



Stress Management Herbs & Supplements

SYMPATHETIC DOMINANT	PARASYMPATHETIC DOMINANT
Eleuthero (Siberian Ginseng)	Ephedra (ma huang)
Ashwaganda	Kola Nut
Rodiola Rosea	Green Tea, Coffee, Chocolate, Tea
Suma	Citrus Oils (lemon, grapefruit, etc.)
Passionflower	Bitter Orange
Hops	Licorice
Valerian	Iodine
B-Complex (incl. Pantothenic Acid= B5)	Red meat for breakfast
Lavender	Adrenal Support
Lobelia	
Kava Kava	
Skullcap	
Chamomile	
Magnesium	

Which category of herbs is best for you?

Stress managements or “adaptagens” enable us to adapt and deal with stress more effectively. To find the right herbs for you, we first have to determine which branch of your autonomic nervous system is dominant. The two ends of this spectrum are SYMPATHETIC DOMINANT and PARASYMPATHETIC DOMINANT. Even though most people tend to be on one end of the spectrum or the other, each individual is unique, and some people are neither extreme but rather somewhere in between. In these cases, experimentation may be necessary to determine which herbs will be most effective.

Before determining where you fall on the continuum of autonomic dominance, it is helpful to understand the function of autonomic nervous system. The nerves in your spinal cord branch out each vertebrae to every organ in your body. When we encounter stress, adrenaline is released to enable us to deal with this event; this is where we get the term “fight or flight.”

So, which type of person are you?

- Does caffeine energize you?
- Do you gag easily?
- Do you have dry eyes, nose and/ or mouth?

If you answered YES to one or more of these questions, then you would do well to choose herbs from the SYMPATHETIC DOMINANT list.

Remove the guesswork about which herbs and dosage that are right for you with a ZYTO Biocommunication scan. **Call me today to schedule an appointment: 970-203-9540**

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