

NATURAL NERVOUS SYSTEM CARE

Our nervous systems act as our body's command center by processing the information and stimuli we receive and helping us to form our reactions. Keeping your nervous system regulated and healthy is a key part of relieving stress, getting better sleep, and having an overall higher quality of life.

Herbs for the Nervous System:

Tulsi	Lemon Balm
Milky Oat Seed	Nettles
Motherwort	Ashwagandha

Self Lymph Massage

Lymphatic massage is a great way to relieve stress, anxiety, and fatigue. Using a skin safe oil, squeeze and rub downward on the tender parts of your chest adjacent to your underarms. Stretching the skin in this motion helps to drain and restore the lymphs.

Find more info at
www.theathomeapothecary.com