



Annie's Nerve Blend

- 1 part yarrow
- 1 part St. John's wort
- 1 part valerian blossoms (or root)
- 1 part skullcap
- 1 part hawthorn berry
- 1/2 part lobelia

Dr. Christopher's Nerve Formula

- Equal parts:
- black cohosh
 - blue cohosh
 - blue vervain
 - skullcap
 - lobelia

Rosemary Gladstar Nerve Tonic 1

- 3 parts lemon balm
- 1 part chamomile
- 1 part oats
- 1/2 part chrysanthemum flowers
- 1/2 part rose petals
- 1/4 part lavender flowers
- stevia to taste

Rosemary Gladstar Nerve Tonic 2

- 2 parts dandelion root
- 2 parts Siberian ginseng
- 1 part astragalus
- 1 part burdock root
- 1 part cinnamon
- 1 part licorice root
- 1/2 part cardamom seeds
- 1/2 part ginger
- 1/2 part ginseng root

Butterfly Miracles Nerve Tonic

- 2 parts oatstraw
- 1 part skullcap
- 1/2 part St. John's wort
- 1/2 part lemon balm
- 1/2 part lavender
- 1/2 part rosemary
- 1/2 part motherwort
- 1/2 part passion flower