

Herbs for Mental Stress Reduction

CTH

Situational anxiety, calming, relaxes gut, may reduce blood pressure, and sleep aid

Rehmannia

Nervous energy, calming, may reduce blood pressure, sleep aid and helps regulate blood sugar

Polygia

Calming, reduces worry, stabilizes mood w/ less anger, tension headache and muscle pain.

Holy Basil, Ashwaganda

Mental fatigue, forgetfulness, poor circulation, sluggish metabolism and frequent illness.

Licorice

Muscle pain, salt cravings, dizzy when standing up and digestive disturbances

Ginseng

Wakes up tired, possibly depressed, pale and puffy, loss of libido