

MEDI  HERB[®]

Liquid Blends for *Stress*



Why Use Liquid Herbs?

The art and skill of mixing individualised herbal formulations is what sets naturopaths and herbalists apart from other healthcare professionals. Liquid blending has rich tradition based on wholistic principles to provide clinically-effective results and improve the lives of patients. Receiving an individualised formula fosters the patient's confidence that they are receiving the best possible healthcare.

Matricaria chamomilla

Contents

Considerations when Treating Stress	2
Mild Anxiety.....	3
Low Mood.....	4
Sympathetic Nervous System Dominance Causing Immune Dysregulation and Convalescence	8
Chronic Stress	10
Brain Derived Neurotropic Factor (BDNF).....	11
Chronic Stress/Low Energy.....	12
Stress with Cognitive Impairment.....	13
Insomnia.....	14
Pregnancy*	16
Lactation*	18
Children (3 Years and Older)	20
Children 2 Years of Age and Under.....	20
Other Stress Related Conditions	22

Considerations when Treating Stress

Stress impacts each patient in different ways, with manifestations ranging from low mood, mild anxiety, poor sleep, or in many instances, a combination of these e.g. feeling down because they are anxious.

When supporting a stressed individual, it is important to note how long they've been dealing with stress. Treatment and dosage strategies will vary depending if the condition is in the acute or chronic stage. Dosing considerations could include long term twice daily doses in chronic cases, to herbals taken as needed in acute situations e.g. prescribing a separate formula for day and night.

Furthermore, in chronic cases, herbal tonics may be required for at least 3 months.

Herbal formulas designed to support the range of presentations associated with stress are listed on the following pages. These can be individualized for the patient as required.

Mild Anxiety

Herbal Considerations

Anxiolytic

Bacopa
Californian Poppy
Oats Green
Hops
Kava
Lavender
Mexican Valerian
Passionflower
Valerian
Withania
Zizyphus

Nervous System Tonics/Sedatives

Skullcap
St John's Wort
Motherwort
Lemon Balm
Chamomile

Formulas

Mild Anxiety Option 1:

Passionflower 1:2	40 mL
Skullcap 1:2	30 mL
Withania 2:1	30 mL
	100 mL
	7.5 mL bd

Mild Anxiety Option 2:

Kava 1:1	50 mL
Lavender 1:2	20 mL
Oats Green 1:2	30 mL
	100 mL
	7.5 mL bd

Acute Mild Anxiety (Situational):

Kava 1:1	60 mL
Passionflower 1:2	20 mL
Withania 2:1	20 mL
	100 mL
	7.5 mL bd

Mild Anxiety (with Palpitations):

Motherwort 1:2	20 mL
Lemon Balm 1:2	20 mL
Zizyphus 1:2	40 mL
Passionflower 1:2	20 mL
	100 mL
	7.5 mL bd

Mild Anxiety (with Cognitive Impairment):

Bacopa 1:2	45 mL
Withania 2:1	10 mL
Passionflower 1:2	20 mL
Schisandra 1:2	25 mL
	100 mL
	7.5 mL bd



Piper methysticum

Low Mood

Herbal Considerations

Mood Support

Lavender
Rhodiola
Saffron
Schisandra (mild)
St John's Wort
Withania

Thymoleptic

Oats Seed
Vervain

Formulas

Low Mood Option 1:

Vervain 1:2	40 mL
St John's Wort 1:2	25 mL
Lemon Balm 1:2	20 mL
Lavender 1:2	15 mL
	100 mL
	7.5 mL bd

Low Mood Option 2:

Saffron 1:20	20 mL
Rhodiola 1:1	30 mL
Oats Seed 1:1	20 mL
Withania 2:1	30 mL
	100 mL
	7.5 mL bd

Low Mood (Due to Mild Anxiety):

Skullcap 1:2	15 mL
Passionflower 1:2	40 mL
Vervain 1:2	20 mL
St John's Wort 1:2	15 mL
Withania 2:1	10 mL
	100 mL
	7.5 mL bd

Neural Inflammation (Implicated in Low Mood):

Saffron 1:20	25 mL
Turmeric 1:1	55 mL
St John's Wort 1:2	20 mL
	100 mL
	7.5 mL bd

Antioxidant Support for Low Mood/Neural Inflammation:*

Rosemary 1:2	25 mL
Turmeric 1:1	50 mL
St John's Wort 1:2	15 mL
Saffron 1:20	10 mL
	100 mL
	7.5 mL bd

**For Chronic Low Mood (See Chronic Stress Section, p10)*



Verbena officinalis

☺☺

Our *Passion* at
MediHerb® is to provide
optimum treatment
solutions by combining
time-honoured
wisdom of traditional
knowledge with sound
clinical experience
and the rigour of
scientific research.

☺☺

Professor Kerry Bone

Withania somnifera

Stress and the Immune System

A major neural pathway implicated in stress is the autonomic nervous system. This system has two branches, the sympathetic and parasympathetic nervous system. Chronic stress can lead to continuous activation of the sympathetic nervous system, consequently activating the immune system which results in increased pro-inflammatory cytokine¹ production. Additionally, chronic stress may also cause suppression of immune function due to increased levels of catecholamines and glucocorticoids². As such, herbal modulation of the stress response to assist with immune function can be advantageous.

Gynostemma pentaphyllum

Immune Dysregulation and Convalescence

Herbal Considerations

Adaptogens with Immune Modulating Action

Withania
Astragalus
Korean Ginseng
Siberian Ginseng

Herbs Indicated for Chronic Immune Dysfunction

Shiitake Mushroom
Astragalus
Reishi Mushroom
Siberian Ginseng
Maitake Mushroom
Echinacea

Herbs Indicated for Convalescence

Reishi Mushroom
Korean Ginseng
Siberian Ginseng
Schisandra
Rhodiola
Oats Seed
Gynostemma

Tonic Herbs

Codonopsis
Reishi Mushroom
Astragalus
Rhodiola
Withania

Formulas

Stress Causing Chronic Colds/Flu Option 1:

Withania 2:1	15 mL
Siberian Ginseng 1:2	20 mL
Astragalus 1:2	30 mL
Echinacea Premium 1:2	20 mL
Skullcap 1:2	15 mL
	100 mL
	7.5 mL bd

Stress Causing Chronic Colds/Flu Option 2:

Rhodiola 1:1	20 mL
Schisandra 1:2	25 mL
Echinacea Premium 1:2	30 mL
Withania 2:1	25 mL
	100 mL
	7.5 mL bd

Convalescence Option 1:

Korean Ginseng 1:2	10 mL
Schisandra 1:2	35 mL
Codonopsis 1:2	35 mL
Licorice (high grade) 1:1	20 mL
	100 mL
	7.5 mL bd

Convalescence Option 2:

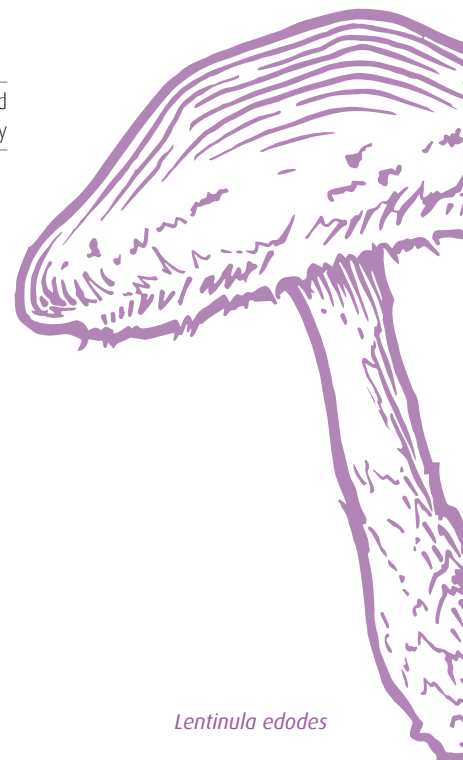
Oats Seed 1:1	20 mL
Rehmannia 1:2	30 mL
Astragalus 1:2	30 mL
Siberian Ginseng 1:2	20 mL
	100 mL
	7.5 mL bd

Convalescence Option 3:

Gynostemma 1:1	30 mL
Astragalus 1:2	40 mL
Echinacea Premium 1:2	30 mL
	100 mL
	7.5 mL bd

Or Mushroom Forte

Liquid:	7.5 mL bd
Tablets:	3 – 6 tablets daily



Lentinula edodes

Chronic Stress and BDNF

Brain-derived neurotrophic factor (BDNF), a nerve growth factor which may be reduced when experiencing low mood, has a role to play in supporting neuroplasticity (the brain's ability to adapt to change). In adulthood, the protein BDNF is responsible for neurotransmitter release, modulation of the growth and remodeling of axonal and dendritic cells and the formation and function of synapses. Chronic stress has been demonstrated to reduce BDNF³. Lower cognitive test scores have also been associated with low serum BDNF⁴. In chronic cases, consider adding BDNF modulating herbs.

Centella asiatica

Chronic Stress

Herbal Considerations

Herbal Modulators of BDNF⁵

—
Panax Ginseng
Dan Shen
Bacopa
Ginkgo
Grape Seed
St John's Wort
Saffron
Rhodiola
Withania
Siberian Ginseng

Formulas

Chronic Low Mood:

St John's Wort 1:2	25 mL
Rhodiola 1:1	30 mL
Saffron 1:20	15 mL
Oats Seed 1:1	30 mL
	100 mL
	7.5 mL bd

Mild Anxiety:

Withania 2:1	10 mL
Bacopa 1:2	35 mL
Passionflower 1:2	25 mL
Skullcap 1:2	30 mL
	100 mL
	7.5 mL bd



Crocus sativus

Chronic Stress/Low Energy

Herbal Considerations

Adaptogens

—
Korean Ginseng
Rhodiola
Siberian Ginseng
Schisandra
Withania
Gotu Kola
Shatavari
Astragalus
Gynostemma

Adrenal Tonics

—
Licorice
Rehmannia

Nervous System Tonics

—
Skullcap
St John's Wort
Vervain
Oats Seed
Oats Green
Gotu Kola
Bacopa
Motherwort

Cortisol Reduction

—
Rhodiola
Withania
Schisandra

*Consider BDNF-modulating herbs listed under 'Chronic Stress'

Formulas

Chronic Stress

(with Low Energy Option 1):

Licorice 1:1	20 mL
Korean Ginseng 1:2	20 mL
Schisandra 1:2	40 mL
Oats Seed 1:1	20 mL
	100 mL
	7.5 mL bd

Chronic Stress

(with Low Energy Option 2):

Siberian Ginseng 1:2	30 mL
Rehmannia 1:2	35 mL
Skullcap 1:2	15 mL
Withania 2:1	20 mL
	100 mL
	7.5 mL bd

Chronic Stress

(with Low Energy Option 3):

Gynostemma 1:1	30 mL
Withania 2:1	30 mL
Siberian Ginseng 1:2	40 mL
	100 mL
	7.5 mL bd

MediHerb® offers both **Licorice 1:1** and **Licorice High Grade 1:1**. Licorice High Grade 1:1 contains no less than 30 mg/mL of glycyrrhizin.

Dosage and Administration:

Licorice 1:1: 15-40 mL/ week

Licorice High Grade 1:1: 10-30 mL/week

Stress with Cognitive Impairment

Herbal Considerations

Cognition Enhancing Herbs

—
Bacopa
Ginkgo
Gotu Kola
Siberian Ginseng
Schisandra
Korean Ginseng
Rhodiola
Rosemary
Withania

*Consider BDNF-modulating herbs listed under 'Chronic Stress'

Formulas

Cognition Enhancing Option 1:

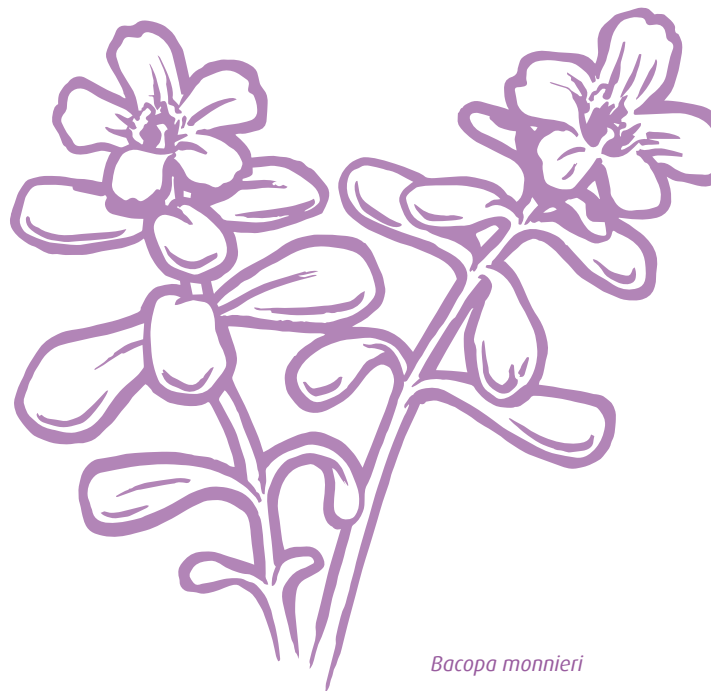
Korean Ginseng 1:2	20 mL
Bacopa 1:2	60 mL
Withania 2:1	20 mL
	100 mL
	7.5 mL bd

Cognition Enhancing Option 2:

Ginkgo 2:1	25 mL
Gotu Kola 1:1	20 mL
Siberian Ginseng 1:2	25 mL
Rhodiola 1:1	30 mL
	100 mL
	7.5 mL bd

Cognition Enhancing (Exacerbated by Mild Anxiety):

Bacopa 1:2	40 mL
Gotu Kola 1:1	15 mL
Passionflower 1:2	30 mL
Siberian Ginseng 1:2	15 mL
	100 mL
	7.5 mL bd



Bacopa monnieri

Insomnia

Herbal Considerations

Sedative/Hypnotic Herbs

Californian Poppy
 Jamaica Dogwood
 Lemon Balm
 Lavender
 Lime Flowers
 Corydalis
 Mexican Valerian
 Cramp Bark

Sleep Latency

Zizyphus
 Valerian
 Passionflower
 Hops

Sleep Maintenance

Oats Seed
 Valerian
 Skullcap
 Passionflower
 Kava
 Hops

Formulas

Sleep Latency:

Valerian 1:2	20 mL
Oats Seed 1:1	20 mL
Kava 1:1	50 mL
Hops 1:2	10 mL
	100 mL
	7.5 mL at dinner
	7.5 mL at bed time

Sleep Maintenance (Waking Multiple Times and Difficulty Returning to Sleep):

Oats Seed 1:1	20 mL
Hops 1:2	15 mL
Passionflower 1:2	35 mL
Californian Poppy 1:2	30 mL
	100 mL
	7.5 mL at bed time
	7.5 mL on first waking

Sleep Maintenance (Early Morning Waking – Cortisol Spike):

Withania 2:1	30 mL
Valerian 1:2	40 mL
Hops 1:2	15 mL
Skullcap 1:2	15 mL
	100 mL
	7.5 mL at bed time
	7.5 mL on first waking

Insomnia (with Night Sweats):

Zizyphus 1:2	40 mL
Rehmannia 1:2	30 mL
Californian Poppy 1:2	30 mL
	100 mL
	7.5 mL at dinner
	7.5 mL at bed time

Insomnia (Exacerbated by Mild Anxiety):

Mexican Valerian 1:2	20 mL
Passionflower 1:2	20 mL
Kava 1:1	45 mL
Skullcap 1:2	15 mL
	100 mL
	7.5 mL at dinner
	7.5 mL at bed time

Insomnia (Smooth Muscle Cramping):

Kava 1:1	45 mL
Skullcap 1:2	25 mL
Cramp Bark 1:2	30 mL
	100 mL
	7.5 mL at dinner
	7.5 mL at bed time

Insomnia (Inflammatory Pain):

Californian Poppy 1:2	20 mL
Turmeric 1:1	40 mL
Willow Bark 1:2	30 mL
Hops 1:2	10 mL
	100 mL
	7.5 mL at dinner
	7.5 mL at bed time

Insomnia (Neuralgic Pain):

Corydalis 1:1	30 mL
Jamaica Dogwood 1:2	25 mL
St John's Wort 1:2	20 mL
Californian Poppy 1:2	25 mL
	100 mL
	7.5 mL at dinner
	7.5 mL at bed time



Valeriana officinalis



Promote sleep hygiene practices. There are great tips to be found in the Building *Resilience* Patient Booklet.



Passiflora incarnata

Nervous System Support in Pregnancy

Herbal Considerations

Depending on the individual safety assessment of the patient the following herbs may be suitable:

-
- Chamomile
- Lemon Balm
- Lime Flowers
- Mexican Valerian
- Oats Green
- Oats Seed
- Rhodiola
- Siberian Ginseng
- Skullcap
- St John's Wort
- Valerian

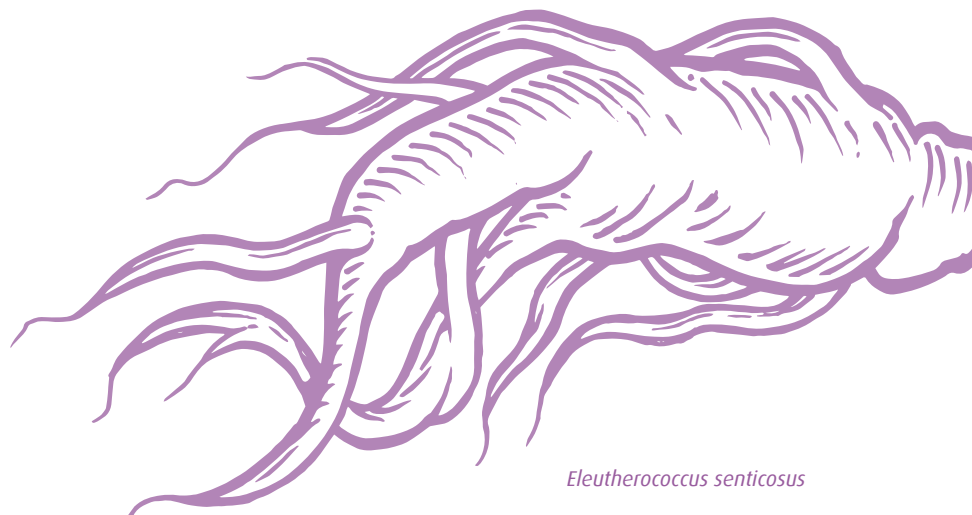
Formulas

Mild Anxiety:

Skullcap 1:2	30 mL
Chamomile 1:2	30 mL
Mexican Valerian 1:2	20 mL
Oats Green 1:2	20 mL
	100 mL
	7.5 mL bd

Low Mood:

St John's Wort 1:2	20 mL
Rhodiola 1:1	30 mL
Lemon Balm 1:2	20 mL
Oats Seed 1:1	30 mL
	100 mL
	7.5 mL bd



Eleutherococcus senticosus



Matricaria chamomilla

Nervous System Support during Lactation

Herbal Considerations

Depending on the individual safety assessment of the patient and infant the following herbs may be suitable

—
Astragalus
Bacopa
Chamomile
Echinacea
Lavender
Lemon Balm
Lime Flowers
Motherwort
Oats Green
Oats Seed
Rehmannia
Shatavari
Siberian Ginseng
Skullcap
St John's Wort*
Vervain
Withania
Zizyphus

**One study found that this herb may cause drowsiness/colic in some infants. Monitor and withdraw or reduce dose if needed.*

The **Building Resilience** Patient Booklet contains a valuable 'Toolkit' of resources for your patients.



Asparagus racemosus

Formulas

Stress/Lactation Assistance:

Shatavari 1:2	30 mL
Vervain 1:2	20 mL
Chamomile 1:2	20 mL
Goats Rue 1:2	30 mL
	100 mL
	7.5 mL bd

Stress/Colic in Infant (Mother to Take):

Chamomile 1:2	30 mL
Lemon Balm 1:2	20 mL
Vervain 1:2	30 mL
Withania 2:1	20 mL
	100 mL
	7.5 mL bd

Depleted Energy:

Astragalus 1:2	30 mL
Siberian Ginseng 1:2	20 mL
Rehmannia 1:2	30 mL
Withania 2:1	20 mL
	100 mL
	7.5 mL bd

Nervous Exhaustion:

Skullcap 1:2	30 mL
Lemon Balm 1:2	20 mL
Rehmannia 1:2	40 mL
Withania 2:1	10 mL
	100 mL
	7.5 mL bd

Improved Sleep Quality:

Skullcap 1:2	20 mL
Zizyphus 1:2	40 mL
Lavender 1:2	20 mL
Lime Flowers 1:2	20 mL
	100 mL
	7.5 mL at bed time
	5 mL on returning to bed x 2

Low Mood:†

St John's Wort* 1:2	20 mL
Lavender 1:2	15 mL
Oats Seed 1:1	35 mL
Vervain 1:2	30 mL
	100 mL
	7.5 mL bd

†Referral to GP for 'Post Natal Depression Assessment' recommended.

New Mother Exhaustion:

Siberian Ginseng 1:2	15 mL
Withania 2:1	25 mL
Rehmannia 1:2	30 mL
Codonopsis 1:2	30 mL
	100 mL
	7.5 mL bd

Restless Infant (Mother to Take):

Lavender 1:2	20 mL
Lime Flowers 1:2	15 mL
Chamomile 1:2	30 mL
Skullcap 1:2	15 mL
Oats Green 1:2	20 mL
	100 mL
	7.5 mL bd

Children (3 Years and Older)

Herbal Considerations

Herbs Suitable for Children 3 Years and Older

Astragalus	Lemon Balm	Rhodiola	St John's Wort
Bacopa	Motherwort	Saffron	Vervain
Californian Poppy	Oats Green	Schisandra	Withania
Chamomile	Oats Seed	Shatavari	Zizyphus
Gotu Kola	Passionflower	Siberian Ginseng	
Lavender	Rehmannia	Skullcap	

Refer to page 21 for dosage calculation information

Formulas

Mild Anxiety:

Passionflower 1:2	35 mL
Skullcap 1:2	25 mL
Chamomile 1:2	40 mL
	100 mL
	Dosage calculated as per age/weight

Insomnia:

Zizyphus 1:2	40 mL
Oats Seed 1:1	20 mL
Lime Flowers 1:2	20 mL
Passionflower 1:2	20 mL
	100 mL
	Dosage calculated as per age/weight

Low Mood:*

St John's Wort 1:2	30 mL
Vervain 1:2	40 mL
Oats Seed 1:1	30 mL
	100 mL
	Dosage calculated as per age/weight

*Recommended to refer for assessment for prolonged low mood.

Nervous Dyspepsia:

Chamomile 1:2	30 mL
Lemon Balm 1:2	30 mL
Lavender 1:2	20 mL
Vervain 1:2	20 mL
	100 mL
	Dosage calculated as per age/weight

Focus at School:*

Siberian Ginseng 1:2	25 mL
Bacopa 1:2	50 mL
Gotu Kola 1:1	25 mL
	100 mL
	Dosage calculated as per age/weight

*Sometimes the inability to focus at school is due to mild anxiety. It may be advantageous to consider an additional anxiolytic such as Passionflower as part of the formulation.



Avena sativa

Children 2 Years of Age and Under

Generally, in infants it is best to rely on breast milk as the delivery mode for herbs (please refer to lactation section for formulas).

Children's Dosage Rules

Children over 2 years of age

Salisbury Rule

Weight (kg) x 2 (if weight is less than 30kg)*

Weight (kg) + 30 (if weight is greater than 30kg)*

*This gives a percentage of the adult dose

Tips to improve taste and compliance

- ✓ Ask are they OK with strong tasting liquids
- ✓ Do not over dilute
- ✓ Follow up with water or juice
- ✓ Add pear or blackcurrant juice
- ✓ Add soy milk
- ✓ Use MediHerb® Flavouring Mixture
- ✓ Add to a jelly and set in ice cube trays

Eschscholzia californica

Other Stress Related Conditions

Herbal Considerations

Herbs Indicated for Irritability

—
Lemon Balm
Mexican Valerian
Passionflower
Skullcap
St John's Wort
Valerian
Vervain

Herbs Indicated for Tension Headache

—
Cramp Bark
Kava
Lavender
Skullcap
Wood Betony
Lime Flowers

Herbs Indicated for Inflammatory Headache

—
Turmeric
Willow Bark
Feverfew

Herbs Indicated for Nervous Dyspepsia

—
Chamomile
Lemon Balm
Lavender
Valerian
Hops

Formulas

Irritability (Due to Mild Anxiety):

Zizyphus 1:2	40 mL
Skullcap 1:2	15 mL
Mexican Valerian 1:2	30 mL
Passionflower 1:2	15 mL
	100 mL
	7.5 mL bd

Irritability (Due to Low Mood):

St John's Wort 1:2	40 mL
Lemon Balm 1:2	20 mL
Vervain 1:2	40 mL
	100 mL
	7.5 mL bd

Tension Headache Option 1:

Kava 1:1	50 mL
Skullcap 1:2	20 mL
Cramp Bark 1:2	30 mL
	100 mL
	7.5 mL bd

Tension Headache Option 2:

Wood Betony 1:2	20 mL
Skullcap 1:2	30 mL
Lavender 1:2	25 mL
Lime Flowers 1:2	25 mL
	100 mL
	7.5 mL bd

Stress (with Inflammation Headache):

Withania 2:1	30 mL
Turmeric 1:1	63 mL
Feverfew 1:5	7 mL
	100 mL
	7.5 mL bd

Neuralgic Headache:

Californian Poppy 1:2	40 mL
Cramp Bark 1:2	30 mL
Jamaica Dogwood 1:2	30 mL
	100 mL
	7.5 mL bd

Nervous Dyspepsia Option 1:

Passionflower 1:2	20 mL
Chamomile 1:2	40 mL
Lemon Balm 1:2	40 mL
	100 mL
	5 mL tds with main meals

Nervous Dyspepsia Option 2:

Lavender 1:2	30 mL
Chamomile 1:2	40 mL
Valerian 1:2	15 mL
Withania 2:1	15 mL
	100 mL
	5 mL tds with main meals



Curcuma longa

Additional Considerations for an Holistic Treatment Approach:

- Mindfulness
- Exercise
- Dietary interventions
- Referrals for counselling and other supportive modalities
- Strategies for removing or managing the stressor

For Chronic Stress (See Chronic Stress Section)

For Mild Anxiety Causing Irritability (See Other Conditions)

To discuss herb/drug interactions, please contact Integra's Technical Support on 1300 654 336.

The Building Resilience Patient Guide may be ordered via myintegria.com

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- 4 Shimada H, Makizako H, Yoshida D, Tsutsumimoto K, Anan Y, Uemura K, Lee S, Park H, Suzuki T. *A large, cross-sectional observational study of serum BDNF, cognitive function, and mild cognitive impairment in the elderly. Frontiers in aging neuroscience.* 2014 Apr 15;6:69.
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