

SERENE

Designed for those with mild to moderate depression, post viral infections, chronic or acute nerve pain, chronic fatigue and lethargy.

St Johns Wort Extract: This herb has a **sedative and pain reducing effect**, which gives it a place in the treatment of **neuralgia, anxiety, tension** and similar problems. It is especially regarded as an herb to use where there are menopausal changes triggering **irritability and anxiety**. It is increasingly recommended the treatment of depression. In addition to neuralgic pain, it will ease fibrositis, sciatica and rheumatic pain. The herb is a sedative nervine for muscular twitching.

Withania Extract: Withania is a Tonic, mildly sedative, anti-inflammatory, immune modulator and anti anemic. The herb has a remarkable ability to enhance and maintain overall health and well being, relieve stress, increase immunity and vitality. Often indicated during long term stressful situations, where the body has had to cope with stress for an extended period of time. Withania is renowned for its adaptogenic effects and is used as a long term rejuvenation aid for the body to various types of stress induced issues such as fatigue (including chronic fatigue, ulcers, insomnia etc. Inflammation and Immunity. **Recovery.** Trials conducted in 1980 indicate that Withania increases hemoglobin levels and helps recovery from chronic illness. It has a high iron content and is used as a restorative for the elderly and chronically ill, Its sedative action calms and strengthens the nerves and encourages restful sleep, making it useful for countering the debility that accompanies long-term illness or stress.

Liquorice : Liquorice is a traditional herbal remedy with an ancient history and world wide usage. Used extensively by the armies of ancient Greece and Rome as a fortifying ration sustaining them on long marches allaying thirst and fatigue. Modern research has shown it to have effects upon, amongst other organs, the endocrine system and liver. The triterpenes of Glycyrrhiza are metabolized in the body to molecules that have a similar structure to the **adrenal cortex hormones**. Antibody production is enhanced by glycyrrhizin, possibly through the production of interleukin. Glycyrrhizin inhibits the growth of several DNA and RNA viruses, inactivating Herpes simplex virus particles irreversibly.

The combinations of these three herbs makes a powerful ally in recovery from stressful times.

Contraindications: Not to be used alongside prescription anti depressants.

Consult your health professional first

WHY HERBAL REMEDIES?

The use of plants as medicine is backed by the longest clinical trial in history. By observation and experimentation, all human cultures have proven over time, the efficacy of plant medicine.

Herbal medicine has a vast track record of over 38,000 years and their protocols fit with all the criteria of the scientific method, i.e. observation, hypothesis, experimentation, proving, and results are consistently repeated. It is natural, perfectly logical and based on natural laws and principles. Today, over 75% of the world's population use Herbal medicine as their primary means of health care.

Many chemical drugs are based on compounds found in plants. For example, the idea of valium comes from the valerian root and aspirin from the salicylates found in Willow bark, yet these medicines were known by indigenous cultures for 1000's of years! Herbalists choose to use plant remedies because of their proven efficacy and their low or no risk of side effects.

Scientists can make artificial seawater in the laboratory, however, no fish will live in it! The biological complexity of plants cannot be reproduced and they are ideally suited to our biologically complex physiology. Although Herbalists recognize the existence of active principles within the plant, the other, less active parts are an integral part of the whole remedy. Nature is the perfect scientist

Well chosen herbs are in harmony with human beings. Evolved by Nature herself, they are our allies and ideally suited to their role of promoting health and helping to move humanity beyond disease.

NEW ZEALAND HERBALS are the result of 25 years research and development by Michael J McCammon N.D. Naturopath, Herbalist and Iridologist.



NEW ZEALAND
Herbals®

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YOU CAN OVERCOME STRESS AND DEPRESSION



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Depression can be observed as signs of insomnia, appetite loss, significant weight changes, loss of interest/ motivation, suicidal thoughts and functional disorders of physiology which are undetectable in medical tests.

In the normal process of life and relating we have a cycle of awareness. At any one time the awareness or the resting state of ease will experience excitation and a movement creating a contact and then a withdrawal and back to awareness. . ***If in any of these processes a blockage occurs preventing the completion of the cycle a lack of ease results*** and if unresolved or incomplete they can become anxiety or depressive states.

In living out our lives it is impossible that no offences should come. If our Responses to these remain un dealt with - they stay in the body / mind and express themselves as Spiritual emotional, mental and physical disorders.

Levels of emotions

Suppression affects

- 1. Enthusiasm** The pineal gland - spirituality
- 2. Pain** The pituitary gland - begins to atrophy
- 3. Anger** - The thyroid and parathyroid - metabolism and calcium balance.
- 4. Fear** - Thymus and immunity (48 hours of stress can shrink the thymus gland 50%)
- 5. Grief** - The adrenals, pancreas giving rise to hypoglycemia - fatigue and depression.
- 6 Apathy** - Spleen - blood disorders words like "what's the use"
- 7. Unconsciousness** - Sexual system. Doesn't want to know - addictive personalities - chronic denial.

"The body weeps the tears that the eyes refuse to shed"

'Keep constantly in mind in how many things you yourself have witnessed changes already. The universe is change, life is understanding.' — *Marcus Aurelius*

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.' *Henri Bergson*

Nothing we can do can change the past, but everything we do changes the future.' *Ashleigh Brilliant*

It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power.' — *Alan Cobe*

'Everything flows and nothing abides; everything gives way and nothing stays fixed... Cool things become warm, the warm grows cool; the moist dries, the parched becomes moist... It is in changing that things find repose.' — *Heracitus*

The stages of grief

1. Shock, Denial, numbness, disbelief.
2. Emotional and physical reactions may be crying, distress, disturbed sleeping and eating patterns, inability to concentrate and headaches
3. Depression, loneliness, despair, panic.
4. Guilt Why wasn't I; why couldn't I; have done/been some thing/somewhere else
5. Anger/Resentment - wanting to hit out/ frustration
6. Blame - its all their fault.
7. Idealization. thinking things were better then they were.
8. Hope - the future may not be so bad
9. Acceptance and readjustment.

What to do in times of anxiety and depression?

- 1. Give yourself time. No one can put a time on it whether it is days months or years**
- 2. Talk to someone but don't overdo it—what you focus on is what you get .**
- 3. Eat warm nourishing meals - this is not a time for fasting or punishment.**
- 4 Stay away from negative, “Doom and gloom” people this is sacred time for you.**
- 5. Use herbal, Homeopathic and nutritional allies—ie do not stop your program—and add remedies known to help.**

When we become stressed, our adrenal glands release adrenaline and noradrenalin into the blood stream. These powerfully stimulating hormones, which are also produced from nerve cells, act as chemical messengers affecting almost every organ in the body, including the eyes, intestines, bladder, and bowel. Anxiety and depression can lead to almost any health problem but in particular the most common disorders are : **Irritable bowel syndrome - colitis, constipation, diarrhea, crohne's disease - and sleeping disorders, nervousness such as shaking, agoraphobia, headaches and chronic fatigue.**

Some other good herbal and Homeopathic help :

Aconite—for the fright

Ignatia—for the grief

Stress and Truam mix—one of our own propriety blends

Withania capsules and powder—emparts strength and confidence—high in iron magnesium and calcium

Regular bowel—if change of diet , water and stress have made you constipated

Para—food and water poisoning

Mineral Max—stability , energy

Blood Purifying Tonic—help for immunity

Echinacea—avoid infections

Bentonite clay—to avoid intestinal toxins.

Herbal Help

WITHANIA COMPOUND/CAPSULES

General Vitalising and restorative Tonic

Withania compound has been designed by Michael J McCammon N.D. Naturopath, Medical Herbalist, Iridologist as a response to the many people suffering from the effects of stress and all its myriad forms and manifestations. Withania compound has shown at times dramatic improvement in levels of calmness and the use of this compound has been a major factor in the relief of anxiety, insomnia, tissue wasting diseases, diseases of the elderly, children and of particular assistance in relieving stress levels from overwork .

WITHANIA: (WITHANIA SOMNIFERA) Known as “Indian Ginseng”

Withania is a adaptagenic herb which assists to normalise bodily processes. Regenerating to the hormonal system it is a regenerative tonic, particularly for the muscles, marrow and sexual fluids. It is used in all conditions where there is weakness and tissue deficiency and in those suffering from overwork, stress, lack of sleep, nervous exhaustion , low libido, impotence etc. Its Sanskrit name "Ashwaganda" translates as meaning "giving the power and vigour of a horse". It can be used for young and old alike. Similar to Panax Ginseng Withania has none of the side effects known to occur from Panax.

WITHANIA EXTRACT: This is the same as the above but produced in concentrated form. - The addition of the extract brings the formula up to greater strength while retaining the additional benefits of the whole powdered root.

SLIPPERY ELM: (*Ulmus fulva*) A highly nutritive tonic food for conditions of deficiency. Helps to rebuild the plasma element of the body and helps to restore the mucus membranes, particularly of the lungs and stomach. Its emollient action is very soothing for inflamed or ulcerated membranes and surfaces. High in Niacin, Riboflavin, and Thiamine, plus vitamins E, F, K, and containing the minerals Calcium, Iron, Sodium, Selenium, Iodine, copper, Zinc, Potassium and Phosphorus, it has as much nourishment as oatmeal.

CINNAMON (*Cinnamomum zeylanicum*) Cinnamon is a tonic to the circulatory, digestive, respiratory and urinary system and has a beneficial action on plasma, blood, muscle's, marrow and nerves. The herb is effective for strengthening and harmonising the flow of circulation and is especially good for those suffering weakness or fatigue. It is a pain reliever and strengthens the heart, warms the kidneys and promotes digestion. Its action in the formula promotes all of the above and acts as a natural buffer or anti-allergen to those with milk intolerance.

Indications:

Those suffering from general fatigue, exhaustion, emaciation and stress. Particularly good for nervous exhaustion, tissue wasting and sleep or rest difficulties. Withania compound and capsules has a particularly beneficial effect on the nervous system superior to any other Herb or compound. Its remarkable effects last long and deeply.



**NEW ZEALAND
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Herbal Medicine—the longest clinic trial in history—Tried and True—non toxic and effective help during stressful times