

~ Ask Granny Earth ~

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St. John's Wort

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Could you explain why herbs seem to work better for the desired effect, when they are combined with other herbs? I had been taking St. John's Wort for my depression, but I still think that I should be feeling better. Do you have any suggestions?

A very good question- St. John's Wort has become popular, because of all the publicity surrounding its use and healing actions, particularly for depression. It has been highly tested and its success cannot be denied. However, that having been said, I've known some people (including myself) that even though they felt a little better, they were not at their optimum level, emotionally, mentally, or physically- depression effects all three.

To answer your question: why do herbs work better when they are combined with other herbs? Let me try to explain. As in all of Nature, isolation is never as healthy as community. Did you ever hear of Gestalt? It's a German word that means- 'the whole is greater than the sum of its parts.' Another word I like to use is 'synergism'. Synergism to me, means that one herb alone has only its own particular phytochemicals, which are geared to work with specific body organs and systems.

One herb could have as many as 100 phytochemicals in it. When you combine another herb, then you are getting that herb's phytochemicals, again geared to work specifically and yet overlapping. Now, when these phytochemicals meet and combine with each other, they support, enhance, heighten and intensify the action of each other. They contain within them, the innate wisdom of Nature herself. Having that wisdom, they now combine with the wisdom of our bodies. There can only be one result: HEALING!

Before I put together my formula for depression- Blissful, I did a lot of research, experimenting and trial and error ingesting. I was finally able to come up with a combination of herbs that I am satisfied with as far as eliminating depression and enhancing the general over-all good feeling, which I suspect that you're looking for. I was searching for energy, clear thinking and a feeling of 'being grounded', as opposed to 'spacey', if you know what I mean. I am happy to say that when I take this product, it helps me to feel better. But, as in all of life, there is no magical cure-all. We are very complicated beings.

Our thoughts create our emotions. And thoughts and emotions can cause disease or wellness. A long time ago, it was believed that the liver was the seat of all negative emotion. Perhaps this has something to do with the liver having the job of regulating hormones, among other things- only a thought.

If we take a wholistic approach to health, we can better understand what changes we need to make in our lives and in our thoughts to create/maintain health. However, if you are severely depressed, herbs just might give you the boost you need to start working on other areas of your life in order to have more peace and energy. It's hard to start working on the 'self' when you can't get out of bed, because of depression.

BLISSFUL contains the following herbs in a base of vodka, glycerin and spring water.

1. **St. Jon's Wort:** Strongly antiviral and antidepressant. It is used to treat nervous pain and inflammation and all viral infections. It is also a tonic for the liver.
2. **Linden Flower:** Relieves tension headaches, anxiety and insomnia. It calms the mind and is an excellent remedy for stress, panic attacks and heart palpitations.

3. **Blessed Thistle:** Antiseptic, antibiotic and alternative (blood purifier), it encourages healing of the liver and gallbladder. Also has a restorative action on nerves, therefore relieves depression and fatigue.
4. **Greater Celandine:** Analgesic and antispasmodic, it was known in folk medicine as a cure-all. Used for hundreds of years as a mild sedative, it has a long reputation for general detoxifying of the entire body.
5. **Gotu Kola:** A revitalizing herb that stabilizes blood sugar levels. It strengthens all nerves and their functions- helps with concentration, memory and moods.
6. **Licorice:** Promotes healthy adrenal gland function, while it aids the liver in its ability to breakdown natural steroids.

As you can see, I use herbs in this formula that support the nerves, circulation, liver, adrenal glands and are general tonics for the whole system. They also have a detoxifying effect along with being anti-inflammatory.