



Herbal Solutions for Nervous System Discomfort

Kerry Bone
Adjunct Professor
New York Chiropractic College



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MEDI  HERB®

New Product

Nervagesic

Relieves Nervous
System Discomfort



Nervagesic Supplement Facts



Serving size: 2 tablets

California Poppy herb flowering 4:1 ext 400 mg
from *Eschscholzia californica*
herb flowering 1.6 g

Jamaican Dogwood bark 4:1 extract 200 mg
from *Piscidia piscipula* bark 800 mg

Corydalis yanhusuo tuber 10:1 extract 160 mg
from *Corydalis yanhusuo* tuber 1.6 g

Dose: 2 tablets, twice daily or as directed

Nervagesic Supplement Facts

Other Ingredients: Cellulose, gum arabic, maltodextrin, sodium starch glycollate, croscarmellose sodium, hypromellose, magnesium stearate, calcium acid phosphate and silicon dioxide

Contraindicated in pregnancy and lactation

M1379: 40 tablets



California Poppy



California Poppy



- *Eschscholzia californica* is a member of the poppy family and contains some typical alkaloids of this family
- The main alkaloids californidine and eschscholtzine are fairly unique to this species

California Poppy



- The Eclectic physicians regarded California poppy as a “valuable” nervous system herb and for “producing calm sleep”¹
- Regular and prolonged use was reported not to be addictive or to impair mental functioning²

1. Felter HW, Lloyd JU *King’s American Dispensatory*, 18th Edn, 3rd revision, 1905, reprinted Eclectic Medical Publications, Portland, 1983.

2. Cheney RH *Quart J Crude Drugs* 1963;**3**: 413-416.

Corydalis



Corydalis



- Corydalis tuber is commonly used in Chinese medicine for nervous system support and occasional discomfort
- Contains around 20 alkaloids. The most potent is tetrahydropalmatine (THP)
- THP does not interact with opioid receptors and appears to interact with the dopaminergic system

Jamaican Dogwood



The bark of Jamaican Dogwood has been used traditionally in Western herbal therapy as a nervous system herb

Traditional indications include:

- Supporting sleep
- Restlessness
- Supporting nerve function
- Occasional muscle spasm

Nervagesic: Applications



- Ease nervous system discomfort
- Provide nervous system support during temporary or occasional nervous system discomfort
- Promote relaxation in the nervous system and muscles
- Support healthy nervous system tissue
- Ease the effects of temporary or occasional nervous stress
- Provide relief from occasional sleeplessness

Nervagesic: Applications



- Enhance the ability to relax during the night
- Ease the effects of cramping associated with menstruation
- Provide temporary relief from discomfort associated with menstruation
- Relieve muscular cramps
- Provide antispasmodic activity for smooth muscle
- Ease muscular discomfort such as caused by exercising

SP Synergists



- Calamari Omega-3 Liquid
- Min-Chex[®] or Min-Tran[®]
- Neuroplex[®]
- Chlorophyll Complex[™]

MediHerb Support Products

- Boswellia Complex
- Saligesic
- Rehmannia Complex
- Kava Forte
- Cramplex
- St John's Wort 1.8g





Herbs for Joint Health

Core Support

- Boswellia Complex tablets (3 to 4 per day)

Additional Support (as required) especially if discomfort is a substantial feature

- Nervagesic tablets (2 to 4 per day)

Or

- Saligesic tablets (2 to 4 per day)

Herbs for Joint Health



- St John's Wort tablets (3 to 4 per day) if nerve discomfort is present
- Herbs for the microcirculation such as Grape Seed, Bilberry and Ginkgo can help normal tissue repair processes
 - Vitanox[®] tablets (1 to 2 per day)
 - Ginkgo Forte tablets (1 to 4 per day)
 - HerbaVital tablets (2 to 4 per day)
- Horsechestnut Complex tablets (2 to 3 per day) can help support and maintain healthy tissue fluid levels

Healthy Uterine Support



Core Support

- Crampex, 2 tablets every 4 hours, 3 to 4 times a day. Best to start a few days before menstruation

Additional support if required

- Nervagesic tablets (2 to 4 per day)
- FemCo: 1 tablet 3 to 4 times daily throughout cycle
- Ginkgo Forte, 2 to 3 tablets per day before the period is due to start and for several days into the period

Healthy Nerve Support



- A key herb is St John's Wort, which is traditionally prescribed for healthy nerve support
- The health of large blood vessels and the microcirculation can be supported with Grape Seed and Pine Bark extracts and Bilberry, Ginkgo, Garlic, Gotu Kola and Hawthorn
- Horsechestnut for support and maintain healthy tissue fluid levels. The venous-toning effect of this herb may also be of value

Healthy Nerve Support



- Herbs such as Boswellia and Turmeric
- Nerve supporting herbs such as California Poppy, Jamaican Dogwood, Corydalis, or Willow Bark
- Support healthy myelin sheaths by ensuring adequate intake of essential fatty acids (for example Evening Primrose Oil) and supporting the microvasculature

Healthy Nerve Support



Core Support

- St John's Wort 1.8g

Additional support if required

- Nervagesic
- Gotu Kola Complex
- Evening Primrose Oil
- Boswellia Complex
- Horsechestnut Complex

Combined Nervous and Musculoskeletal System Support



- Sleep quality needs to be supported with herbs such as Valerian, Skullcap, Passion Flower, Kava and Spiny Jujube and possibly Chaste Tree
- St John's Wort can have an important role to play



Combined Nervous and Musculoskeletal System Support



- The role of adaptogens (Withania and Rhodiola) and adrenal tonics (Licorice and Rehmannia) must be stressed
- Immune-modulating herbs such as Rehmannia, Feverfew, Hemidesmus and Bupleurum have an important role and can help temporary pain associated with the menses or after strenuous exercise
- Other useful herbs for nerve supporting symptoms include Celery, Boswellia, Turmeric and Willow Bark

Combined Nervous and Musculoskeletal System Support



- In addition herbs such as California Poppy, Jamaican Dogwood and Corydalis can help support the nervous system and sleep quality
- Also consider microcirculatory herbs: Gotu Kola, Grapeseed, Bilberry, and Garlic



Combined Nervous and Musculoskeletal System Support



Core Support

- Rehmannia Complex and/or Adrenal Complex

Additional support if required

- Nervagesic
- St John's Wort 1.8g
- Withania Complex
- Rhodiola and Ginseng
- Valerian Complex
- Kava Forte

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Questions

