

Herbal Therapies: Stress, Anxiety & Sleep

Health Symposium Willner Drugs



Presented By
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Formulator PhytoTech line Herbal Products

PhytoTech Herbal Line

- Mitch Coven Formulator
- Clinical History of product use going back to 1982
- Trustee American Herbal Products Association
- Manufacturing Facility
 - FDA Registered
 - GMP Certified
 - Kosher Certification
 - Gluten Free
 - Fair Trade
 - Organic, Ethical Wild Harvests

HOLISTIC vs ALLOPATHIC MEDICINE

- Allopathic (chemicals and surgery for symptom elimination, different perspective on cause, not focusing on lifestyle or life factors)

vs

- Holistic (Primarily treat inter-relational system dysfunction, treat the person)
- Learn what herbs do, not just what they are for...match the physiology of the herb to the pathophysiology of the system dysfunction
- But can use herbs allopathically or holistically

Wellness is about Balance = Homeostasis

- **The Body thrives on consistency**
- **Nervous System thrives on consistency**

System Homeostasis

- ✓ Blood Sugar
- ✓ Blood Pressure
- ✓ Thyroid
- ✓ Bowel Movements (constipation or diarrhea)
- ✓ Sleep (day and night), circadian rhythms
- ✓ Mood (depression or manic)
- ✓ Digestive Enzymes (deficient or excess)
- ✓ Immunity (deficient or excess/autoimmune)

STRESS

Response and Adaptation

Chronic Stress

✓ The more unresolved stress people have, the more likely they are to degenerate along the lines of their constitutional, genetic, inherited or predispositional weakness and manifest disease.

Stress Symptoms

Elevated Fight or Flight Response:
adrenaline & cortisol elevation

- ✓ Elevated blood pressure, heart rate
- ✓ Digestive upset & Irregular bowels (ulcers to constipation)
- ✓ Decreased sexual drive
- ✓ Musculo-skeletal system (Chronic pain)
- ✓ Insomnia
- ✓ Immune Dysfunction (deficiency or auto-immune disorders)
- ✓ Mood Swings

Most take something for these symptoms (drugs, alcohol) but the herbs we will discuss treat the system dysfunction as well as the symptoms

Adaptogens

Increases the bodies systemic resistance to physical, mental and environmental stress response.

- ✓ **Modify Limbic (emotional) brain, neuroendocrine (hormonal) and immune system responses to stress**
- ✓ **By helping to maintain homeostasis, help to ward off genetic or predisposed weakness**
- ✓ **More important than multi-vitamins for most**
- ✓ **NV Lazarev in 1947, coined the term Adaptogen**

Adaptogen Formulations

➤ Ginseng Energy Blend:

- Eleuthero, American Ginseng, Chinese Ginseng, Licorice Root, Ginkgo, Fo-Ti, Codonopsis, Ginger Root
- For burn out, fatigue, endurance, emotional and mental stress when other diseases are aggravated by stress, cold, deficient

➤ Adaptogen Complex:

- Reishi, Eleuthero, Ashwagandha, Licorice, Kava
- For Type A driven busy people who do not want to burn out, hot, excess, if do not like Ginseng

Eleuthero

- ✓ First herb classified as Adaptogen
- ✓ Effects stress axis and stress hormones
- ✓ 48 years of research
- ✓ Soviets use Eleuthero to their competitive advantage (sports, military, space, medicine, arts)
- ✓ Tested on factory workers, long distance truck drivers, sailors on long voyages, military personnel, athletes, miners

Eleuthero (cont)

•Studies:

- ✓Soviet Olympians: Improved stamina and recovery, increased O2 uptake, better performance
- ✓Miners: Influenza epidemic decreased by 67%
- ✓Truck Drivers: Improved performance, decreased influenza by 30%
- ✓Factory Workers: 40% drop in heart disease and HBP, 30% drop in other symptoms
- ✓Cancer Patients: 60% decrease in drug usage, 50% boost in immunity
- ✓Enhances response to daily stresses stress:
 - ✓Heat, noise, exertion, extreme work loads, influenza, athletic exertion

Ginseng Root

- ✓ Helps balance ACTH secreted by pituitary when under stress and corticotrophin releasing hormone from hypothalamus which increases cortisol from adrenals
- ✓ Enhances response to all stress
- ✓ Great when deficient, falling apart, depressed, cold, tired, chronic fatigue, depression, sexual deficiency
- ✓ Treats people and system dysfunction, not symptoms
- ✓ Long Term only

Licorice Root

Focus is on Adrenals and Stress, Fatigue, Type-A personality

1) Adrenaline

- ✓ Helps those who have burned out and do not produce enough adrenaline and exhibit chronic fatigue

2) Aldosterone-like effect (increases)

- ✓ Urinate too much
- ✓ Low blood pressure
- ✓ Dizzy when stand

•3) Corticosteroid

- Increases effect of cortisone
- Anti-inflammatory
- Autoimmune disorders

• Contraindicated in high blood pressure, pregnancy, edema

Reishi Mushroom

- ✓ Water and alcohol extract is best
- ✓ Polyphenols and triterpenes
- ✓ Chronic Stress
- ✓ Immune deficiency
- ✓ Chemo
- ✓ Auto Immune disorders
- ✓ Chronic fatigue
- ✓ Slight Anti histamine effect, antioxidant, increases oxygen uptake, prevents liver necrosis

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Holy Basil

Liquid cap

- ✓ Calming and mildly anti-depressant
- ✓ Adaptogen – promotes healthy stress response
- ✓ Counteracts stress-induced changes in neurotransmitters and enzymes. Normalizes cortisol, epinephrine and dopamine
- ✓ Helps with anxiety, irritability, depression, irritable bowel, digestive disorders, hormonal fluctuations, adrenal fatigue
- ✓ Anti inflammatory- inhibits COX-2 enzymes
- ✓ Relieves pain and inflammation in arthritis, tendonitis, bursitis, sports injury, physical overuse
- ✓ PhytoTech brand is 50% higher in Eugenol vs. top national brand

ANXIETY

Reduce Adrenaline

Anxiety: Parasympathomimetics

Parasympathomimetics, either directly or indirectly, increases parasympathetic function and therefore reduces sympathetic function.

It decreases adrenaline.

- ✓Yoga
- ✓Meditation
- ✓Massage

Anxiety Formulations

➤Anxiety Complex:

Night Blooming Cereus, Kava, St. Johns Wort, Lobelia, Pulsatilla
- (acute, anxiety/panic attacks, emotional, mental, hyper, anxiety/xanax, palpitations, OC behavior)

➤Relax AM:

Vanuatu Kava, Hawaiian Kava, Passion Flower, St Johns Wort, Lobelia, Pulsatilla, Night Blooming Cereus - (mental, emotional, hyper, anxiety, thinking too much, situational anxiety)

➤Nerve Calmplex:

Wild Oat, St Johns Wort, Skullcap, Passion Flower, Hops, Lobelia, Pulsatilla - (milder, nervine, rebuilding-good when on rebound, take edge off, calms inner chitchat)

Kava Root

- ✓ **Vanuatu source is best (*Piper methysticum*)**
- ✓ Kavalactones not water soluble
- ✓ The benzodiazepine herb
- ✓ Anxiety = key word
- ✓ Western cultural tonic (alcohol, TV, sedatives, antidepressants, The Valium and Prozac syndrome)
- ✓ Anti Anxiety/Parasympathomimetic **and** CNS sedative
- ✓ Hyperactivity
- ✓ Muscle pain, tightness
- ✓ Sensorial deficiency, feel good herb
- ✓ Insomnia esp. if think too much, wired
- ✓ Contraindications: pregnancy, nursing, potentiates other sedatives, alcohol, Safety issue

Lobelia inflata

- ✓ Stimulates vagus nerve
- ✓ Triggers systemic parasympathetic response
- ✓ External Type: Workaholic, Type-A, doers, uptight, successful, nail biters, anxiety issues, hyper
- ✓ Internal Type: worriers, jaw grinding, drama dreams, light sleepers, physically tight
- ✓ Quitting Smoking
- ✓ Bronchio-Dilation
- ✓ Contraindications: pregnancy, bradycardia

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SLEEP

nothing replaces sleep

Valerian Root

- ✓ Strongest Herbal CNS Sedative
- ✓ Hypnotic
- ✓ More Physical, relaxes the body
- ✓ Relaxes skeletal muscles: Pain control, accidents, athletic pain, injury, post surgical, dental pain,
- ✓ Relaxes smooth muscles: Menstrual cramps, gall or kidney stone, diarrhea/colon cramps
- ✓ Can use acute (as needed) or long term daily (chronic patterns)
- ✓ Not related to Valium
- ✓ Liquid acts fastest
- ✓ Pets
- ✓ Some get agitated dreams with it

Sleep Formulations

- **Sleep Complex with Melatonin:**

Valerian, Hops, Skullcap, Passion Flower, Chamomile, California Poppy, Melatonin (3 mg/serving)

- **Relax PM:**

Valerian, Hops, Kava, Passion Flower, Chamomile, Lobelia, Pulsatilla

Sleep Complex with Melatonin

veggie caps....1000 mg/cap and 3 mg Melatonin

- ✓Valerian Root, Hops Strobiles, Fresh Skullcap Herb, Passion Flower Herb, Chamomile Flower, Fresh California Poppy Herb, Melatonin
- ✓Improves quality and quantity of sleep
- ✓Type A busy body, busy brain, sharp mind
- ✓Indications if need help falling asleep or if wake up
- ✓Reduces physical and mental stress
- ✓CNS sedative, pain, Relaxes muscles and the body
- ✓Melatonin-circadian rhythm cycle, secreted by pineal gland (made of L-Tryptophan, 5-HTP and Serotonin)
- ✓Great for travel, to avoid Jet Lag (take at start of flight)
- ✓Pets
- ✓Compare to alcohol, valium, TV

Relax PM


- ✓ Valerian, Hops, Kava, Passion Flower, Chamomile, Lobelia, Pulsatilla
- ✓ Improves quality and quantity of sleep
- ✓ Better for calming the mind and hyper thinking
- ✓ CNS and ANS sedative, pain
- ✓ Relaxes muscles
- ✓ Travel on planes
- ✓ Quitting smoking (with Lobelia) – can take every 30-60 minutes if needed, 2-3x the amount per dose too
- ✓ Kids version = **KIDS Calming Complex**

Herbal Therapies: Stress, Anxiety & Sleep

Summary

- ✓ Can mix singles or formulas
- ✓ If not working, take more per dose and more often
- ✓ If taking medication, talk to your physician and see if concurrent use allows you to decrease medication
- ✓ Give it some time, long term and be consistent
- ✓ Take before meals and at bedtime
- ✓ Not as strong as drugs

Administration

- 
- Pre-digested, extracted
 - Get taste
 - Fast Absorption, fast acting
 - Fresh Plant chemistry vs. dry
 - Get non water soluble compounds
 - Easier to swallow: Kids and elderly

Thank You

