

# Herbal Recommendations

**Date:** XXXXX

Dear XXXXXX,

Thanks so much for your patience while I put these recommendations together. Feel free to email me or message me with any questions you have.

These are the herbs I would like to recommend. I always like to explain what I am recommending because it is your body, and I feel it's important for your autonomy to understand what things are, how they work, and why they have been chosen. I hope it's not too overwhelming!

If you have any questions, please feel free to email me at [info@rosehip.clinic](mailto:info@rosehip.clinic) or drop me a message on XXXXXXXXXX (Signal or WhatsApp).



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## Herbal Goals

1. Supporting your nervous system:
  - a. Through reducing anxiety and levels of fight/flight activation in the body
  - b. Increasing restorative sleep
  - c. Reducing heart palpitations
2. Supporting your digestive system through:
  - a. Aiding gut motility and reducing constipation
  - b. Supporting with bloating
  - c. Addressing potential dysbiosis that could be contributing to hayfever and anxiety
  - d. Addressing bleeding gums through herbal mouthwash for mouth health
3. Sustainably increasing energy and reducing fatigue
4. Reducing hayfever symptoms and general allergic response in the body (including eczema)

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## Herbal Recommendations

*Instructions will be written on the bottles.*

## Nervous System Support Blend

*This blend can be taken as needed through the day e.g. small regular sips if helpful to gently reduce activation and increase access to parasympathetic time.*

- **Lemon Balm (*Melissa officinalis*)** - Influences the limbic system (emotional processing centre of the brain), reduces tension and anxiety, uplifts mood, supports memory and concentration, calms nervous palpitations and stimulates digestive enzyme flow.
  - **Chamomile (*Matricaria recutita*)** - Gentle relaxant and anti-inflammatory, soothing to the gut. Really amazing for stress-related digestive issues while calming anxiety.
  - **Hawthorn (*Crataegus monogyna*)** - Nervine relaxant. Improves vascular integrity and reduces inflammation in the blood vessels. Nutritive and digestive tonic. Traditional remedy for grief and emotional stress.
  - **Rose (*Rosa canina*)** - Cooling, soothing for grief and chronic stress, uplifting and restoring. Supports the emotional heart.
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## Sleep Support

**Skullcap (*Scutellaria lateriflora*)** - Nutrient rich nervous system support, reduces anxiety and tension (including panic attacks), antispasmodic and bitter tonic. It's classified as a "hypnotic nervine" in the sense that you can feel gently "knocked out" by it. It helps switch into a parasympathetic (rest and digest) state and literally "cap the skull" and slow racing thoughts. Long-term, it can support nervous system repair (such as rebuilding the myelin sheath, the protective layer around nerves). It also supports the liver in processing stress hormones.

**Lavender Oil** - Lavender infused in olive oil. Lavender is absolutely amazing for the nervous system. The nervous system needs fat to function, so this is a beautiful way to get it inside you topically.

*If the Skullcap tea is too much fluid before bed, I'll also include some **passionflower** tincture so you can take a few drops if helpful instead.*

**Passionflower (*Passiflora incarnata*)** can support the length and depth of sleep.

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## Digestive Support

### Gut Restoration Tea Blend

*This tea blend is fantastic at getting the herbal support we need directly to the gut tissues. Recommended to take in the morning shortly before eating.*

- **Chamomile (*Matricaria chamomilla*)** – A gentle yet powerful relaxant for the nervous system. Strongly anti-inflammatory and carminative; eases gas, bloating, and stress-related digestive issues while calming anxiety.
- **Plantain (*Plantago lanceolata*)** – An astringent and vulnerary herb that helps repair intestinal permeability and damaged tissues. Both antispasmodic and demulcent.
- **Calendula (*Calendula officinalis*)** – A remarkable vulnerary that supports tissue repair and modulates inflammation.
- **Yarrow (*Achillea millefolium*)** – Supports hormonal balance, relieves cramps, gently relaxes the body, and improves circulation. Acts as a vulnerary for gut tissues.
- **Burdock (*Arctium lappa*)** – A nutritive and gently cleansing herb that supports liver function, digestion, and skin health.
- **Marshmallow (*Althaea officinalis*)** – A soothing demulcent that calms and coats mucous membranes, eases reflux, and reduces gut irritation. Anti-inflammatory and antimicrobial; also stimulates white blood cell production.

### Separately

**Milk Thistle (*Silybum marianum*)** - One of the best herbs we have to support liver function (the liver processes hormones and inflammatory compounds and medications). Can help with constipation. Best taken as freshly ground seed powder separately from the tea blend. I like to add it to oats for example in the morning, or a smoothie.

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### Digestion Support Blend

Okay so one of the main causes of constipation is hypochlorhydria (low stomach acid) which can have so many causes - including chronic stress. Zinc deficiency can also be a factor. I think if we focus on nervous system support first and herbs to support the digestive processes themselves, that will be a good start. And then if necessary, there are supplements that can really help (Betaine HCl) etc but I find nervous system support is often much more effective.

The gut restoration tea blend above will massively help address any inflammation in the gut and aid any potential dysbiosis (like a disrupted gut ecology in terms of microbes).

But taking a blend before eating can also really help to 'get things moving'. This blend can include:

- **Dandelion Root** (*Taraxacum officinale*) – Supports liver function and hormone metabolism. Encourages healthy bile flow and digestive function.
- **Artichoke** (*Cynara scolymus*) - Supports bile production to help us digest. Improves digestion and liver function.
- **Ginger** (*Zingiber officinale*) - Warming, antispasmodic, antimicrobial.
- **Cinnamon** (*Cinnamomum verum*) - Warming and uplifting. Supports circulation, reduces inflammation, aids digestion and can help stabilise energy levels.
- **Angelica** (*Angelica archangelica*) - Helps support the flow of digestive enzymes and is helpful where there is suspected low stomach acid. It's also supportive for bloating, can help with blood flow to the brain for concentration and brain fog. It also warms the mix!

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## Nutritive Energy Tonic

*This blend is to support nutrition and mitochondrial health to help sustainably increase energy. These herbs also have an affinity with the HPA Axis (Hypothalamic-Pituitary-Adrenal), the body's central stress response system and will hopefully support you to feel more resourced and nourished.*

*Many of these herbs will also reduce hayfever.*

- **Elderberry** (*Sambucus nigra*) - Calming and soothing, "blood building," supportive for gut inflammation and blood vessels. Strong antioxidants and supports vagal tone. Totally underestimated as a nervine.
- **Schisandra** (*Schisandra chinensis*) - Increases resilience to stress, helpful in nervous exhaustion. Amazing antioxidant and hepato-protective, supporting the immune system and liver. Shown to reduce allergies.
- **Nettle** (*Urtica dioica*) - Highly nutritious (lots of minerals especially iron, vitamins A & C). Supportive to the liver and kidneys. Immune supportive and restorative during depletion.
- **Milky Oats** (*Avena sativa*) - Supportive to the nervous system, reducing anxiety, tension and nervous exhaustion. Deeply restorative where there has been long-term depletion.

- **Turmeric**, (*Curcuma longa*) – very protective to the liver, stimulates bile flow, helps regulate gut flora, supports gut mucosa, antimicrobial, immune supporting.
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## Hayfever support

I think all of the above will massively help with hayfever (especially all the gut stuff), however, if you'd value a herbal blend specifically to reduce hayfever symptoms if they start to get worse, please let me know!

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## Nutritional recommendations

You are going to hate me but I would be SO happy if you were able to **cut out gluten**, even temporarily (6 weeks ideally). Food intolerances are such major drivers of inflammation in the body and can wreak havoc on someone's system sometimes their entire life. There is mounting evidence connecting gluten or wheat sensitivity to all kinds of emotional health challenges such as anxiety, panic attacks, as well as musculoskeletal pain, digestive issues and more. Stopping a food intolerance can give the body a new lease of life and honestly, I've seen this countless times, but it can be absolutely life changing.

There are many amazing replacements including gluten free bread/bagels/all the things. I really believe gluten could be a factor but the best way to know is to test e.g. removing it for 6 weeks and then re-introducing it (if wanted, some people just continue to cut it out as they can already see the difference).

If stopping gluten feels impossible right now, I don't want to overwhelm you. This is honestly just a suggestion and you are autonomous over your health decisions <3

Other suggestions:

- Minimising sugar as much as possible (sucks I know!!)
- There is also very strong research linking dairy to constipation patterns (and other impacts) so if you feel able to experiment with **removing dairy** too that may be super helpful.
- More water <3

- I highly recommend **100% chocolate** (to everyone but especially anyone who menstruates) as it's full of magnesium and iron. Chronic stress literally rinses our magnesium reserves.
  - **More protein**, especially at breakfast. I like to say protein with every meal. Protein really helps sustain energy, reduces anxiety, improves cell health etc. Example additions include:
    - Walnuts with oats at breakfast
    - A protein smoothie as a meal replacement or afternoon snack (I can send a link to a great one from Home Bargains!)
    - Bulk cooking nut roast, having nuts as snacks
    - Doubling up on protein during a meal e.g. Fried tofu & edamame beans and peas
  - Having more **healthy fats** e.g. olive oil, flaxseeds, chia seeds etc. The cheapest ones are from Lidl's. Our nervous system depends on fat to function and often in vegan and other diets, there can be a deficiency of healthy fats.
  - All the veg! To support antioxidant capacity and hormone metabolism.
  - Oats regularly - they are super supportive for energy stability and nervous system nourishment.
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## Supplement recommendations

I would highly recommend:

- B12 – Only if blood tests indicate deficiency. B12 deficiencies can affect mood, memory, concentration and energy. I'm quite fussy about B12 :) this is the one I highly recommend:  
<https://www.dolphinfitness.co.uk/en/jarrow-formulas-methyl-b-12-100-lozenges/152170>
- Magnesium - Magnesium deficiency is extremely common thanks to industrial agriculture. It's often the number one cause of anxiety and poor sleep (especially waking in the middle of the night). It's best absorbed via the skin so ideally through a spray or epsom salts added to baths ideally a couple of times a week. You can pick up a spray at Holland & Barrett for sure. Supplements internally are also helpful. One good quality brand -  
[https://www.british-supplements.net/products/clean-genuine-magnesium-1-278mg?currency=GBP&variant=39761459839050&stkn=c7b690bf9e3d&tw\\_source=google&tw\\_campaign=20513973024&gad\\_source=1&gad\\_campaignid=20519582630&gclid=EAlaIQobChMI9MWDjovHjwMVtpNQBh3IrwK1EAQYASABEgI0pfD\\_BwE](https://www.british-supplements.net/products/clean-genuine-magnesium-1-278mg?currency=GBP&variant=39761459839050&stkn=c7b690bf9e3d&tw_source=google&tw_campaign=20513973024&gad_source=1&gad_campaignid=20519582630&gclid=EAlaIQobChMI9MWDjovHjwMVtpNQBh3IrwK1EAQYASABEgI0pfD_BwE)

- Vitamin D – most people in the northern hemisphere do not get enough vitamin D. I'd therefore recommend supplementing with a spray if possible (any is fine – like a generic Holland and Barrett one for example). 5000 IU of vitamin D3 is a safe and effective dose. Vitamin D deficiencies are also a major contributor to anxiety and fatigue.  
<https://www.british-supplements.net/products/clean-vitamin-d3-k2-msm-capsules?srsltid=ARcRdnpq7Jn7kTmBGKhpS2gzELWj1gRqE6qfmiuF55laPI4CqvBxoUfl&variant=32615728480330>
  - Omega 3 fatty acids – anti-inflammatory and supportive for brain health and mood regulation. <https://www.british-supplements.net/products/clean-algae-oil-omega-3>
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## **Other Notes & Recommendations**

Please introduce one blend or supplement with at least one week between them to gauge any reactions.

We will go small and slow!

Any questions please feel free to email me at [info@rosehip.clinic](mailto:info@rosehip.clinic) or send me a message!