tropane alkaloids are ACh(acetylcholine) antagonists. Relaxes smooth muscle, helpful for kidney and gallbladder stones, digestive pains and high blood pressure. Reserved for pain of the highest order. Requires proper dosing technique. More commonly used for explosive diarrhea or vomiting - relaxes smooth muscle responsible for these actions.
<i>Corydalis ambigua</i> (Corydalis, <i>Papaveraceae</i> , Poppy Family) Use above ground parts. Grows wild in Ontario (known as Dutchman’s Breeches) For serious pain related to blood stagnation leading to tumours. bone and tumour pain.
<i>Datura stramonium</i> (Jimsonweed, <i>Solanaceae</i> , Nightshade Family) Very similar to Belladonna in chemical makeup (whereby Belladonna focuses on digestive tract, Datura focuses on respiratory tract). Strong action - dilates bronchi. Cold to nerves, oil is an excellent topical anesthetic (blocks nerve transmission locally). Tropane alkaloids, hyoscyamine, atropine, etc., ACh antagonist.
<i>Eschscholzia californica</i> (California Poppy, <i>Papaveraceae</i> , Poppy Family) Sedative, prolongs sleep, milder than poppy plant. Can be given to children, has a variety of Isoquinoline alkaloids including small amounts morphine and codeine.
<i>Gelsemium sempervirens</i> (Yellow Jasmine, <i>Gelsemiaceae</i> , Jasmine Family) Blocks pain transmission in spinal cord, very anti-inflammatory. Pain of meningitis, encephalitis - cerebral inflammation, trigeminal neuralgia. Very powerful - careful use is important. Used in Spanish Influenza.
<i>Lactuca virosa</i> (Wild Lettuce, <i>Asteraceae</i> , Composite or Aster Family) Latex has morphine-like constituents. Leaf used as a tea after drying upside down to concentrate latex in leaves. Cuts down pain, good for respiratory pain, can be effective for systemic/body pain.
<i>Piper methysticum</i> (Kava Kava, <i>Piperaceae</i> , Piper Family) Can anesthetize locally. Mouth, throat, stomach, intestine, urethra (when you drink it). Plant is 5-10% resin, contains lactones or ‘pyrones’. Best anxiolytic with no side effects when used as a whole plant.
<i>Piscidia erythrina</i> (Jamaican Dogwood, <i>Fabaceae</i> , Pea Family) More sedative/hypnotic “Pisc” means fish, was used in fishing as a poison to arrest the respiratory system of a fish. Compound that poisons fish are broken down in stomach and don’t affect humans. Other compounds pass through stomach and will anesthetize and sedate. Quite powerful and sedating. C/I: in PPI use
<i>Salix alba</i> (White Willow, <i>Salicaceae</i> , Willow Family) High tannin and salicylate content. Anti-inflammatory, similar to aspirin (or ‘acetylsalicylic acid’). After time the tannins can cause irritation in stomach. Careful with dosage and consider switching to another herb after a couple weeks.
<i>Stachys officinalis</i> (Wood Betony, <i>Lamiaceae</i> , Mint Family) Specific for migraines, regular headaches and brain fog. Will not touch other types of pain.

<i>Valeriana officinalis</i> (Valerian, <i>Caprifoliaceae</i> , Honeysuckle Family). Hot nervine, for cool conditions. Will only aggravate busy-minded or explosive personalities, Very popular sedative and hypnotic. Good for reducing muscles spasms and reducing pain, analgesic. Great for pain associated with athletics.
ANXIOLYTICS: relieves anxiety. Symptoms are subjective to the patient. This directs our choice of herbs.
<i>Eschscholzia californica</i> (California Poppy, <i>Papaveraceae</i> , Poppy Family) Anxiety with mild tension & excess thinking
<i>Lavendula officinalis</i> (Lavender, <i>Lamiaceae</i> , Mint Family) Anxiety with restlessness, can't sleep.
<i>Leonurus cardiaca</i> (Motherwort, <i>Lamiaceae</i> , Mint Family) Anxiety with heart palpitations.
<i>Matricaria recutita</i> (Chamomile, <i>Asteraceae</i> , Composite or Aster Family) Anxiety with indigestion.
<i>Melissa officinalis</i> (Lemon Balm, <i>Lamiaceae</i> , Mint Family) Anxiety with heart palpitations, over excitement, excessive thyroid activity.
<i>Passiflora incarnata</i> (Passion Flower, <i>Passifloraceae</i>) Anxiety with sleeplessness & mild pain.
<i>Piper methysticum</i> (Kava Kava, <i>Piperaceae</i>) All anxiety. Great for social anxiety.
<i>Scutellaria lateriflora</i> (Skullcap, <i>Lamiaceae</i> , Mint Family) Anxiety with PMS.
<i>Valeriana officinalis</i> (Valerian, <i>Caprifoliaceae</i> , Honeysuckle Family) Anxiety with pain, spasms, sleeplessness.
<i>Verbena officinalis</i> (Verbena, Vervain, <i>Verbenaceae</i> , Verbena Family) Anxiety with restlessness, poor breathing, coughs and colds.
<i>Withania somnifera</i> (Ashwagandha, <i>Solanaceae</i> , Nightshade Family) Anxiety with exhaustion. Burnout from stress.
ANTIDEPRESSANT (THYMOLEPTIC):
<i>Albizia julibrissin</i> (Mimosa Tree/Silk Tree, <i>Fabaceae</i> , Pea Family) Allows 'happiness' to raise from the heart (energetic), shen tonic, improves kidney function. Opens meridians that allow heart to function.
<i>Avena sativa</i> (Milky Oats, <i>Poaceae</i> , Grass Family) Nourishes nervous system. When patient is worn down from being in state of high alert, negative self-talk.
<i>Centella asiatica</i> (Gotu Kola, <i>Apiaceae</i>) CNS trophorestorative, constituents help repair tissues, imparts a sense of calm or clarity, used for meditation (mixed with Bacopa).
<i>Cola vera</i> (Cola, <i>Malvaceae</i> , Mallow Family) Xanthines (alkaloids are for acute care), CNS & Mental/cardiac stimulant, for bradycardia. Short term use helps an individual to focus. Contains caffeine.
<i>Hypericum perforatum</i> (St. John's Wort, <i>Hypericaceae</i> , St. John's Wort Family) Alleviates depression associated with liver yin deficiency & liver heat. Acts similarly to an SSRI.
<i>Ilex paraguariensis</i> (Yerba Mate, <i>Aquifoliaceae</i> , Holly Family) increases mental energy and focus, improves mood.
<i>Melissa officinalis</i> (Lemon Balm, <i>Lamiaceae</i> , Mint Family) Uplifting, mild relaxant, pleasantly lemony, cooling to thyroid. Great herb for drinking as a tea.
<i>Ocimum sanctum</i> (Holy Basil, <i>Lamiaceae</i> , Mint Family) Spiritual adaptogen, placed before altars.
<i>Oplopanax horridum</i> (Devil's Club, <i>Araliaceae</i> , Ginseng Family) Adaptogen and regulates blood sugar.

<i>Panax ginseng</i> (Korean Ginseng, <i>Araliaceae</i> , Ginseng Family) Adaptogen, trophorestorative. Can be overstimulating.
<i>Panax quinquefolius</i> (North American Ginseng, <i>Araliaceae</i> , Ginseng Family) Adaptogen, trophorestorative.
<i>Paullinia cupana</i> (Guarana, <i>Sapindaceae</i> , Soapberry Family) Xanthines, cardiac stimulants. Stronger than coffee. Used in energy drinks (Monster/Redbull).
<i>Rosa canina</i> (Dog-rose, <i>Rosaceae</i> , Rose Family) Makes heart happy. The scent works through the limbic system (neuroendocrinology). Trophorestorative nutrients, soothing anti-inflammatory.
<i>Rosmarinus officinalis</i> (Rosemary, <i>Lamiaceae</i> , Mint Family) Oils promote cerebrovascular circulation.
<i>Turnera diffusa</i> (Damiana, <i>Passifloraceae</i> , Passion Flower Family) Rejuvenating, relaxing, aphrodisiac (hormones), increases oxygen supply to tissues.
ANTISPASMODIC:
<i>Cimicifuga racemosa</i> (Black Cohosh, <i>Ranunculaceae</i> , Buttercup Family) Backaches, induces labour, exceptional for uterine spasm.
<i>Lobelia inflata</i> (Pukeweed, <i>Campanulaceae</i> , Harebell Family) Lobeline is a nicotinic receptor antagonist, has a similar effect to nicotine but is milder, can help to deal with nicotine addiction, balances the influence of the parasympathetic and sympathetic nervous systems, constituents are readily soluble in non-polar solvents ex. alcohol, turpentine(topically). Will relax muscles internally and externally.
<i>Piper methysticum</i> (Kava Kava, <i>Piperaceae</i> , Piper Family) Anesthetic, numbs nerves in GI & GU tracts
<i>Scutellaria lateriflora</i> (Skullcap, <i>Lamiaceae</i> , Mint Family) Strengthens, supports and quiets nervous system.
<i>Valeriana officinalis</i> (Valerian, <i>Caprifoliaceae</i> , Honeysuckle Family) Active in GABA receptors, improves sleep quality, sedative, hypnotic.
<i>Viburnum opulus</i> (Cramp Bark, <i>Adoxaceae</i> , Adoxa Family) Relaxes striated muscle and especially uterine muscles, partial anodyne for physical labor, low back pain. Contains salicylates.
<i>Viburnum prunifolium</i> (Black Haw, <i>Caprifoliaceae</i> , Honeysuckle Family) Uterine muscle relaxant and tonic. Not useful for skeletal muscle as opulus is.
<i>Withania somnifera</i> (Ashwagandha, <i>Solanaceae</i> , Nightshade Family) Mild general relaxant.
COGNITIVE ENHANCERS: Help the brain/mind activities.
<i>Acorus calamus</i> (Sweet Flag, <i>Acoraceae</i> , Sweet Flag Family) CNS stimulant, large doses may induce hallucinations.
<i>Artemesia absinthium</i> (Absinth, <i>Asteraceae</i> , Composite or Aster Family) Excitotoxin (increases the activity of a neurotransmitter). Stimulates perception of colour. This is why Absinthe was favoured by artists.
<i>Bacopa monniera</i> (Brahmi/Water hyssop, <i>Plantaginaceae</i> , Plantain Family) Increases cerebrovascular circulation, antioxidant & neuro harmonizer.
<i>Centella asiatica</i> (Gotu Kola, <i>Araliaceae</i> , Ginseng Family) Improves circulation, neuro-harmonizer. Anti-inflammatory to spinal cord as topical.
<i>Ginkgo biloba</i> (Ginkgo, <i>Ginkgoaceae</i> , Ginkgo Family) Flavonoids, improves capillary integrity & cerebrovascular circulation
<i>Panax quinquefolius</i> (North American Ginseng, <i>Araliaceae</i>) Improves memory retention and retrieval. Stimulates HPA axis.

<i>Rosmarinus officinalis</i> (Rosemary, <i>Lamiaceae</i> , Mint Family) Cerebrovascular dilator
<i>Withania somnifera</i> (Ashwagandha, <i>Solanaceae</i>) As an adaptogen, improves cognitive function by regulating blood sugar, reducing insulin resistance and associated brain fog.
Medium Chain Triglycerides (MCT) assists in achieving ketogenic state
RELAXANTS: Can also be anxiolytic and sedative or anti-spasmodic, etc.
<i>Aster nova-angliae</i> (Purple Aster, <i>Asteraceae</i> , Composite or Aster Family) For stress of caregivers. Sedative. Good for smudging/smoking - resins.
<i>Avena sativa</i> (Milky Oats, <i>Poaceae</i> , Grass Family) Trophorestorative, nutritive. Balance minerals which can relax (magnesium).
<i>Cimicifuga racemosa</i> (Black Cohosh, <i>Ranunculaceae</i> , Buttercup Family) Relaxing to circulation (smooth/striated muscle).
<i>Eschscholzia californica</i> (California Poppy, <i>Papaveraceae</i> , Poppy Family) Anxiolytic and sedative
<i>Humulus lupulus</i> (Hops, <i>Cannabaceae</i> , Cannabis Family) Relaxing to digestive tract, whole nervous system. Strong sedative - hypnotic. Long term use can cause depression.
<i>Hyssopus officinalis</i> (Hyssop, <i>Lamiaceae</i> , Mint Family) Mild nervine relaxant.
<i>Lactuca virosa</i> (Wild Lettuce, <i>Asteraceae</i> , Composite or Aster Family) Antispasmodic(respiratory), anodyne, sedative. Relaxes respiratory tract.
<i>Lavendula officinalis</i> (Lavender, <i>Lamiaceae</i> , Mint Family) Anxiolytic and sedative, put it in pillow.
<i>Leonurus cardiaca</i> (Motherwort, <i>Lamiaceae</i> , Mint Family) Anxiolytic and sedative, with people who have heart palpitations.
<i>Lobelia inflata</i> (Lobelia, <i>Campanulaceae</i> , Harebell Family) Anxiolytic and sedative, lungs/stress.
<i>Melissa officinalis</i> (Lemon Balm, <i>Lamiaceae</i> , Mint Family) Anxiolytic and sedative, hyperactive people
<i>Matricaria recutita</i> (Chamomile, <i>Asteraceae</i> , Composite or Aster Family) Tension in the gut. Anxiety with indigestion.
<i>Nepeta cataria</i> (Catnip, <i>Lamiaceae</i> , Mint Family) Ideal for infants or elderly sedative.
<i>Paeonia lactiflora</i> (Peony, <i>Paeoniaceae</i> , Peony Family) Equalizes circulation in pelvic region. Relaxes gut, uterus.
<i>Passiflora incarnata</i> (Passion Flower, <i>Passifloraceae</i>) Calms nervous system, anxiolytic and sedative.
<i>Piper methysticum</i> (Kava Kava, <i>Piperaceae</i>) Digestive anesthetic, traditionally a social lubricant anxiolytic and sedative.
<i>Scutellaria lateriflora</i> (Skullcap, <i>Lamiaceae</i> , Mint Family) Nervousness, irritability.
<i>Stachys off.</i> (Wood Betony, <i>Lamiaceae</i> , Mint Family) Relaxes by relieving mind and brain fog and headache pain
<i>Tilia europaea</i> (Linden Tree, <i>Malvaceae</i> , Mallow Family) Circulation and heart/lung relaxation
<i>Valeriana officinalis</i> (Valerian, <i>Caprifoliaceae</i> , Honeysuckle Family) Strong relaxant in many ways.
<i>Verbena officinalis</i> (Verbena, <i>Verbenaceae</i> , Verbena Family) Relaxes nerves and lungs (coughing).
<i>Viburnum opulus</i> (Cramp Bark, <i>Adoxaceae</i> , Adoxa Family) Antiinflammatory, circulatory, digestive, reproductive systems, low back.
<i>Viscum album</i> (European Mistletoe, <i>Santalaceae</i> , Sandalwood Family) Relaxes by lowering BP, arterial smooth muscle.

<p><i>Withania somnifera</i> (Ashwagandha, <i>Solanaceae</i>, Nightshade Family), “<i>somnifera</i>” means sleep inducing.</p>
<p>SEDATIVE - HYPNOTICS: Relaxes, calms/cool nerves, induces sleep</p>
<p><i>Aster nova-angliae</i> (Purple Aster, <i>Asteraceae</i>, Composite or Aster Family), care-giver’s herb, fussy children , tea or tincture or smudge. Seeds contain a large amount of oil, but it is best made fresh as a tea of tincture.</p>
<p><i>Escholzia californica</i> (California Poppy, <i>Papaveraceae</i>, Poppy Family), combine with <i>Passiflora</i> and <i>Scutellaria</i>, (combination) can help calm people and help them sleep. Sedative and analgesic. For those who have a very active mind - good for those who find Valerian to be stimulating.</p>
<p><i>Humulus lupulus</i> (Hops, <i>Cannabaceae</i>, Cannabis Family) Warm, bitter, strong sedative hypnotic. Use after other herbs have been tried and found to be ineffective. Long term use may cause depression. Only for stubborn cases. Resistance to sleep has to be overcome and then proper sleep hygiene can be taught.</p>
<p><i>Lactuca virosa</i> (Wild Lettuce, <i>Asteraceae</i>, Aster or Composite Family), sleep inducing anodyne. For minor aches and pains, respiratory pains.</p>
<p><i>Matricaria recutita</i> (Chamomile, <i>Asteraceae</i>, Composite or Aster Family), mild relaxing, sleepy time tea, helps an individual get into a ‘comfortable position’. Anti-inflammatory digestive, which helps improve comfort.</p>
<p><i>Nepeta cataria</i> (Catnip, <i>Lamiaceae</i>, Mint Family) Mild relaxant good for elderly and babies. Helps a person ‘get comfortable’ to sleep</p>
<p><i>Passiflora incarnata</i> (Passion Flower, <i>Passifloraceae</i>) Mild, for hyper-mental people, combine with Eschscholzia or Valerian and Scutellaria. If you’re cold - Valerian, if you’re hot - Eschscholzia</p>
<p><i>Piper methysticum</i> (Kava Kava, <i>Piperaceae</i>) Take before bed to quiet the worrying mind, and to ease anxiety that comes with insomnia. Doesn’t induce sleep as much as it is relaxing by removing anxiety.</p>
<p><i>Piscidia erythrina</i> (Jamaican Dogwood, <i>Fabaceae</i>, Pea Family) Powerful effector, acts quickly for pain and sleep. Not for use with people on Proton-Pump Inhibitors.</p>
<p><i>Valeriana officinalis</i> (Valerian, <i>Caprifoliaceae</i>, Honeysuckle Family) Only nervine which is hot. Not for those who are ‘hot-headed’ Great for spasm, pain and sleep with a cool temperament.</p>
<p><i>Withania somnifera</i> (Ashwagandha, <i>Solanaceae</i>, Nightshade Family) Mild. Traditionally drunk in warm milk. Relaxing, soothing ‘<i>somnifera</i>’ = sleep inducing.</p>
<p>STIMULANTS: good for short term use. Easy to abuse or become addictive</p>
<p><i>Capsicum annuum</i> (Cayenne Pepper, <i>Solanaceae</i>, Nightshade Family) Circulatory stimulant. Wakes you up with burning sensation, as well as movement of blood to periphery and resulting sweat. Not so much a CNS stimulant.</p>
<p><i>Centella asiatica</i> (Gotu Kola, <i>Apiaceae</i>) Improves quality of neurotransmission in the brain. A harmonizer of mental activity.</p>
<p><i>Cola vera</i> (Cola, <i>Malvaceae</i>, Mallow Family) Contains xanthines - caffeine. CNS stimulant, alkaloids only provide short term stimulation. Will stimulate adrenal glands but will not nourish them. Burnout is possible as a result.</p>
<p><i>Corynanthe yohimbe</i> (Yohimbe, <i>Rubiaceae</i>, Madder Family) Contains xanthines. Allows for increased blood flow to genitals in both male and female. Causes arterial dilation - was the original treatment for erectile difficulties. Very stimulating. Can become exhausted through nervous system over-stimulation and excessive sexual activity. Can cause stomach upset. <i>COFFEE</i> is also from the <i>Rubiaceae</i> family.</p>
<p><i>Ephedra sinica</i> (Ma Huang, Mormon Tea, <i>Ephedraceae</i>, Ephedra Family) Ephedrine is very similar to epinephrine -</p>

broncho/vasodilatory, will drain adrenals with long term use. Number one herbal treatment for anaphylaxis. 5-10m of tincture is similar to an epi-pen. In cases where swallowing is not possible, can administer rectally or vaginally. Will delay or slow down anaphylaxis reaction by 15 min.. Black coffee or black tea can help too.
<i>Illex paraguayensis</i> (Yerba Mate, <i>Aquifoliaceae</i> , Holly Family) Contains xanthines Mental stimulant, makes people talkative. High caffeine content - can cause headaches.
<i>Paullinia cupana</i> (Guarana, <i>Sapindaceae</i> , Soapberry Family) Contains xanthines, stronger than coffee. Allays hunger.
<i>Rosmarinus officinalis</i> (Rosemary, <i>Lamiaceae</i> , Mint Family) Stimulates through cerebral vascular dilation - increased blood to the brain.
TONICS: Trophorestoratives. Feed the nerves.
<i>Avena sativa</i> (Milky Oats, <i>Poaceae</i> , Grass Family) Nutritive. Contains minerals which nourish the nervous system.
<i>Bacopa monniera</i> (Brahmi, Water hyssop, <i>Plantaginaceae</i> , Plantain Family) Long history of use in India as harmonizer of nervous system.
<i>Borago officinalis</i> (Borage, <i>Boraginaceae</i> , Borage Family) Adrenal tonic. Properly functioning adrenals means we don't have to tax our nervous system with stimulants.
<i>Centella asiatica</i> (Gotu Kola, <i>Araliaceae</i> , Ginseng Family) Adrenal tonic, CNS harmonizer. Centella and Bacopa often given together in Ayurveda.
<i>Equisetum arvense</i> (Horsetail, <i>Equisetaceae</i> , Horsetail Family) Nerve food. High in minerals, particularly silica.
<i>Hericium erinaceus</i> nerve tissue regeneration
<i>Hypericum perforatum</i> (St. John's Wort, <i>Hypericaceae</i> , St. John's Wort Family) Soothes nerves, anti-inflammatory, fat soluble constituents modulate/improve the myelin sheathing around nerve fibers/cells (use Hypericum oil). Helps nerve cells regulate their own cell wall. Calming, relieves anxiety.
<i>Polygonum multiflora</i> (Chinese Knotweed, He Shou Wu, <i>Polygonaceae</i> , Buckwheat Family), anti-inflammatory
<i>Scutellaria lateriflora</i> (Skullcap, <i>Lamiaceae</i> , Mint Family),
<i>Turnera diffusa</i> (Damiana, <i>Passifloraceae</i>),
<i>Verbena officinalis</i> (Verbena, <i>Verbenaceae</i> , Verbena Family),