



## Skullcap INFUSION

### STRESS

Relieves nervous tension

#### Ingredient

Skullcap	leaf	<i>Scutellaria lateriflora</i>	Organic
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#### DOSAGE

**INTERVENTION** : 4 to 6 cups per day, as needed.

**TREATMENT** : 2 to 4 cups per day.

#### DIRECTIONS FOR USE

Pour 1 litre of boiling water on 2 tbsp of herbs, cover and let steep for 15 minutes. Filter.

#### MODE OF ACTION

Skullcap is a nervine herb and has a tonic and reconstructing effect on the nervous system. It soothes excitability, calms nervous tension and reduces the harmful effects of prolonged stress. Its flavonoids act on GABA metabolism and make skullcap very efficient for anxiety. It normalizes the functions of the nervous system: in times of great fatigue, it reduces the feeling of exhaustion whereas during hyperactivity and agitation, it calms and relaxes.

Its combined antispasmodic and nervine effects are very beneficial when stress is causing muscle spasms, nervous tics, rigidity and muscle pain. Combined with other herbs, skullcap relieves nerve pain. Its calming action helps fall and stay asleep without causing drowsiness if it is used for its calming effects during the day.

Skullcap also acts on the heart and is indicated for functional heart troubles of nervous origin. It reduces blood pressure and heart palpitations caused by mental and emotional tension. It relieves nervous headaches. Skullcap soothes premenstrual tension and is a diuretic.

Digestive troubles caused by stress, such as acid reflux and irritable bowel syndrome, benefit from the use of skullcap infusion as it acts on both the digestive and nervous systems.

Its main constituents are flavonoids (apigenin, luteolin, scutellarin, baicalein), polysaccharides (lignin), resin, tannins, iridoids (catapol), fatty acids, minerals (Ca, K, Mg), trace elements (Fe, Si), vitamins (A, B, C) and volatile oils.

#### HELPFUL ASSOCIATIONS

**GREEN OATSTRAW** for troubles of the heart and nervous system.

**NERVETOP** for agitation, nervousness and sleep disorders.

**CALIFORNIA POPPY** for pain and sleep disorders.

**ASHWAGANDHA** for anxiety caused by stress.

**HAWTHORN** or cardio-vascular troubles of nervous origin.

**CHAMOMILE** infusion for digestive troubles.

#### ETHNOBOTANY

**Nervous system**: anxiety, anguish, nervousness, agitation, nervous tension, mental fatigue, sleep disorders.

**Digestive system**: cramps, acid reflux, irritable bowel syndrome.

**Cardiovascular system**: palpitations, hypertension.

**Other**: teeth grinding, stress-related headaches, menstrual cramps, PMS, muscle tension and pain.

#### HISTORY

Skullcap has been an important herb in traditional medicine and has been used to treat anxiety and associated troubles. At the beginning of the 18<sup>th</sup> century, skullcap was used in the United States to treat scabies and St-Vitus' dance. It has also been used in the treatment of epilepsy, convulsions, shaking, snake bites, insect bites and rabies, where it got its common name *Mad dog weed*. Although some of its uses have been dropped, the American eclectic doctors continued using it for epilepsy, nervousness, insomnia, muscle spasms and other nervous conditions. Today, skullcap is known as a powerful nervine herb.

#### CONTRA-INDICATIONS

Do not use during pregnancy and breastfeeding.

#### INTERACTIONS

None known.

## REFERENCES

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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.

