

NERVOUS SYSTEM:

KEY PRODUCT: Nutricalm. The nervous system is of major importance to the general health as so many sufferings are caused by not being able to handle stress very well.

One thing that does contribute to a weakened nervous system is lack of sleep or not sleeping at the normal times.

Normal for adults is considered to be from approximately 10-11 pm to 6-7 am.

How many people are awake during the night and asleep during daylight hours?

Little children in particular suffer from not being made to go to bed at an early hour.

It is during the night time, during sleep, that the nervous system is repaired, so with regular late nights the system is weakened by not being able to repair and build itself. The child's behaviour will reflect this. They need a much longer sleep so generally need to go to sleep by 7 pm. (there are always exceptions to these general ideas of course and some need a lot less sleep).

NERVES: Eight, Nervous Fatigue, HVP, Feverfew /high partenium, Valerian Root.

STRESS: Licorice Root (adrenal stress), HVP, Nutricalm, Anti-Anx, Adrenal Support, St Johnswort, GGC, Vit B Complex capsules, Vit B Complex (balanced re Vit B 12) tablets.

BRAIN: Lecithin (nerve sheath), Ginkgo Biloba Time Release, Brain protex with Huperzine, Focus Attention.

SLEEP: HVP, Chamomile,

MOOD! Sam-E, Ginkgo Biloba/Gptu Kola.Bacopa.

A lot of the linked products in this section serve to aid sleep, the nervous system, stress, and the mood all together in the one product.