

Nervous System Herb List

Nervine Tonics

Borage-E, A
Brahmi-SA
Chinese Celery-A, SA
Ginkgo-A
Gotu kola-A
Holy basil-SA
Milky oats-ME
Nettles-Africa, E
Periwinkle-Southern E
Schisandra-Northern A
Skullcap-N
St John's Wort-N, E

Nervine Stimulants

Cacao-N, C
Coca-S
Coffee-Ethiopia
Cola/kola-Africa
Eleuthero-A
Ginseng-A
Nutmeg-Indonesia
Sassafras-N
Rhodiola-E,A, Alaska
Schisandra-N. A
Yerba Mate-N. S
Yohimbe-Western + C. Africa

Sedatives (supportive to insomnia)

California Poppy

Adaptogens

Amala [Indian gooseberry]-A, SA
Ashwagandha-A, SA
Astragalus-A, SA
Chaga-N, E
Cordyceps-A
Eleuthero-A
Holy basil-SA
Japanese knotweed-A
Licorice-EA
Maca-S
Nettles-Africa, E
Rhodiola-E, A, Alaska
Schisandra-N. A
Siberian ginseng-A

Nervine Relaxants

Ashwagandha-A, SA
Blue vervain-N
Borage-E, A
Calendula-S. E
Catnip-E, ME, C. A
Chamomile-E, N. Africa, A
Damiana-N, C, S
Hawthorn-E, Mediterranean
Holy basil-SA
Hops-Egypt
Kava kava-Pacific Islands
Lavender-Mediterranean, ME, India
Lemon balm- N. Africa, E
Linden-E
Motherwort-C. Asia, E
Mugwort-E. Asia, E
Passionflower-N, C, S, A,
Polyenesian Islands
St John's Wort-N, E
Tilo-S, Caribbean
Wood betony-N. Africa, EA

Passionflower-N, C, S, A,
Polyenesian Islands
Skullcap-N

From our ancestors + experiences:

From our ancestors + experiences:

From our ancestors + experiences:



Nervous System Herb List

Hops-Egypt
Jamaican dogwood-Southern N,
C, West Indies
Kava kava-Pacific Islands
Magnolia bark-SA, N
Mimosa-S, C

Valerian-N, EA
White peony root-A
Wild lettuce-N, E, ME

Nervine by organ affinity

Cardiovascular

Bugleweed-E
Cramp bark-N. Africa
Hawthorn-E, Mediterranean
Lavender-Mediterranean, ME,
India
Lemon balm- N. Africa, E
Linden-E
Motherwort-C. Asia, E
Peppermint-N. Africa
White horehound-N. Africa, EA
Valerian-N, EA
Yarrow-EA

Genitourinary

Black haw-E. N
Black cohosh-E. N
Cramp bark-N. Africa
Cayenne-Guiana
Kava kava-Pacific Islands
Motherwort-C. Asia, E
Valerian-N, EA
Skullcap-N
St John's Wort-N, E
Willow bark-C. A, E

From our ancestors + experiences:

Digestive [bitter]

Blue vervain-N
California poppy
Chamomile-E, N. Africa, A
Dandelion-EA
Motherwort-C. Asia, E
Milk thistle-N. Africa
Mugwort-E. Asia, E
Skullcap-N
Slippery elm-E. N
Wood betony-N. Africa, EA
Wild lettuce-N, E, ME

Digestive [carminative]

Catnip-E, ME, C. A
Chamomile-E, N. Africa, A
Cinnamon-Sri Lanka
Lemon balm- N. Africa, E
Licorice-EA
Peppermint-N. Africa
Turmeric-India
Triphala-India
Valerian-N, EA

Respiratory

Black cohosh
Black cohosh-E. N
Lobelia-N
Lungwort-W. Asia, E
Motherwort-C. Asia, E
Wild lettuce-N, E, ME

Liver

Arnica oil*
Blue vervain-N
Cannabis oil*
Chamomile-E, N. Africa, A
Hops-Egypt
Lavender-Mediterranean, ME,
India

Musculoskeletal

Black haw-E. N
Black cohosh-E. N
Cramp bark-N. Africa
Kava kava-Pacific Islands
Lobelia-N
Prickly ash-C+E N

Plant Ancestor is native to:

Africa
ME-Middle East
N-Turtle Island/North America
C-Eagle/Mexico, Central America
S-Colibri/South America
E-Europe
EA-EuroAsia
A-Asia
SA-Southeast Asia
AS-Australia
AA-Australasia

