NERVOUS SYSTEM

LESSON 10



Self-Reliance in Health Course

WWW.SELFRELIANCEINHEALTH.COM

The nervous system is the control and messaging system for the entire body. It is here we experience the environments of our lives; physical, mental, and emotional with three basic functions: to receive, to interpret, and to respond. It includes the brain which sends messages to the body through the spinal cord, and then out to different areas of the body through a complex network of trillions of nerve cells. These messages move as electrical impulses through the nerve fibers, sending messages throughout the body. This system is responsible for our senses (smell, touch, taste, sight, hearing), memory, learning, emotions, reflexes, movement, organ control, and pretty much everything that happens in the body. Before working on the nervous system make sure you have gone through the other systems we discussed, imbalance in those areas can cause issues with the nervous system.

Brain

The brain is so complex that we do not even know everything it is capable of, so in simple terms it controls mental activities, movement, balance, emotions, sensory information, and memory. The brain stem controls the body's hormones, and vital life functions such as respiration, heart function, sleep, pain, and temperature adjustment.

Spinal Cord

The spinal cord is the pathway for nerve signals to communicate information back and forth between the brain and the rest of the body.

Brain and Nerve Care

- Nutrition is vital for a well-functioning nervous system. (Lesson 1)
- Gut health is now being linked to brain health, something referred to as the "gut brain" or the "gut brain connection". Once the nutritional foundation is laid, work on the gut. (Lesson 2)
- Cut out as many environmental toxins as possible, especially heavy metals, as these are linked to brain function.
- Stress weakens and "stresses" the nervous system so practice regular stress relief measures.
- Adequate rest
- Regular exercise
- Study and learning allow the brain to grow in its capabilities, the more effort put forth, the greater the capability increases. Librariesofhope.com is a great place for learning!
- Nerve Formulas
- Golden Goodness Mix

"Then opened he (Jesus) their understanding, that they might understand scriptures." Luke 24:45

"...he that receiveth light and continueth in God, receiveth more light; and that light groweth brighter and brighter until the perfect day." **D&C 50:24**

Herbs/Food for the Brain and Nerves

Herbs that feed the brain

These should be used as a tonic over several weeks or months, two or three times a day.

- Ashwagandha
- Ginkgo
- Ginseng
- Gotu kola
- Turmeric

Calcium rich foods and herbs are essential for healthy nerve function. Proper amounts of blood calcium prevent nervousness, irritability, muscle spasms, muscle cramping, hyperactivity, and insomnia.

- Herbal Calcium Formula
- Amaranth
- Chickweed
- Dandelion
- Nettle

Nerve tonics feed, tone, rehabilitate, fortify, and strengthen the nerve tissue.

- Chamomile
- Catnip
- Garlic
- Lemon balm
- Linden
- Skullcap
- Oatstraw
- Wood betony
- Valerian
- Hops

Nerve sedatives work to relax, soothe, and nourish the nervous system to help reduce pain, ease tension, and encourage sleep. They include those listed above as nerve tonics in addition to some of these herbs.

- Mint
- Lavender
- Hawthorn
- Red clover

Sage
St. John's wort
Thyme
Yarrow
Wild cherry
Blue vervain
California poppy
Passionflower
Lobelia
Motherwort
Crampbark

Adaptogen herbs enhance the body's ability to deal with emotional, physical, and environmental stress. They are generally taken over a long period of time to build the body's resistance and endurance to a variety of adverse influences and stressors.

Ashwagandha
Astragalus
Codonopsis
Dang shen
Eleuthero
Ginseng
Licorice
Lycium
Reishi mushroom
Rhodiola
Schisandra
Tulsi (holy basil)

Foods to feed the brain and nervous system

Fresh sprouts
High-quality protein
Whole grains
Green leafy vegetables
Root vegetables
Cultured foods
Citrus fruits
Seaweeds
Chia seeds
Flax seed
Fish oil
Nuts
Seeds

Brain & Nerve Conditions

Chronic Stress

Chronic stress can lead to conditions such as anxiety, depression, weight loss or gain, fatigue, sleep disruption, and hypertension to name a few. Making lifestyle changes in order to reduce stress levels can prevent some of these conditions as well as strengthen the nervous system.

- Adaptogen herbs from above.
- Exercise (clears the stress hormone, cortisol)
- Yoga, get the benefits of clearing cortisol plus the breathing that can calm and balance the mind and body.
- Hot baths
- Breathing exercises from Lesson 9
- Massage
- Meditation, spiritual time, prayer, "you" time doing what you enjoy.
- Cuddling with pets or people.
- Adequate sleep
- Tapping (https://www.tappingsolutionfoundation.org/)
- Nervine tonic and sedative herbs and formulas from above.
- Dr. Christopher Relax-Eze Formula
- Heart Ease herbal tea blend
- Bliss blend
- Kiddie Calm Formula
- Music Therapy
- Pleasure Books - express gratitude
- Micro Neurofeedback Therapy: useful for any conditions connected to the brain including mental health issues and all that follow. (Look for at a local wellness center)

Headaches

Headaches occur when pain sensitive areas in the head are stimulated. There are several types of headaches: dull and aching, tension, migraine, and cluster. There are many causes including inflammation, congestion, low blood sugar, fatigue, stress, eyestrain, muscle tension, heat exhaustion, allergies, medication, hormone imbalance, environmental toxins, dehydration, injury, or illness, just to name a few. Finding the root of the problem can help

in relieving the headache, maybe all you need is a beverage, food, or rest.

Prevention Measures

- Drink plenty of water.
- Follow nutrition guidelines from Lesson 1.
- Be aware of your body; are you holding tension somewhere, bad posture, exercise too hard, eating foods that don't agree, not enough fluids, etc.
- Be mindful of environmental toxins.
- Use stress relief practices from above.
- Keep a food journal to pinpoint triggers and avoid them.

Remedies

- Visit a Chiropractor, your body just may be out of alignment.
- Apply icepack or herbal pillow to pain area. Place a hot compress on the back of neck, while at the same time placing a cool one on the forehead.
- Herbs and essential oils for pain.
- Take a warm bath or shower.
- Take a nap.
- Headaches can be caused by an over-toxic body so cleansing the liver can help (Lesson 7).
- Exercise and get outside in some fresh air.
- Walk barefoot in the grass, in water, over rocks, any type of earth element.
- Soak feet in as hot as you can stand water with a few drops of lavender essential oil – while sipping on herbal tea. After a hot soak dip feet in cold water.
- Apply pressure to where the pain is for several minutes at a time - for best results use one of the essential oils listed below as well.
- Massage shoulder blades, the neck and back of head, all over head like shampoo. For migraines, massage the earlobes as well.
- Pain Salve - apply to the temples, back or neck as well as area of pain.
- Raw Honey - dissolve 1 tsp in a glass of warm water and sip at the onset of headache. Repeat every 20 minutes.
- Lobelia extract - apply to temples, forehead and along the spine.
- Arrowleaf balsamroot - inhale steam in addition to internal use.
- Apply Redmond clay on the nape of the neck and forehead.
- NAET (allergy elimination technique in case the body is reacting to an allergen)

Herbs

Cayenne
Ginger
Lavender
Basil

Sage
Wintergreen, willow or birch (poplar family members)
Feverfew (chew on two leaves or 1 tsp of extract – avoid if pregnant)
Valerian (avoid if pregnant)
Meadowsweet
Passionflower

Essential oils
Apply to temples, along stem of neck, forehead, back of neck or where the pain is. Also apply to reflex points for the head.

Lavender
Rosemary
Peppermint
Eucalyptus
Frankincense
Chamomile
Copaiba or one of the oils for pain listed below

Sleep Issues

Sleeping is vital for all body processes. It is a time to store memories and all that was learned throughout the day, restore energy, renew cells, and heal and fix up any problems. The inability to easily fall asleep or to stay asleep long enough to feel rested upon waking is considered insomnia. It can be caused by stress, anxiety, illness, excitement, fatigue, jet lag, irritability, and life changes. Chronic insomnia lasts longer than a few days and can be caused by pharmaceuticals, drug and alcohol abuse, sleep apnea, aging, obesity, chronic depression, asthma, chronic pain, and certain bacteria and viruses to name a few.

Long term insomnia can cause other problems due to the lack of sleep including decreased ability to function emotionally and physically, impaired memory, concentration, and attention, learning capacity, decreased reaction time, depression, decreased immune function and increased risk of other chronic disease. Strive to find the root cause of the problem and work on treating that while using these other means to get some rest.

- Adaptogen and nervine herbs from above.
- Dream Pillow
- Acupressure
- Yoga, tai chi, or regular exercise.
- Kiddie Calm blend
- Heart Ease herbal tea
- Bliss Blend
- Walk barefoot on the grass, this releases static electricity which can interfere with sleep.
- Tapping www.thetappingsolution.com

Here are some helpful bedtime habits to aid with quality sleep. Many of these come from The Herbal Academy Intermediate Course.

Keep an uncluttered bedroom that is dark, cool, and quiet.
Keep a regular sleep wake cycle.
Minimize daytime naps.
Avoid staying up late/depriving the body of sleep on a frequent basis.
Avoid vigorous exercise too close to bedtime.
Avoid drinking anything caffeinated too close to bedtime.
Sleep as much as you need to in order to feel refreshed, but not more than that (spending too much time in bed has been linked to poor sleep quality).
Get up at the same time every day, regardless of when you went to bed—this helps to establish consistent sleep-wake rhythm.
Sleep on a quality mattress!
If you don't fall asleep after 15-20 minutes, get up and do something quietly until you become drowsy.
Consider using earplugs and/or an eye mask.
Listen to calming music before bed or tones for sleep.
Bedtime Yoga
Avoid keeping a TV in your bedroom.
Avoid watching or reading anything scary, violent, or otherwise stimulating before bed.
Avoid having sources of artificial light in your bedroom.

Pain

The Gift of Pain by Dr. Paul Brand & Phillip Yancey is a great book about why we have pain, its importance and what we can do about it. Pain is a message the nerves send through the body that there is a problem. If that problem is just covered up with a pain reliever, the problem was not solved and can just turn into chronic pain or other conditions. You need to seek out the cause of the pain, work on nourishing and healing the issue, and then apply pain relieving methods from that point on.

- Anti-inflammatory herbs relief pain as swelling is reduced.
- Pain Salve
- Herbal Pain Formulas
- Dr. Christopher's Herb Shop remedies: Stop Ache (internal), Dr. Christopher Cayenne Ointment, MPR spray, or Sen Sei Menthol Rub (external).
- Comfrey is not necessarily an analgesic herb but used topically while using turmeric internally make a great combination for many forms of pain. (*The Healing Power of Trauma Comfrey by Holly Lucille*)
- Hot and cold therapy
- Release trapped emotions - *The Emotion Code* and EFT (*The Tapping Solution*), Feelings Buried Alive Never Die.

- Progressive Muscle Relaxation
- Hydrotherapy
- Regular yoga practice for chronic pain.

Analgesic herbs are used to relive pain. Depending on the situation they can be used either internally or externally. It is often best to use them both ways, simultaneously.

Willow, birch (poplar family)
Chamomile
Hops – nervine, sedative, and anodyne pain reliever
Turmeric (curcumin) – natural anti-inflammatory that has been found to significantly reduce pain.
California poppy (morphine is derived from the opium poppy, this is a family member)
Lavender
Lemongrass (analgesic and anti-inflammatory properties)
Peppermint – mild pain reliever
Skullcap – relieves cramping and muscle/organ spasms, sedative
Valerian - highly sedative, relaxes to relieve pain
Wormwood – narcotic type qualities
Cayenne
Cloves
Wild Lettuce
Lomatium

Pain management Techniques

Stimulate sensations in other areas of the body - like walking barefoot on rocks for example.
Distraction – work, serving, reading, hobbies, pets, anything to divert the mind from pain.
Beauty – art, nature, poetry, music, fresh air, garden walk, feeling sensations of plants and inhaling their aroma, barefoot on grass, etc.
Positive thoughts/pleasure book
Music Therapy

A note on over-the-counter pharmaceuticals for pain

Pain relieving medication sends a message to the brain to stop sending a pain signal that there is an issue in the body. They only cover a problem; they do not heal it.

- Ibuprofen and aspirin slow down blood clotting and may prolong bleeding, so they work against the body when dealing with injury pain. (Trauma Comfrey)
- Acetaminophen (Tylenol) - is easy to overdose on because it is included in more than 500 medications; it causes half the cases of acute liver failure in the U.S. and is responsible for 26,000 hospitalizations and 500 deaths annually. (Trauma Comfrey)

- NSAIDs (aspirin, ibuprofen, naproxen, etc. pain reliever) - can cause serous toxicity problems and gastric bleeding. 200,000 hospitalizations and 30,000 deaths each year. Doubles the risk of heart attack and stroke due to the decrease in kidney function.

I personally keep Ibuprofen in my emergency kit for conditions where it is needed once we have identified the root cause of an issue and the pain is too much for the herbal remedies above to work. It is with constant use where the problems lie.

Lesson 10 Formulas & Recipes

NERVE REGENERATION FORMULA

When my son had nerve damage to a tooth, we were told a root canal was the only way to go. After prayer I was shown that yarrow would regenerate that nerve and it would be healed. I used it and that nerve did regenerate and is healthy today. I created this formula afterwards with additional nervine herbs for regenerating dying nerve cells.

1 part yarrow
1 part St. John's wort
1 part valerian blossoms (or root)
1 part skullcap
1 part hawthorn berry
½ part lobelia

Mix herbs together and place in capsules (preferred due to the taste of this formula), tea, or tincture.

NERVE FORMULAS

This is a compilation of different nerve formulas meant to nourish, calm, strengthen, and heal the nervous system. These can be used for anxiety and stress relief, tension, hyperactivity, depression, nervous exhaustion, sleep, malfunctioning motor nerves, pain, or any condition linked to the nervous system.

Because of how different each of us were created there are a variety of nervine herbs that will work great for one person but react poorly with another one. Nervine herbs should always be used as part of a formula verses a single herb for this purpose, and because they work better as part of a group. Nervine herbs are meant to nourish and calm the nervous system, but in some individuals the opposite can occur where the herb actually stimulates or irritates, if this happens just discontinue the use of that herb and try another one.

Nervine blends work best taken over a longer period of time, such as a couple times a day for two to three months. Use your light of Christ to feel out what would work best for you or your family, and if one doesn't work out, give another one a try.

Dr. Christopher's Nerve Formula (can also be purchased)
Equal parts:
- black cohosh
- blue cohosh
- blue vervain
- skullcap
- lobelia

Rosemary Gladstar's Nerve Tonic Formula #1
3 parts lemon balm
1 part chamomile
1 part oats
½ part chrysanthemum flowers
½ part rose petals
¼ part lavender flowers

Rosemary Gladstar's Nerve Tonic Formula #2
2 parts dandelion root
2 parts Siberian ginseng
1 part astragalus
1 part burdock root
1 part cinnamon
1 part licorice root
½ part cardamom seeds
½ part ginger
½ part ginseng root

Butterfly Miracles with Herbal Remedies Nerve Tonic
2 parts oat straw
1 part skullcap
½ part St. John's wort
½ part lemon balm
½ part lavender
½ part rosemary
½ part motherwort
½ part passionflower

BLISS BLEND

Use to calm the nerves, relax the body, help with sleep, and cool the body.
1 part linden blossoms and bracts
1 part lemon balm

1 part chamomile
1 part rose petals
1 part lavender

HEART EASE BLEND

This tea starts calming and relaxing the moment you inhale it, before even making a cup of tea. The herbs in this blend all have an affinity for the heart and work on a physical and emotional level. It can be used for insomnia and sleeplessness, to calm the nerves, relieve anxiety and stress, and uplift the mood. On a physical level it can reduce blood pressure and protect the heart.

1 part rose petals
1 part chamomile
1 part lemon balm
1 part linden blossoms
1 part hawthorn blossoms and leaves (or berries)

Best used as a tea but can also be made into a tincture or syrup

SLEEP SPRAY

1 oz witch hazel
1 oz distilled water or hydrosol
10-30 drops of essential oil(s) from above

Pour in a 2 oz spray bottle. Shake gently to incorporate ingredients before each use. Spray on pillow case, bedding, pjs or in the room where you are preparing to sleep. Take a few deep breaths before laying down to sleep.

DREAM PILLOW

2 parts lavender
3 parts chamomile
3 parts lemon balm
2 parts lemon peel

Blend the herbs together and keep in an airtight container. This blend can be used to fill an herbal pillow or make an extract, a calming herbal tea before bed or even as a compress either hot placed over the forehead.

Optional essential oils for Dream Pillow
2 drops vetiver
3 drops spearmint

For an herbal dream pillow you can add the essential oils to a cotton pad and place in the pillow before sewing closed or you can drop the essential oil directly on the pillow. The dream pillow can be tucked inside the pillow case,

cuddled up to like a stuffed animal or rub the dream pillow over your sleeping pillow and your entire pillow becomes an herbal pillow. Keep stored in a plastic bag in between uses to keep the herbs fresh.

ESSENTIAL OILS FOR SLEEP

Diffuse, add to sleep spray, apply to the wrist, feet, behind ears or on temples. Can also be dropped right on pillowcase, bedding, or pajamas.

- Lavender
- Valerian
- Bergamot
- Marjoram
- Roman chamomile
- Rosewood
- Neroli
- Orange
- Ylang Ylang
- Jasmine
- Cypress
- Ravintsara
- Angelica
- Basil
- Clary sage
- Lemon
- Sandalwood
- Vetiver

Blend #1
2 drops chamomile
6 drops ylang ylang
3 drops lemon
4 drops sandalwood

Blend #2
10 drops lavender
6 drops chamomile
4 drops cardamom
2 drops ylang ylang

Blend #3
8 drops blue spruce
4 drops fir tree
4 drops cedarwood
4 drops vetiver
4 drops bergamot

Blend #4
4 drops lavender
6 drops chamomile
6 drops lemon
4 drops vetiver
6 drops spearmint

PAIN SALVE

1 cup fresh St. John's wort flowers
½ part cayenne powder
Olive oil
Beeswax
Essential oil from the list below

Make an herbal oil using the herbs and olive oil or use St. John's wort oil and cayenne oil mixed together. Measure out 1 oz of beeswax per 1 cup of herbal oil. Heat over low just until melted. Remove from heat and stir in 40 drops of essential oil; choose a pain blend from your favorite company (I like Ache Away from REVIVE) or make your own with the single oils listed below. Pour into containers and let sit to harden uncovered. Cap and label once the salve has set up.

To use your salve, apply a fingerful over aches and pains to soothe and relieve as often as necessary.

PAIN FORMULAS

<u>Annie's Pain Relief Blend</u>
2 parts birch bark
1 part St. John's wort
1 part valerian root (or skullcap if you have an aversion to valerian root)
1 part wild lettuce
½ part cayenne
½ part lobelia

Recommended dosage is 2-3 capsules or 20-30 drops tincture every few hours as needed.

<u>The Herbal Academy Pain Be Gone Cordial</u>
6 tsp white willow (Salix alba) tincture
2 tsp valerian (Valeriana officinalis) tincture
¼ – ½ tsp vanilla (Vanilla planifolia) extract (to taste)
½ tsp maple syrup

Combine herbal extracts, maple syrup, and vanilla extract in an amber glass bottle.

Cap the bottle and shake gently to combine. Clearly label your bottle and store in a cool, dark space. Use up to 30 drops (or ¼ teaspoon, which is approximately 25 drops) as desired, up to 6x/day. This formula is for short term use only.

ESSENTIAL OILS FOR PAIN

Inhale, diffuse, apply to the temples, across the forehead and massage on the back of the neck. May also help to massage into shoulders and neck with a carrier.

- Peppermint/Spearmint
- Rosemary
- Basil
- Clove
- Copaiba (Layer With Peppermint For Best Results)
- Eucalyptus
- Frankincense
- Helichrysum
- Lavender
- Marjoram
- Sage
- Wintergreen
- German chamomile
- Roman chamomile
- Pine, balsam fir, spruce (for inflammation)
- Vetiver
- Pain blend from company of choice (I like REVIVE Ache Away)

Pain Essential Oil Blend:
30 drops wintergreen
20 drops helichrysum
10 drops clove
40 drops peppermint
* This amount is around a teaspoon in measurement.

Resources

Three Brains: How the Heart, Brain, and Gut Influence Mental Health and Identity by Karen Jensen, ND
Feelings Buried Alive Never Die by Karol Truman
A Better Way to Think by H. Norman Wright
The Gift of Pain by Paul W. Brand and Philip Yancey
Curcumin: The 21st Century Cure by Jan McBarron
Trauma Comfrey by Holly Lucille
A Well-Educated Heart https://www.librariesofhope.com/ (The Arts: nature, poetry, art, music)
The Emotion Code by Bradley Nelson
The Tapping Solution by Nick Ortner