



Green Oatstraw INFUSION

NERVOUS FATIGUE

Restores nervous health

Ingredient			
Green Oatstraw	green flowering top	<i>Avena sativa</i>	Organic

DOSAGE

INTERVENTION: 4-6 cups per day, for a minimum of 2 weeks.

TREATMENT: 2-4 cups per day, for many weeks.

DIRECTIONS FOR USE

Pour 1 litre of boiling water on 5 tbsp of herbs, cover and let steep for 15 minutes. Filter.

MODE OF ACTION

Green oatstraw is a major tonic of the nervous system, as it reconstructs the nervous system. A concentrated green oatstraw infusion is very rich in minerals and supplies the nutrients necessary for the proper functioning of the nervous system. We use green oatstraw when the nervous system is exhausted by chronic stress, when cognitive functions and emotional stability are diminished. It restores and normalizes the functioning of the nervous system and promotes the circulation of nerve impulses in the body. Green oatstraw supports the nervous system when there is exhaustion, memory loss, difficulty concentrating, lack of resistance, mood swings and symptoms of depression. It is calming, appeasing, and helps frazzled people regroup and find their centre. Green oatstraw acts slowly but its effect is long-lasting.

Avena sativa is very nourishing, it treats deep nutrient deficiencies and supports the treatment of metabolic troubles such as hyperglycemia. Green oatstraw is excellent for weakness, loss of appetite, general low energy due to chronic disease, convalescence or menopausal neurasthenia. It helps children who are hyperactive or suffer from anxiety when used in combination with herbs that have a more specific action (chamomile, catnip). Green oatstraw is very helpful to quit smoking or come off of drugs, either medical or recreational.

It nourishes the skin, fingernails, hair, teeth, bones and cartilage, it fortifies the blood and vital energy (Chi). It is used for skin troubles and to promote bone density in women during menopause. Green oatstraw strengthens connective tissue and capillaries (hemorrhoids, varicose veins, fragile capillaries), it increases muscle strength during physical effort. It is useful for bedwetting as it tones and soothes the tissues of the bladder and urinary tract.

Sweet, warming and hydrating, green oatstraw supports the thyroid, stimulates the production of LH by the pituitary gland, reduces PMS, menstrual cramps and menopausal anxiety. It also promotes the production of breast milk and soothes babies who are teething.

It soothes the digestive system, helps restore acid-base balance in the stomach, helps digestion and calms heartburn. It is used for diverticulitis, irritable bowel syndrome and gastritis.

Green oatstraw contains minerals (P, Mg, Ca, K), trace elements (Fe, Zn, Mn), vitamins (B, D, E), polysaccharides (β -glucan), alkaloids (trigonelline, avenine), flavonoids (isovitexine), amino acids (leucine, lysine), saponins and fatty acids.

HELPFUL ASSOCIATIONS

SKULLCAP for anxiety and weaning.

ASHWAGANDHA for exhaustion.

CATNIP for hyperactivity.

GOTU KOLA when blood vessels and connective tissues are fragile.

RHODIOLA for difficulties with memory and concentration.

CHAMOMILE infusion for inflammation in the digestive system.

ETHNOBOTANY

Nervous system: nervous exhaustion, neurasthenia, difficulties with memory and concentration, insomnia, hyperactivity, weaning, fatigue, mood swings, mild symptoms of depression, anxiety.

Hormonal system: premenstrual syndrome, LH imbalance.

Other: skin troubles (eczema, shingles), hemorrhoids, varicose veins, bedwetting, production of breast milk.

HISTORY

Green oatstraw have been cultivated for their grains since 100 BC. It was used then only for its medicinal virtues. It was integrated in the diet much later, after wheat, and became a staple in many populations around the world. In the Middle-Ages, green oatstraw had many uses, among others as a stuffing for mattresses and to treat rheumatism. In the 17th Century, Nicholas Culpeper used it to treat leprosy. An extract of the aerial parts is used in Ayurvedic medicine to treat opium addiction. In England, it is used successfully to help quit smoking.

CONTRA-INDICATIONS

None known.

INTERACTIONS

None known.

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Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

