



We humans need a certain amount of stimulation to get us out of bed in the morning. Motivating stimulus is fine but, as with most things, there is a point beyond which something healthy and positive becomes negative. Too much unrelenting stimulus, and things tend to deteriorate into stress. Long term stress causes many symptoms of ill health.

Symptoms

High blood pressure, headaches, neck aches, muscle tension and pain, cramps, dizziness, asthma, digestive symptoms such as diarrhoea, bloating, nausea, IBS, lack of appetite, over-eating, ulcers, cravings, crying easily, tiredness, sexual problems, poor immune function, emotional instability, low mood or depression.

Helpful Herbs

Nature provides many herbs to relax and revitalise the nervous system. They benefit from having no addictive qualities or unwanted side effects, working gently with your body to restore balance. They continue to work no matter how long you use them. Taking these herbs in a liquid form really increases their effect when you are stressed, as they go straight into your system without your digestion doing any work.

Avena sativa (oats)

Oats, full of vitamin B and calming constituents, gently reduce physical and emotional pressure, while nourishing the nervous system. Avena sativa's effects build up gradually and it can be taken long term. It is ideal for situations such as exams, where the stress is on-going. It also works with hyperactive or over-stressed children.

Passiflora Complex

Passiflora combined with Avena sativa is slightly stronger in its effect, relaxing muscle tension and relieving anxiety.

It has a calming effect if you constantly feel nervy and wound-up. It also helps to improve sleep quality and can be taken short or long term, alongside other medication.

If you are taking tranquillisers, sedatives or antidepressants, it isn't sensible to take herbs that have similar effects as well. If you feel your medication isn't working, go back to your doctor to discuss changing or coming off it, and try herbal remedies instead.



Valerian

For faster, more targeted action, use Valerian. It reduces muscle spasm and has an impressively sedating effect on mind and body. Perfect for short term stress requiring a fast acting remedy with no side effects. Don't take Valerian alongside other sedative medication.

Hypericum

Hypericum has a positive effect on mild depression and low mood. Combined with Hops and Lemon Balm it also tackles the underlying anxiety that can trigger depression.

Nervous anxiety and tension, linked to mild depression, will improve within one to three weeks with Hypericum Complex. This is a great remedy if you are struggling with a multitude of menopausal symptoms or suffering from SAD syndrome.

Hypericum is not suitable to be taken with other medication.

Ginsavena

This mixture of Avena sativa and Siberian Ginseng lifts energy levels whilst soothing frazzled nerves, easily dealing with fatigue whilst calming at the same time.

Increase its effectiveness by avoiding caffeine and drinking plenty of water.

Do not take Ginsavena for longer than three months, and avoid it if you are on hormonal or heart medication, or are diabetic, epileptic or schizophrenic.

Flower Essences

Several Flower Essences can help with stress. They work by balancing the emotions and take effect almost immediately with no contraindications or side effects. They are ideal for children. Choose from:

- Relaxation Essence for those stressed and anxious
- Mood Essence for those depressed and low
- Vitality Essence for those fatigued and unmotivated.

These remedies can be taken alongside herbal remedies.