



HEAVENLY HERBS AND ACUPUNCTURE

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Natural Medicine for Common Health Issues: Digestion, Stress and Trauma

☺ Digestion

- **General** (indigestion, nausea/vomiting, heartburn):
 - **Digestive Enzymes** – combination formulas best since different enzymes aid in digestion of various nutrients in fats, starches, proteins, etc.
 - **Curing Pills** – a TCM-based herbal enzymatic formula, “cures all digestive issues”; herbs in formula aid in digestion of nutrients like digestive enzymes.
 - **Probiotics** – gut flora commonly needs balanced due to SAD (too much sugar consumption; animal products containing antibiotics); or overuse of prescribed antibiotics – all cause Candida overgrowth. Probiotics will also help heal the intestinal lining in ‘leaky-gut’ or intestinal dysbiosis.
 - **Chamomile** – usually found as a pre-packaged tisane, general tonic also for any digestive complaint, but especially effective for digestive issues related to stress since **chamomile** also calms the nervous system; also excellent for gallbladder issues.
 - **Mints (peppermint, spearmint)** – also found mainly in the form of a tisane; make weak for digestive issue, since menthol can be stimulating in higher dosages. Easily grown in gardens to have on hand.
 - **Ginger** – especially good for nausea, even morning sickness. Can be found in tisane form, purchase fresh at grocery store (very easy to make a ginger syrup; can then use for either a hot or cold drink), instant granules or crystallized candy in TCM. Very warming or pungent, so try in weaker concentration initially.
 - **Hawthorn** – helps digest fats and is made into a candy in TCM, **Haw Flakes**, to eat after a meal.

Note: pay attention to how your digestion responds to certain foods, food sensitivities can arise at any time in life. Common food sensitivities or allergies are: milk (and cheese), eggs, soy, peanuts (and other nuts), wheat, shellfish and fish. If you notice a pattern of digestion problems after consuming a certain food, avoidance of that food is the ideal way to heal the gut (and then it can possibly be re-introduced later if not a true, severe allergy).

- **Irritable Bowel Syndrome (IBS):** symptoms of alternating constipation and loose stool; can be severe symptoms of either also.
 - **Probiotics** – benefits gut flora as described above.
 - **Stress-induced IBS:** great famous TCM formula, **Xiao Yao Wan (XYW)**, for pattern of disharmony where emotions affect the digestion. **Chamomile** and **Mints** (peppermint, spearmint) can be effective as well, but typically stronger herbal formulas are required. (In TCM, this is usually a Liver organ based disharmony and requires appropriate formulas.)

☺ Stress

- **Anxiety:**
 - **Bach’s Rescue Remedy** – famous flower essence combination for anxiety. Traditionally in the form of sublingual drops. Also available as a topical crème that can be used for musculoskeletal pain or skin conditions that arise with stress.
 - **XYW** – especially useful for frustration, anger and irritability.

- **Valerian** (pharmaceutical Valium originally derived from), **Chamomile**, **Lavender** (now available in oral, enteric-coated, pill form; excellent in essential oil or aromatherapy form) – especially for mild calming of the nervous system.
- **Depression: St. John’s Wort (Hypericum)**, very useful for mild depression. However, must be careful using with anti-depressant medications (discuss with healthcare practitioner).
 - **PMS**: an excellent formula for regulating the menstrual cycle, including cramping, mood swings/ irritability and fatigue - **XYW**. Most women with minor menstrual issues will respond very favorably on this formula. Usually must be taken daily, over a period of several months, to balance the body.
- **Adrenal Support**: Use adaptogenic herbs to support adrenals, which will help your mind and body respond to stress in a more balanced way. Herbs such as **Tulsi (aka Holy Basil)**, **Eleuthero (aka Siberian Ginseng)**, **Schizandra**, **Gynostemma**, **Rhodiola**, and **Ashwaganda**, amongst many more. One great TCM product is **Spring Dragon Longevity Tea**, which contains many adaptogenic herbs. Medicinal mushrooms such as **Reishi**, **Shiitake** and **Maitake** also are adaptogenic (shiitake and maitake can easily be added to your diet in soups, stir-fries or even smoothies).

☪ **Trauma**

- **Arnica** – homeopathic wonder for trauma and injury and sprains; it is a natural anti-inflammatory and promotes quick healing, helps with pain and bruising both; typically in small sugar pellets taken sublingually. It is also very useful for psychological trauma, especially of a shocking nature. Great also for prevention of sore muscles after a workout, such as overexertion on a hike or in a yoga class, for example.
 - **T-Relief** - #1 best **arnica** formula for trauma and injury, since also contains herbs for nerve pain/calming, immune support, and skin healing. Also used for healing of bone fractures. **T-Relief** available in oral tablets, oral drops, topical crème and gel. (Many companies have replicated this famous formula).
- **Yunnan Baiyao** – famous TCM formula to stop bleeding; can be used both externally (apply to cuts, especially those that won’t stop bleeding, and even deep wounds) and internally (for any kind of internal bleeding, including pathogenic menstrual bleeding). It is also useful for pain due to injury.

Definitions

Adaptogens: herbal or botanical medicinals that help the body to ‘adapt’ to stress; help modulate the ‘fight or flight’ (adrenaline) reaction to stress.

Allopathy: standard system of medicine in Western countries, aka Western Medicine, Biomedicine.

Flower Essences: remedies for emotional healing and mind-body health.

Homeopathy: herbal medicine from Germany; about 200 years old; remedies always taken sublingual (dissolved under the tongue); based on the ‘law of similars’, or ‘like cures like’.

Naturopathy: a medical system that uses natural and nutritional medicine to treat all health conditions, along with standard allopathic medicine.

SAD: Standard American Diet.

TCM: Traditional Chinese Medicine; a complex medical system based on diagnosing organ system disharmonies which uses acupuncture and herbal medicine for treating all health conditions; over 2000 years old.

Tisane – an herbal infusion; commonly called a ‘tea’, but a tea technically contains black or green tea (and caffeine). Keep in mind all tisanes can be consumed cold or with ice, once herbs are infused in hot water.

Tonic: TCM term for herbs or formulas that strengthen an organ system, ‘to tonify’.

Disclaimer: See labels on specific products for dosage instructions, or use as recommended by your healthcare practitioner. See a professional natural medicine and/or allopathic practitioner for any serious or chronic health care issue so an appropriate diagnosis and treatment plan can be prescribed. Types of licensed natural medicine practitioners are Naturopathic Doctors (N.D.), Licensed Acupuncturists (L.Ac.), and Doctors of Chiropractic (D.C.)