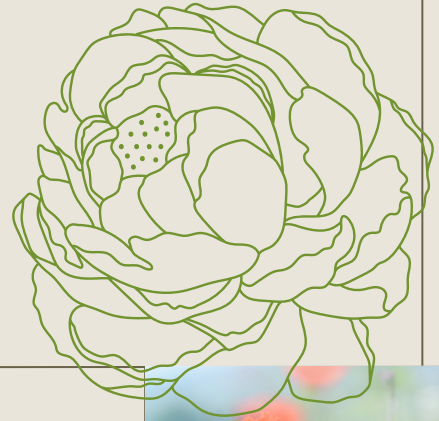


Herbs to Keep Us Grounded



California Poppy

- Reduces anxiety
- Eases stress
- Antispasmodic
- Relieves insomnia



Chamomile

- Relieves indigestion
- Relieves insomnia
- Soothes pain and muscle cramps
- Reduces anxiety and mental fatigue
- Has calming properties



Fennel

- Boosts digestion and thinking
- Anti-depressant



Motherwort

- Relieves hormonal stress
- Eases sadness and gloominess



Passionflower

- Induces sleep
- Calms the mind and eases confusion
- Has soothing properties



Rose

- Soothes a broken heart
- Eases sadness and loneliness



Skullcap

- Eases nervousness and tension
- Relieves fear and anxiety
- Relieves stress



Other Tools



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Rebounding

- Minimizes the number of colds, allergies, digestive disturbances, and abdominal problems.
- Increases capacity for respiration.
- Lessens the time during which blood pressure remains abnormal after severe activity.
- Strengthens the heart and other muscles in the body so that they work more efficiently.
- Allows for deeper and easier relaxation and sleep.



Laughter

- Provide pain relief
- Ease depression and stress
- Boost immunity
- Build resistance
- Helps in overall body functioning



Dancing

- Improves Physical Health
- Improves Self-Esteem
- Boosts cognitive performance

