

Herbal Allies for Emotional Distress

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History of Western Herbalism

- Prehistoric Europe (8,000 to 5,000 BCE)
- Transition from the Paleolithic to Neolithic period...from a food gathering to a food producing economy
- Stone was polished, creating tools to clear trees, help farming

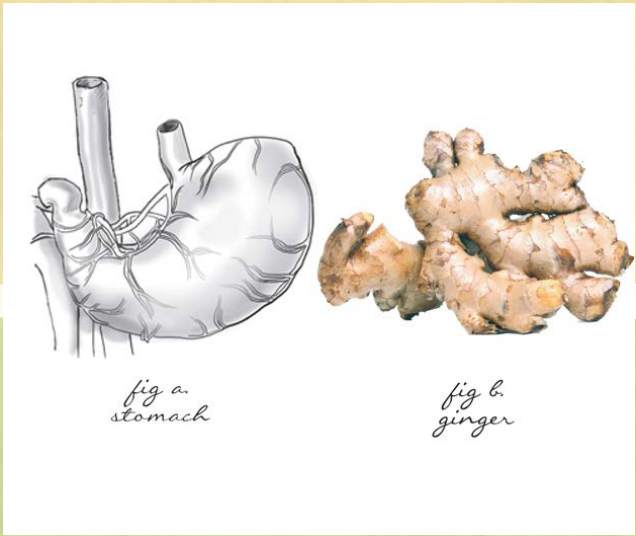
Greek Influence

- Much of the early Greek medical knowledge came over from Egypt.
- Greeks were highly skilled in medicine and materia medica. The following sources come down to us from the ancient period of about 500 B.C. to 60 A.D.—much was Egyptian influence
- Used humors



The Doctrine of Signatures

- Dioscorides, who practiced and wrote about medicine in ancient Rome, was believed to be one of the first to state that a plant or a part of a plant will look like the disease it can treat.
- Eyebright (*Euphrasia* spp.) is a white flower with a deep purple center and was believed to be useful in treating eye complaints.
- Dandelion (*Taraxacum* off.) has a yellow flower that caused it to be ascribed properties of stimulating bile and urine.
- Comfrey's (*Symphytum officinale*) leaf resembles skin cells
- Ginger's (*Zingiber officinale*) formation is similar to that of the stomach



Middle Ages

- Full of superstition
- Herbs used in monasteries
 - Consequently dominated by men
- Revived many Greek texts (who in turn had learned from Babylonians and Egyptians)



Hildegard of Bingen

- Hildegard's contributions to natural medicine were most prolific during the period between 1150 and 1160 AD. Her writings represent compilations of folkloric experience, ancient tradition, and Benedictine teaching that serves as a repository for much of the medical and nutritional knowledge gathered up to that time.



Eclectics

- American Eclecticism was an officially recognized branch of North American medicine that predominantly used Native American herbs
- The first officially recognized medical school to admit and graduate both women and blacks as Eclectic doctors
 - evolved a system of medicine that integrated diagnosis and the use of specific herbs that more than hinted at the universal principles of Traditional Chinese Medicine and Ayurvedic Medicine
- They were eclectic in the sense that they integrated whatever worked, including herbal medicine, homeopathy and Native American herbal medicine

If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present.

— Junia Bretas,
via westlosangelesbuddhisttemple.org

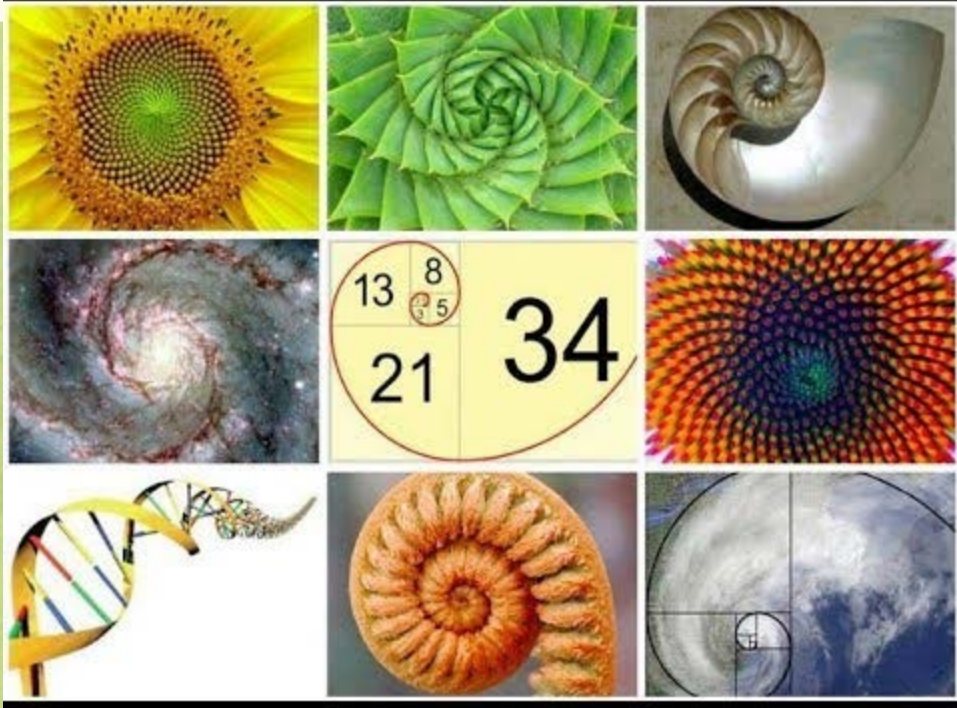
Emotional Distress

- Speaking about emotional distress in our culture is a new phenomenon, but having feelings is as old as our existence.
- Still stigma
- We have come so far in understanding the brain, yet we still are so perplexed by our emotions
- Culture plays a key role

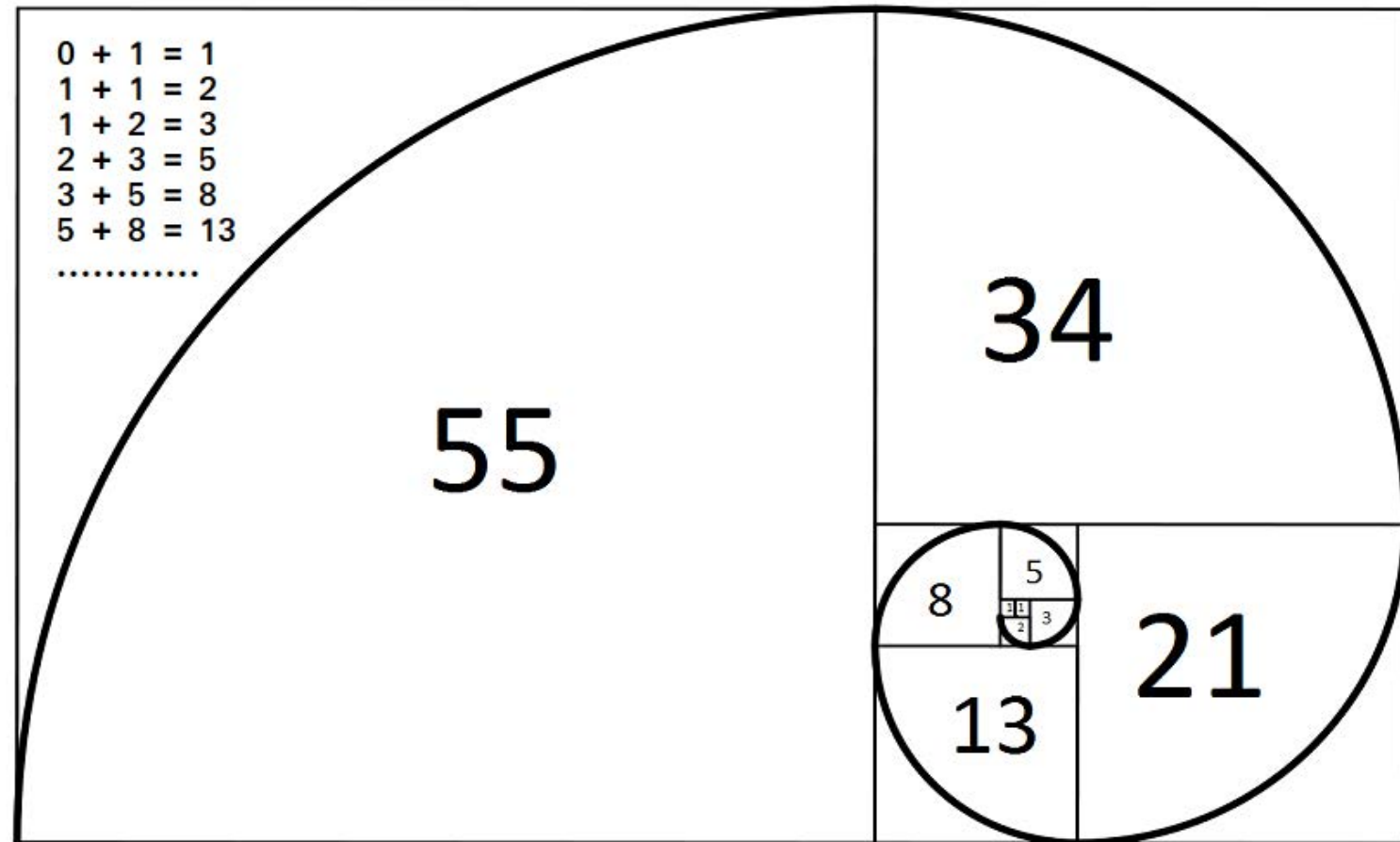
Herbal Approach

- Treats the person not the symptom
- Typical appointment consists of consultation, eye and tongue diagnosis, pulse and blood pressure

Fibonacci Formula



$0 + 1 = 1$
 $1 + 1 = 2$
 $1 + 2 = 3$
 $2 + 3 = 5$
 $3 + 5 = 8$
 $5 + 8 = 13$
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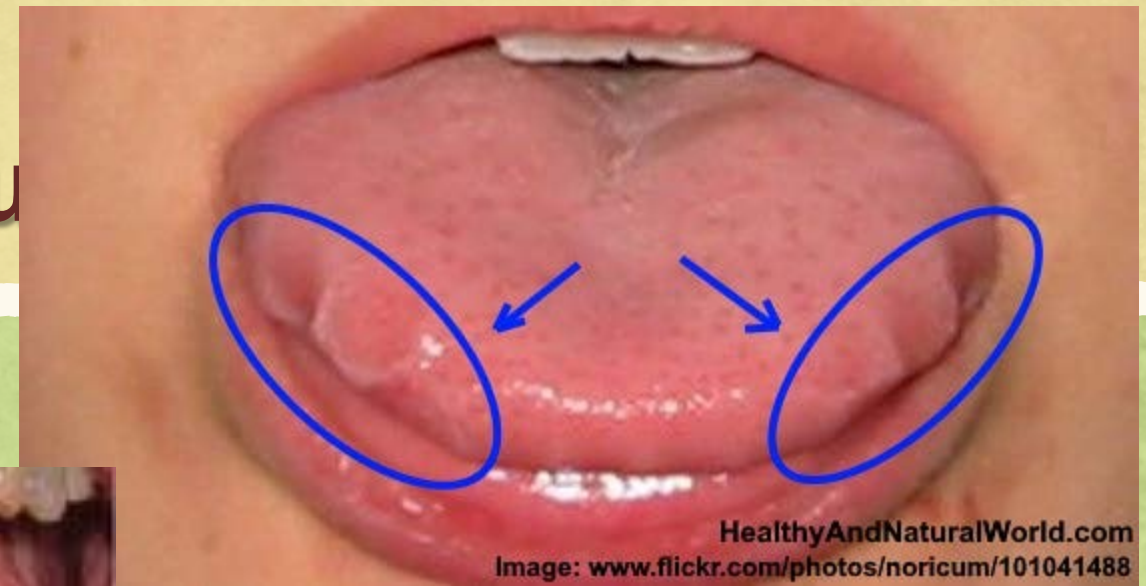
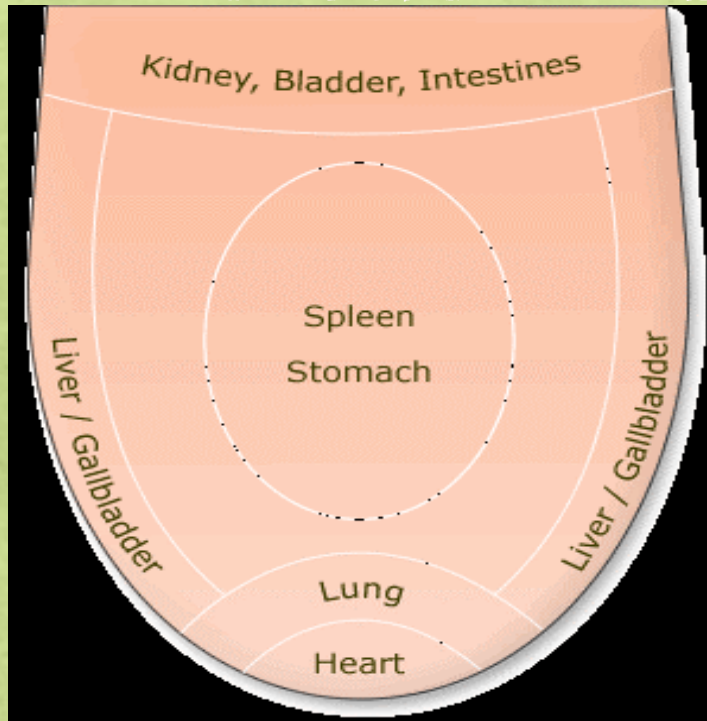
Tongue



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Assessment—Tongue



Examining the Face



FACE MAPPING

1. LARGE & SMALL INTESTINE
2. BLADDER (hairline)
3. LIVER
4. THYROID (thinning eyebrows)
5. KIDNEY/ADRENAL FATIGUE
6. LIVER OILS
7. HEART (rosacea)
8. LUNGS
9. LARGE INTESTINE
10. CESSATION OF (ovarian function)
11. REPRODUCTIVE ORGANS
12. OVARY BLEMISH
13. PELVIC FLOOR
14. KIDNEYS (ears)

Pulses



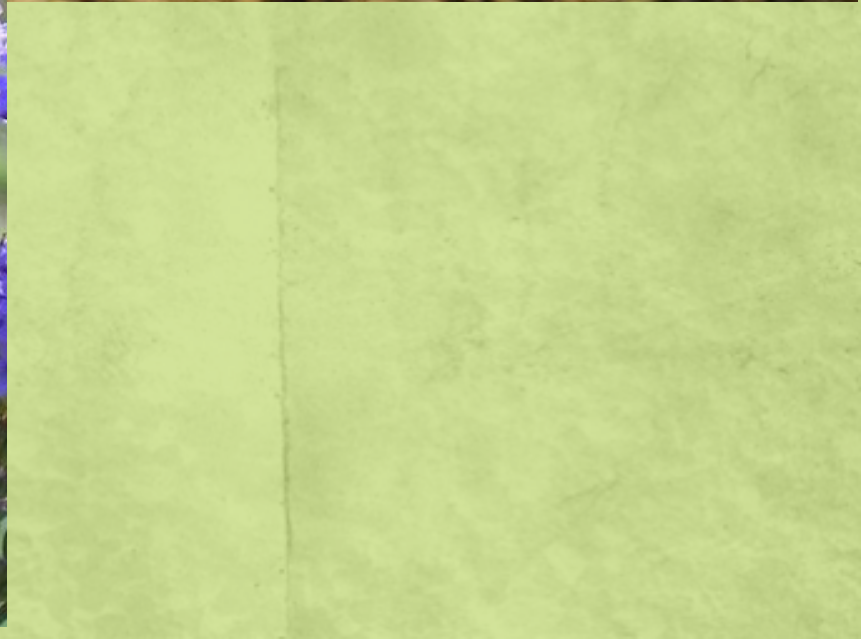
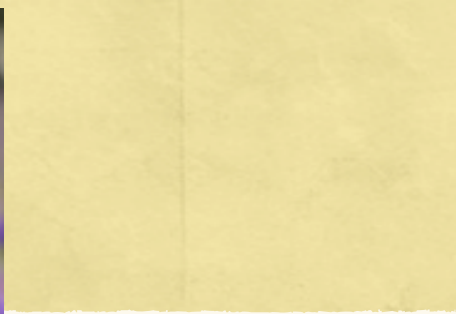
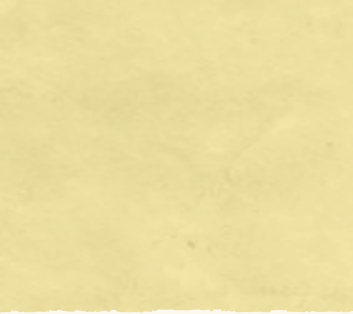
Adaptogens

- Herbs that help you “adapt” to stress
- Conserve and rebuild energy
- Can be used long term
- Ashwaghandha
- Panax Ginseng
- Astralagus
- Holy Basil
- Rhodiola
- Amla
- Cordyceps
- Eleuthero
- Maca

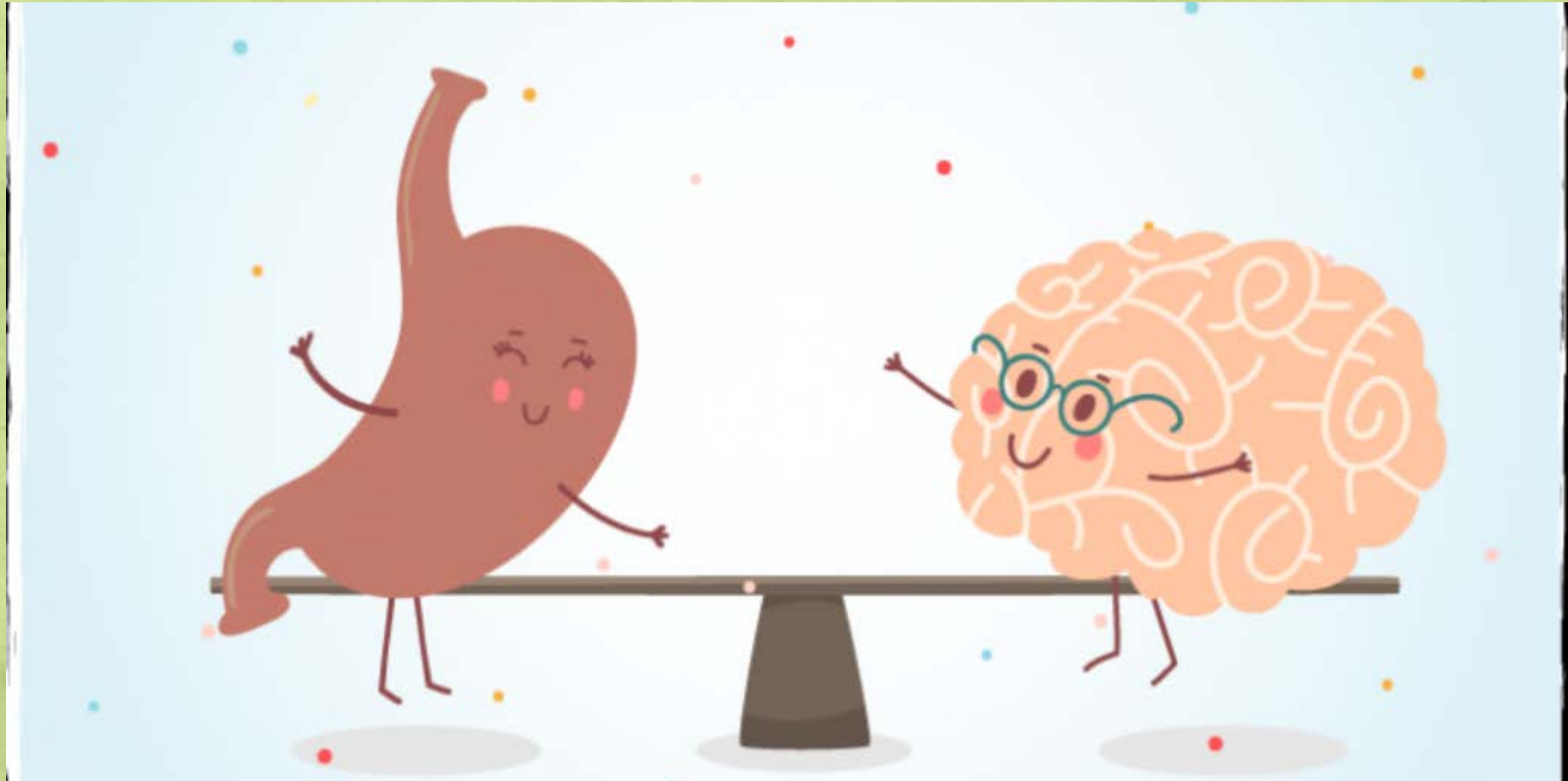


Nervines

- Help support the nervous system
- Used in formulas for anxiety, insomnia, restlessness
- Milky Oats
- Skullcap
- Blue Vervain
- Chamomile
- Lemon Balm
- Catnip
- Hops
- California Poppy
- Passionflower
- Valerian
- Motherwort



Gut Brain Connection

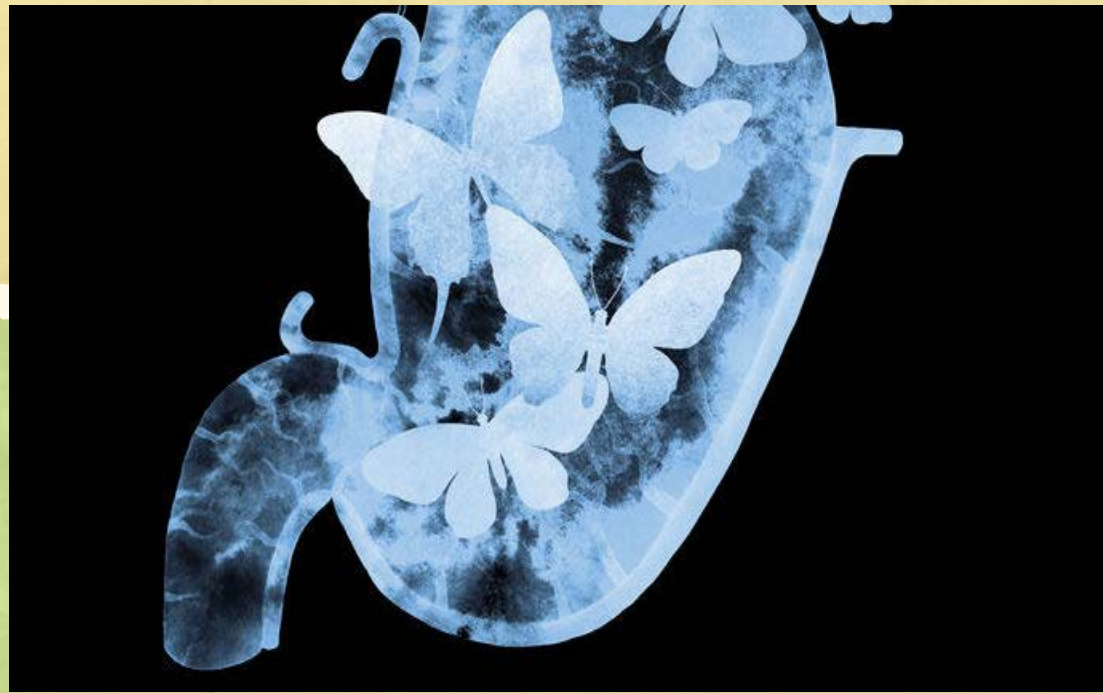


GI Connection

- The gut has a mind of its own, the "**enteric nervous system**". Just like the larger brain in the head, researchers say, this system sends and receives impulses, records experiences and respond to emotions. Its nerve cells are bathed and influenced by the same neurotransmitters. The gut can upset the brain just as the brain can upset the gut.
- The gut contains 100 million neurons - more than the spinal cord. Major neurotransmitters like serotonin, dopamine, glutamate, norepinephrine and nitric oxide are in the gut. Two dozen small brain proteins, called neuropeptides are there along with the major cells of the immune system. Enkephalins (a member of the endorphins family) are also in the gut. The gut also is a rich source of benzodiazepines - the family of psychoactive chemicals that includes such ever popular drugs as valium and xanax.



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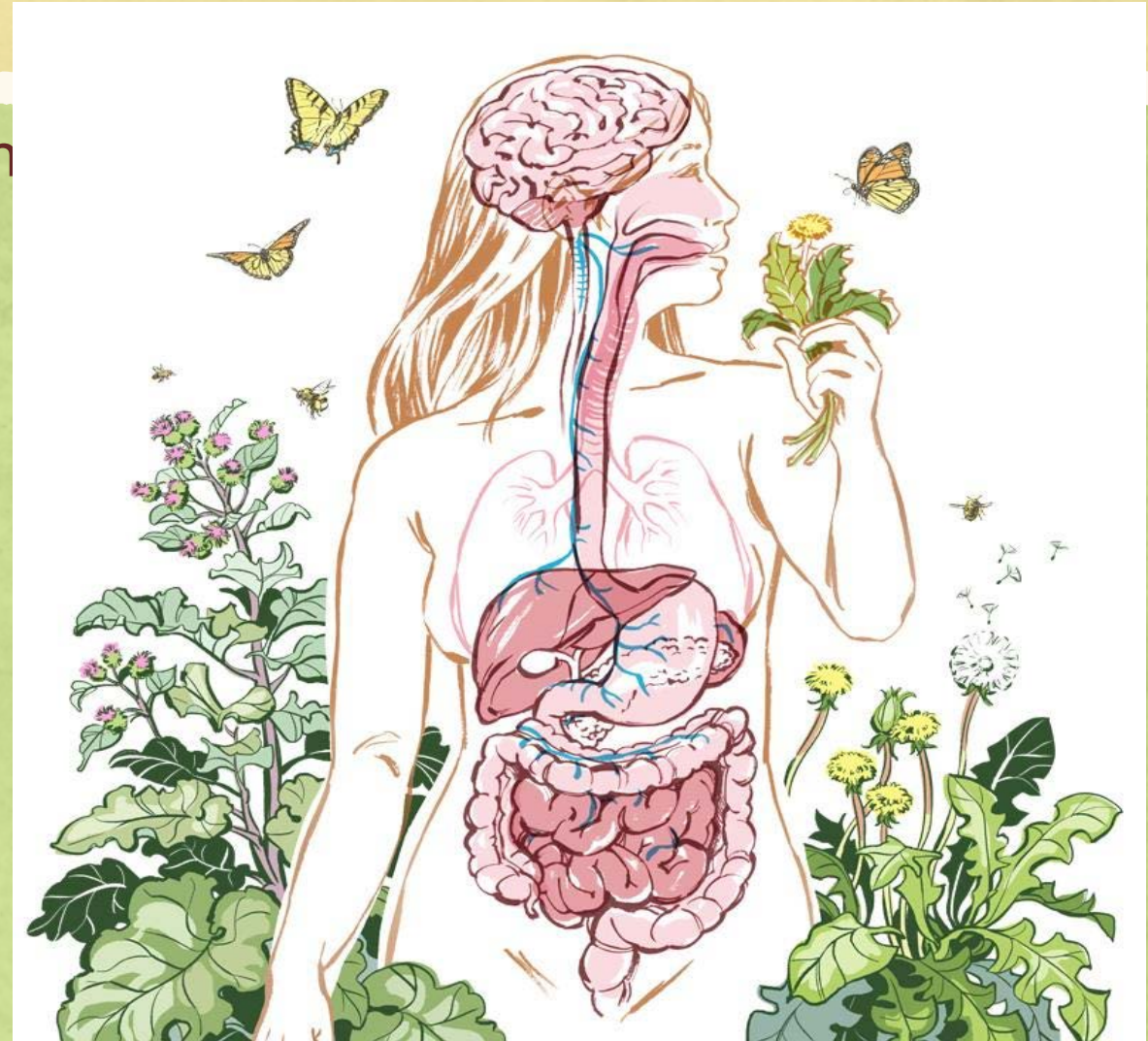
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Bitters

- Standard American Diet (SAD) is heavy on sugar and almost non-existent on bitters
- Aids digestion, heart burn, nausea, gas
- Assists liver in detox
- Reduces sugar craving
- Supports healthy skin
- Dandelion root, gentian, yellow dock, orange peel, artichoke, burdock root, angelica root, mugwort, motherwort, etc.



Liver

- Seat of anger
- in ancient Greek medicine, the word melancholia described a state in which a person had an excess of the black (melan) bile (choler). This humoral imbalance led to symptoms including irritability, depression (often with anxiety), angry thoughts, loss of appetite, insomnia, nausea and biliousness.
- Check eyes
- Cooling herbs—motherwort, milk thistle, burdock, dandelion
- Warming herbs—mahonia, berberis, rumex. Schizandra
- Hepatic depression St. John's wort, Wormwood, Rosemary, and Culver's root.

Hormonal

- Teens, premenstrual, menopausal, ADT, endometriosis, pregnancy, post-partum, andropause
- Motherwort, black cohosh, licorice for perimenopause/ menopause
- Saw palmetto, ginseng, milky oats, black cohosh for andropause
- Vitex, shatavari, dong quai, for premenstrual/menstrual

Stagnant Depression

- Coined by Dr. David Winston
- trauma has occurred and it becomes the focus of their life. Literally their entire existence revolves around and becomes fixated on this event. In some cases it is a truly terrible tragedy-the loss of a child, parent or spouse
- Several herbs have great benefit for this type of depression including Lavender, Rosemary, Damiana, Rose petals, Holy Basil and Mimosa bark.

Elder Depression

- Medications
- Loss of spouse
- Loss of friends
- Loss of function in life
- Adjusting to a new normal
- Malnutrition
- Illness
- Address deficiency
- Check medication interactions
- Various herbs may be appropriate for depression in the elderly including Night Blooming Cereus, Damiana, Ginkgo, Mimosa bark, Hawthorn, as well as adaptogens. Do not use St. John's wort with elderly patients (or any person) taking warfarin, digoxin or cyclosporine.

Medical Conditions

- Thyroid
- Diabetes
- Blood sugar
- Deficiencies
- Cardiac
- SADD

Flower Essences

Flower essences, or flower remedies, are infusions made from the flowering part of a plant. The process of sun steeping (or lunar) captures the energy imprint of the flower. Unlike essential oils or herbal remedies, which contain physical substances extracted from plants, there is no physical part of the flower in a flower essence, only its healing vibration. And, every flower has a different healing quality.



