



## Relax with Herbs

After a hard days work, or stressful event in life you can come apart from the world and relax with herbs.

There are a variety of herbs that help to relax the body, by lowering the functional activity of an organ or part of the body, resulting in calming, moderately relaxing or tranquilizing.

Most of us suffer from stress in one form or another. When we are under stress the sympathetic nervous system prepares the body for fight or flight. All the nerve energies are diverted toward the heart and skeletal muscles and away from digestion, urinary functions and normal endocrine gland secretions.

The whole body is sped up when under stress. When sitting behind a desk and experiencing fear, worry, apprehension and other emotional traumas, and having no outlet the body reacts. Adrenaline is secreted, the body goes into action, the nerves tense, blood goes to the muscles, blood pressure rises, heart action is increased, levels of fat and cholesterol are increased, digestive activity is shut down and acid secretions increase in the stomach.

Stress can produce a wide range of symptoms such as, respiratory difficulty, circulatory problems, ulcers, tense back and muscles, cramps, and high blood pressure to name a few.



Relax yourself on a sofa and enjoy a calming herbal tea or "Natural Calm" before you retire for the night.

Some relaxing herbs are as follows:

Antispasmodic herbs relax and relieve the body of tensions and spasms. A few examples of these would be:

**Lobelia** (*Lobelia inflata*) - this herb relaxes both the nerves and muscle structures.

**Vervain** (*Verbena officinalis*) - this herb relaxes the kidneys.

**Coltsfoot** (*Tussilago farfara*) this herb relaxes the lungs.

**Dandelion Root** (*Tarazacum officinale*) this herb relaxes the liver.

Nervines are herbs that are tonic and healing to the nerves. They help to feed, regulate, strengthen and rehabilitate the nerve cells.

Some of these herbs are as follows:

**Scullcap** (*Scutellaria lateriflora*) - this herb relaxes the nerves and stomach.

**Hops** (*Humulus lupulus*) - this herb has a relaxing influence upon the liver and gall bladder and is an effective aid for sleep.

**Black Cohosh** (*Viburnum prunifolium*) - this herb relaxes the uterus, nerves, muscles, lungs and heart.

