



Tension Tamer

Skullcap (*scutellaria lateriflora*)

If you are stressed, overwhelmed, anxious, or overworked then the herb skullcap is for you.

This herb is wonderful and will help you feel calmer and less tense without *feeling sedated*.

Skullcap is best used if you are anticipating an event that will be stressful, like a birthday party, dinner guests or bedtime with the kids. It will also calm your nerves once the stress is already there.

The herb is suggested for women and men all ages.

Great for:

- * Teens going through their monthly cycle, or just frustrated with teen-age challenges.
- * Moms after pregnancy when they are sleep deprived, or nervous from their new responsibilities.
- * Perimenopausal women who just feel stress in the pit of their stomachs.
- * Menopausal women who are adjusting to new life changes.
- * Men who fear business meetings, or feel tense from traffic.

*It is best used in tincture form
(meaning prepared in grain alcohol.
Best used 3-4 times a day.*

*You will begin to feel the calming
affects of Skullcap within
20 minutes of taking the herb.*

*Skullcap can be used daily by itself or
in a blend for emotional maintenance.
It can also be used by itself when
you're in that "freak out" moment.*

