

Stress Relief

A Calming Tonic

This formula helps to provide calm and relaxation to conditions of anxiety, insomnia, nervousness, irritability, and mild depression. It contains various adaptogens, herbal tonics that trigger the body's natural survival mechanism to return to balance in situations of adrenal stress and exhaustion.

Ingredients:

Passion flower: Known as the “calming herb,” passion flower comes in many varieties and has a complex chemistry that works well on the nervous system. Its action modulates the nervous system between hyperactivity and low energy, so in the latter regard is considered an anti-depressant. It improves general issues of anxiety and nervousness, and is also good for sleeplessness/insomnia, menstrual cramps and other everyday minor pains. It has an anti-spasmodic effect on muscles within the body, which includes the digestive system, so it therefore promotes digestion.

Schizandra*: An adaptogen that is well-known in Chinese medicine. Its mildly sedative action echoes Chinese folklore that says schizandra can “calm the heart and quiet the spirit”. Its adaptogenic properties work on the central nervous system, improving brain efficiency, reflexes, and endurance. High lignans in the schizandra berry have a protective effect on the liver and help modulate the immune system, so are called immunomodulating. They also help moisturize excessive dryness.

Lemon Balm: It is also a traditional calming herb, often used for treating nervous disturbances of sleep. It helps relieve anxiety, mild depression, restlessness, and irritability; it improves mood and mental performance. It is anti-viral, with high antioxidant activity, and is also useful for treating chronic gastrointestinal disorders.

American Ginseng: It is well-known worldwide as a general adaptogenic tonic most revered for its ability to return homeostasis to the body. American ginseng contains ginsenosides, which are thought to fight fatigue and stress by supporting the adrenal glands. Commonly used for headaches, it also balances blood sugar, is anti-inflammatory, immunomodulating, helps circulation, and curbs nervousness.

Gotu Kola: A member of the parsley family, gotu kola is a versatile brain and nerve tonic that helps with nervous conditions, including sleeplessness, depression, and memory difficulty. It can strengthen memory, has good adaptogenic properties, and is helpful for circulation.

Chamomile: This worldwide popular tea contains tryptophan, so is used as a sleep aid. Its gentle action soothes upset stomach and is helpful with pain, menstrual difficulties, anxiety, stress, and insomnia.

Goji syrup*: A soothing, nutritive, fortifying, and pleasant tasting addition to the formula. Goji berries have enormous nutrient potential, containing all the traditional Chinese five tastes. Goji's antioxidant carotenoids nourishes the kidneys and eyes. It has immunomodulating and harmonizing qualities.

Mineral co-factors: They electrically charge and carry the activity of the formula—approximately 80 minerals are made available as co-factors for biochemical delivery.

Tulsi (Holy basil) oil: Tulsi is a sacred herb of India having anti-inflammatory properties. Here its oil harmonizes the formula, helping to promote a clear, calm state of mind.

*See our profile *Three Sacred Asian Berries*