

HERB STOP

JULY HIGHLIGHTS



Roll Out Those Lazy, Hazy, Crazy Days Of Summer

As the song by Nat King Cole suggests, give yourself some time this summer to be lazy. Merriam-Webster dictionary defines “lazy” as “disinclined to activity or exertion” and “not energetic or vigorous”. But, balancing inactivity with exercises is necessary to strengthen the body, to keep the heart and cardiovascular system in tune, to reduce emotional and nervous tension, as well as relieving chronic tiredness and lack of energy. If you experience the “summer blues”, the following herbs may help you get energized:

Energy Herbs

Eleuthero is excellent for replenishing energy and body fluids, as well as in strengthening the heart. It builds stamina, enhances immunity, benefits the musculoskeletal system, and is an adaptogen. Russian athletic coaches prescribed Eleuthero for their Olympic contenders to combat stress, increase endurance and mental focus.

Ginkgo is one of the oldest plants on the planet. It is now one of the most well researched herbs in the world, recognized in stimulating cerebral circulation and oxygenation of cells, therefore increasing mental energy, mental focus and clarity.

Ginseng is commonly used for low vitality and lack of endurance. It is the most celebrated and treasured of all Chinese herbs, known for its ability to boost energy and stamina. Its potent adaptogenic qualities help replenish the body after extreme stress or weakness.

Licorice strengthens endocrine function, especially the adrenals, and ovaries, making it useful for chronic fatigue and menopausal symptoms. Stimulates and improves adrenal function without depleting them.

Caution: Do not use in the case of heart conditions, causes water retention and elevates blood pressure!

Suma increases energy, strengthens the immune system, fortifies hormones (especially estrogen), reduces tumors and cancers and regulates blood sugar, according to researchers in Brazil, where Suma comes from. Here in the United States, it has shown great results in overcoming chronic disorders believed to result from a lowered immune system, such as Chronic Fatigue Syndrome and Epstein-Barr virus.

Adrenal Support blends together seven rejuvenating herbs known to help with low physical and mental energy, due to weakened adrenals.

Octane Power© is an herbal formula known to increase energy without steroidal effect. This blend contains American Ginseng to increase physical and mental energy, high protein whey powder to fuel the body, red clover to oxygenate the system and cayenne as a circulatory stimulant. Athletes, and non-athletes, have enjoyed the boosting effect of Octane Power©.

A Word Of Caution!

Ma Huang or Ephedra

Please do not take Ma Huang or Ephedra to boost energy. In recent years the use of herbal stimulants, such as Ephedra or Ma Huang, has sparked controversy due to an overuse by people who have failed to address the real cause of their fatigue and exhaustion.

Tired and Exhausted?

Aromatherapy and the right essential oils can help relieve physical and mental exhaustion. For a quick pick-me-up place a few drops of **Lemon** or **Rosemary** into your aromatherapy diffuser and breathe in the refreshing and mood enhancing aromas. On long car trips, I put a few drops of **Basil** essential oil on a cotton ball and place this on the dashboard, to keep me mentally alert.