

## Support for the Nervous System

### **Lifestyle:**

Flower essences  
Aromatherapy  
Deep breathing  
Good, consistent sleep  
Proper time and stress management  
Making time for regular, relaxed, balanced meals  
Exercise  
Self-care: herbal foot baths, baths, massage  
Spending time in nature

### **Diet and Nutrition:**

High-quality fats, cholesterol, and protein!

Essential fatty acids  
Sources include flaxseed oil, cod liver oil, and evening primrose oil.

#### Foods high in B vitamins

All the B vitamins are helpful for stress, but they need to be in balance. B<sub>5</sub> is most helpful for relieving stress; B<sub>5</sub> and C together help form serotonin. Sources include dark green leafy vegetables, whole grains like wheat, brown rice, and oatmeal, fermented and raw dairy products, molasses, wheat germ, dried beans, nuts, seeds, and bee pollen.

#### Calcium-rich foods

Sources include seaweed, sesame seeds, almonds, dark leafy greens (kale, collards, broccoli greens, beet greens, etc.), and fermented and raw dairy products. Calcium-rich herbs include comfrey, oats, nettle, dandelion leaf, mustard greens, horsetail, chickweed, watercress, and amaranth. Try the calcium-rich vinegar included in the Herbal Vinegar Recipes handout in Unit 3.

### **Avoid:**

Processed and refined foods  
Coffee and all other caffeine-rich foods and beverages, including chocolate and many sodas  
Alcohol  
Sugar and other refined sweeteners