



# Herbs for Wild Times

Navigating stress with adaptogens and nervine botanicals

**Our nervous systems are overstimulated, over worked and over taxed. The first line of defense is the basics. Good sleep, exercise, nourishing diet, reducing exposure to your stressors and finding ways to de-compress. However, these aren't always easy answers.**

**Calcium and magnesium are vital for your nervous system. Many herbs can help build and feed your nervous system with these 2 crucial minerals.**

## Nourishing and Nutrient Rich Herbs

Stinging Nettle (Urtica dioica) - Yes! That stinging nettle. This and wood (wild) nettle is filled with calcium, magnesium and iron. The antioxidant content may also help defend your cells from free radicals. Its anti-inflammatory actions can also relax an overtaxed body.

Basil (Ocimum basilicum) - Eat your pesto! Basil contains huge amounts of magnesium. This mineral plays an important role in DNA repair and replication and many other metabolic processes. There is 556 mg of magnesium per 200 calorie serving.

Thyme (Thymus vulgaris) - Magnesium content is high here as well, but must be used fresh. This bright and potent herb adds an unexpected woody undertone in tea blends.

Oat straw/Milky Oat Tops (Avena sativa) - The 'rest' of the oat plant is one of my trust allies for calcium and magnesium. Feeding the nervous system, supporting bone health and reducing inflammation. An easy add to tea blends for mild, grassy notes.

## Adaptogenic Herbs

Adaptogenic herbs are broad-spectrum herbs which, over time, support our ability to adapt to stress.

Ashwagandha (Withania somnifera)\* - This herb has a long history in Ayurvedic medicine. Helping to control our stress mediators, this may help decrease cortisol and inflammation. One of my favorites due to its relatively safe history. **\*Not safe for use in pregnancy\***

Rhodiola (Rhodiola rosea) - Great for 'burnout', especially if sleep is involved. In my experience, it supports our circadian rhythm to help us modulate our wake/sleep cycle. This may decrease fatigue over time as your body rests better.

Holy Basil (Tulsi) - Delicious as a tea and a wonderful herb to decrease cortisol release. Tulsi has a history of decreasing anxiety while also increasing cognitive function. Mental clarity and calm can help us acclimate to stress more readily.



**Our nervous system works well if well nourished. However, other herbs can support us by slowly helping us become more flexible to the stressors we encounter. These herbs are best brought in daily to 'recalibrate' our stress response.**

**Other herbs work quickly. As 'on demand' supports when needed in a high stress or emotional situation.**

## Nervine Herbs

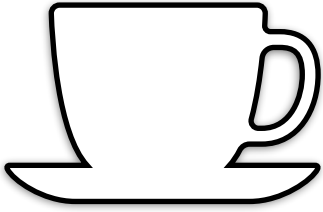
Nervine herbs support (often quickly) the nervous system. Calming, soothing and mellowing your stress response.

Chamomile (Matricaria recutita) - This herb, often associated with sleep, is a brilliant calming herb. Delicious and safe for all ages, chamomile can relax both mind and body.

Motherwort (Leonurus cardiaca)\* - Fast acting in tincture form, a few drops under the tongue brings 'high' energy - 'down' and mellows a racing heart. Good for those who feel their stress in their heart/chest. **\*Not safe for use in pregnancy\***

Lemon Balm (Melissa) - Bright, lemony and fantastic addition to tea blends. Lemon balm is well suited for those who feel their stress in their gut/digestive system, as it relaxes and soothes gut health.

Lavender (Lavendula angustifolia) - Long used for decreasing stress and anxiety, simply the smell can be calming. As a tea, it brings its relaxing and stillness properties with a slightly bitter floral note. Excellent in blends.



# Recipes for Wild Times

## Tea Blends

These recipes are provided so they are flexible. Make a little or make a lot. Each 'part' can be a teaspoon, a Tablespoon or a cup! It is most often easier to find herbs that are dried, but these can be done fresh as well. Simply blend and brew 1 tsp of your blend in 8 oz of hot water. Cover and steep up to 5 minutes, unless otherwise listed. Sweeten as desired and enjoy!

Mineral Rich "Green" Tea: 3 parts stinging nettle, 2 parts oat straw, 2 parts alfalfa, 1 part thyme, 1 part orange peel

Lemon Bomb (Balm!): 3 parts lemon balm, 3 parts lemon verbena, 2 parts lemon peel, 1 part stevia, 1 part lavender, 1 part oat straw

I am Mellow: 3 parts holy basil, 2 parts damiana, 1 part rosemary, 1 part lavender

Rays of the Sun: 3 parts oat straw, 2 parts lavender, 2 parts chamomile, 1 part chamomile, 1 part lemon peel

Earth and Sky: 2 parts holy basil, 2 parts ashwagandha root, 2 parts lemon balm, 1 part, 1 part lemon peel