

~ Ask Granny Earth ~

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## ASK GRANNY EARTH

I have several problems that I am looking for natural remedies to help with. I have mood swings and am physically exhausted. I have liver problems and suffer from depression. I want to stay away from prescription drugs. What herbs can help me? Please keep it simple as I get confused easily and am on a limited budget.

First of all, please realize that you are not alone. There must be millions of people who suffer from the very symptoms that you describe. A lot of these symptoms are due to the typical American diet, because it is depleted of many nutrients and loaded with preservatives. The stress of just living in today's fast paced world is another factor, too. However, there are several 'natural' products, which can help you.

1. **FLAX SEED OIL:** One of the most well researched natural products for mood disorders. Since the brain is composed of up to 60% lipids (fat), which govern nerve cell function, the brain cells need 5 times more omega-3 fatty acids than red blood cells. The nerve cells of depressed or violent persons are usually starved of this essential fat.
2. **MILK THISTLE SEED:** Good for 'melancholia' (depression), which has traditionally been associated with liver problems. One of its main uses today is to protect and renew the liver cells. It is being used in the treatment of Hepatitis.
3. **B-12 SHOTS:** Important in the production of red blood cells, which

carry oxygen to all parts of the body. If you are not getting enough oxygen via the red blood cells, you can suffer from the following symptoms: depression, memory loss, confusion, headaches, numbness in hands and feet, to name a few. B-12 injections once a week have been known to alleviate these problems- if the cause is a deficiency of this important vitamin.

4. **ST. JOHN'S WORT:** Extremely valuable for emotional/nervous problems. This herb is primarily antiviral and as such is a valuable tonic for the liver. There has been so much research done with St. John's Wort as to its use for depression, that you should not have any trouble researching it on your own.
5. **VITEX (Chaste Tree Berry):** Is a treatment for symptoms caused by hormonal imbalances in women and is therefore a remedy for PMS. It can relieve symptoms of depression, anxiety, headache, edema of the lower legs and feelings of puffiness prior to your period.

So to keep it simple: Flax seed oil is a MUST! Start on this and take it faithfully for one week. Notice any changes. It's a good idea to keep some kind of a journal of how you feel now and how you feel at the end of one week. But, you MUST TAKE IT DAILY! There can be no skipping doses. Take 2 tablespoons morning and evening with food. A bottle of Flax seed oil will cost you about \$12.00. A small investment for how good you're going to feel!

On the second week, start taking the Milk Thistle. Take it according to the directions on the container. Again, keeping your journal of how you feel. This is the only way you can really keep tabs on your improvement.

As time goes on, start on the B-12 shots, the St. John's Wort and the Vitex. Once you start feeling better, you will learn how to 'listen to your body' as to which are the primary supplements needed for maintenance.