



# EDUCATION GUIDE

## ***Skullcap –Ultimate Nervous System Tonic***

Historically, Skullcap was known as “Mad-dog Weed” and was considered a remedy for rabies.

### **Benefits:**

#### **-Nervous System**

- Calms the nervous system without feeling “drugged”
- Has a natural quieting affect that can assist with sleep
- Taken regularly over a period of time, can create permanent benefit for nervous afflictions
- Beneficial influence on the central and sympathetic nervous systems
- Beneficial for neuralgia
- Acts to quiet nerves

#### **-Muscle Spasms**

- Known for helping spasmodic afflictions such as St. Vitus’s Dance (involuntary jerking motions)
- May assist with epilepsy
- Has been used to help relieve palsy

#### **-Mood and Chronic Fatigue**

- Helps create a feeling of well-being and inner calm
- Helps to alleviate symptoms of chronic exhaustion occurring as a result of depression
- Helps to alleviate anxiety
- Helps recovery from extreme fatigue caused by blood toxins
- May help rebuild healthy sleep patterns and diminish insomnia

#### **-Detox**

- Eases problems associated with drug and alcohol withdrawal
- Helps lesson severity of detox reactions

#### **-Brain**

- Has been shown to help rebuild nerve ending in the brain

### **-Digestive System**

- Soothes inflamed digestive tissue
- Improves digestive functions

### **-Respiratory**

- Helps heal upper respiratory infections

### **-Additional uses**

- Traditionally used to help with fertility
- May assist with headaches caused by coughing and tension concentrated in the head

Parts of the plant used include for therapeutic purposes: the whole plant

### **Information sources:**

“The Little Herb Encyclopedia, the Handbook of Natures Remedies for a Healthier Life” by Jack Ritchason N.D.

“Medical Herbalism – the Science and Practice of Herbal Medicine” by David Hoffmann, FNIMH, AHG

“Prescription for Herbal Healing” by Phyllis A. Balch

<http://www.livestrong.com>



All Eureka Market Education Guides are intended for educational purposes only. The guides are NOT intended to substitute for professional medical consultation and as such, do not diagnose, prescribe or offer personal medical advice. Always consult with your health care professional before taking supplements with prescription medications.