



Green Oatstraw TINCTURE

NERVOUS FATIGUE

Restores health of nervous system

NPN 80015768

50 ml

Each ml contains

Green Oatstraw	green flowering top	<i>Avena sativa</i>	1:3	296 mg	Organic
Alcohol 35% to 40%, certified organic					

DOSAGE

INTERVENTION: 1.5 ml, 4 to 6 times per day for many weeks.

DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water.

MODE OF ACTION

Made from the aerial parts, when the grain is full of milk, green oatstraw tincture is both toning and calming for the nervous system. It is used in difficult situations that taxes the nervous system, such as a shock, trauma, convalescence or any situation which is physically or emotionally demanding. In frequent doses, green oatstraw tincture reduces the anguish and anxiety generated in such situations. It promotes inner calm and normalizes communication in the nervous system. Green oatstraw increases the organism's resilience in difficult situations that greatly solicit the nervous system.

Green oatstraw calms agitation and anxiety caused by lack of sleep. Mildly calming, it promotes relaxation and gently induces sleep. Green oatstraw is indicated for those that stress makes irritable, emotionally unstable and unable to face the unexpected. It supports the nervous system in periods of withdrawal from tobacco, drugs and medication, and eases the transition by reducing ensuing symptoms. When green oatstraw tincture is combined to a morphine treatment, it reduces the incidence of addiction.

Avena sativa improves cognitive functions and blood circulation to the brain. It stimulates the production of LH by the pituitary gland, supports thyroid functions while reducing fatigue and feeling cold because of hypothyroidism. Green oatstraw promotes cardio-vascular health, normalizes blood lipid and blood sugar levels. It tones the capillaries (hemorrhoids, varicose veins, fragility of the capillaries), connective tissue, the bladder and reduces water retention.

Green oatstraw contains minerals (Ca, K, Mg, P), trace elements (Fe, Mn, Si, Zn), vitamins (A, B, E), saponins, flavonoids, alkaloids (avenin, graminine), amino acids (lysine, methionine), flavones and sterols.

HELPFUL ASSOCIATIONS

SKULLCAP tincture for anxiety and anguish.

NERVETOP capsules for agitation, stress and nervousness.

CALIFORNIA POPPY for pain and insomnia.

TABAGIX tincture in times of weaning.

ASHWAGANDHA for nervous exhaustion.

ETHNOBOTANY

Nervous system: shock, trauma, convalescence, nervous exhaustion, fatigue, irritability, anxiety, anguish, weaning (tobacco, drugs, medication), sleep disorders.

Hormonal system: anxiety during menopause, hypothyroidism, LH imbalance.

Other: high blood fat, high blood sugar, hemorrhoids, varicose veins, fragility of the capillaries, water retention, shingles.

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, oatstraw had many uses, from stuffing mattresses to treating 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

Consult a health care practitioner if symptoms persist or worsen.

INTERACTIONS

None known.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

