

Information About Valerian Root

Valerian root, an organic plant, works as a calming sedative to relieve pain, tension, and stress without making the user drowsy. A natural tranquilizer, valerian targets the central nervous system, muscle cramps, spasms, headaches, anxiety, and hypertension. It also treats a wide variety of gastro-intestinal disorders, such as upset stomach, cramps, flatulence, and diarrhea.

Along with the physical benefits, valerian also has an assortment of physiological benefits. Many valerian users have reported more effective work patterns during the day without feeling lethargic, and studies have shown that concentration is enhanced with use in adults and children. The soothing effects of the root deplete the symptoms of both hyperactivity and learning disabilities.

A major advantage of valerian is that it can homeopathically take the place of a prescription, and can be used with minimal side effects. Clinical studies have shown that valerian has little to no effect on blood pressure or liver parameters.

Valerian Root...

- ✓ Relieves pain, tension, and stress
- ✓ Targets the central nervous system, muscle cramps, spasms, headaches, anxiety, and hypertension
- ✓ Treats gastro-intestinal disorders such as upset stomach, cramps, flatulence, and diarrhea
- ✓ Enhances concentration and focus
- ✓ Depletes the symptoms of both hyperactivity and learning disabilities
- ✓ Homeopathically takes the place of prescription drugs



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