



HERBS FOR COPING WITH STRESS AND STRESS-RELATED ILLNESS

19th – 26th May is **Herbal Medicine Awareness Week** and this year, the focus will be stress and stress-related illnesses.

Bio-Health Ltd, the leading producer of pure herbal medicines, based in Rochester, Kent, will be sending its team of qualified medical herbalists to health food stores and pharmacies, where they will offer one-to-one advice about herbal medicines to customers.

Among Bio-Health's range of herbal medicines are the following herbal supplements, which are particularly useful for those suffering from stress and stress-related problems such as sleeplessness and digestive complaints.

NEUROTONE

Neurotone is a safe and effective licensed herbal medicine for the symptomatic relief of tension, anxiety and irritability, containing a special blend of herbs that are well-known for their sedative properties (Product Licence No. 0904/5039R).

A gentle, herbal formula that is particularly useful for the type of stress and worry that causes an upset stomach, headaches, irritability, restlessness or sleeplessness, **Neurotone** contains:

- **Hops - with a sedative, soporific and spasmolytic effect for excitability, restlessness, sleep disorders and lack of appetite**
- **Valerian – a sedative, relaxant, spasmolytic and hypotensive herb for nervous tension, stress and anxiety**
- **Scullcap – to relax states of nervous tension whilst renewing the central nervous system**
- **Gentian - to enhance the overall effect of the above herbs, to help settle the stomach and to provide immunostimulating activity.**

Neurotone is suitable for use by adults and children over 12 yrs, including teenagers and the elderly, and has no known side-effects or contraindications. **Neurotone** should be taken at times of increased stress and anxiety and 1 tablet should be taken, 2 to 3 times a day. **Neurotone** costs £7.50 for a pot of 100 tablets.

GOODNIGHT

It is thought that almost a third of the population suffers from sleep problems, and those that suffer find sleep particularly hard to come by when they are experiencing stress or anxiety.

Goodnight, a licensed herbal medicine from Bio-Health (Product licence No. 0904/506OR) helps to promote natural sleep without fear of reliance. Herbs included in this popular herbal remedy are:

- **Valerian** – a sedative, relaxant that is often recommended for those with difficulty in falling asleep
- **Passiflora** – advised for restlessness and difficulty in sleeping
- **Vervain** – a useful herb for those suffering from anxiety
- **Hops** – sedative and soporific action helps to ease restlessness and sleep disorders
- **Wild lettuce** – also recommended for sleeping disorders

Goodnight comes in a pack of 50 tablets and costs £4.95. Adults and children aged over 12 years should take two tablets at night, as required. Children aged 5 – 12 years should take one tablet at night, as required.

DIGESTIVE

A licenced herbal medicinal supplement for easing digestive complaints, Bio-Health's **Digestive** contains a combination of herbs that are known to aid digestion and relieve painful symptoms such as flatulence. (Product Licence No. 0904/5034R). Bio-Health's **Digestive** supplement is particularly useful for those suffering from digestive problems that are exacerbated by stress and anxiety, such as IBS, Crohn's disease, etc.

Digestive contains:

- **Ginger** – a carminative, antiemetic, spasmolytic and anti-inflammatory herb. **Ginger is particularly useful for the digestive and central nervous systems**
- **Myrrh** – a herb with anti-inflammatory properties that exerts a soothing action on the stomach and intestines
- **Hydrastis Root and Rhei** – two well-known herbs for the digestive system that help to stimulate muscle action and encourage elimination from the bowel
- **Valerian** – as mentioned above, valerian has sedative, relaxant, spasmolytic and hypotensive actions that help to restore calm

Digestive comes in a pot of 100 tablets and costs £6.95. Adults should take one or two tablets three times a day. Children aged 5-12 years should take one tablet when required.

Bio-Health's **Neurotone**, **Goodnight** and **Digestive** licensed herbal medicinal supplements are available from the NutriCentre (www.nutricentre.com), independent pharmacies, health stores and complementary health practitioners around the country.

For further information on herbal medicines for stress and the Bio-Health range of herbal medicines, contact Bio-Health on 01634 290 115 or visit www.bio-health.co.uk Bio-Health supplements are suitable for vegetarians and vegans.

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