

**Valerian** – Valeriana officinalis - Jacob's Ladder

Parts Used - Organic Roots

Origin – India | Made in Colorado

Planetary Influence - Mercury

Day of the Week - Wednesday



Valerian is a flowering perennial that is native to Europe and Asia. It is commonly called All-Heal and its healing properties were known more than 2,500 years ago. Valerian has a sweet scent. It is a source of food for many butterflies. Cats are attracted to Valerian in the same way they are attracted to catnip.

Properties: Valerian can be considered a natural alternative to valium.

Uses

- Nervous Tension: Sedates nervous system. Stimulates those with fatigue.
- Anxiety: Valerian can relieve anxiety.
- Insomnia: Valerian can help with sleep.
- Headaches: Can relieve headaches.
- Carminative: Relieves gas.
- Antispasmodic: For upper abdominal pain caused by nervous dyspepsia and for spastic or irritable bowels.
- Anticonvulsive: Valerian may have a positive effect on epilepsy. Further study is needed.
- Heart Palpitations: Can be used for heart palpitations by strengthening the heart and lowering blood pressure. Conversely it can cause heart palpitations.

Chinese Uses

- Increases Heart Qi & Yang: Stimulates circulation, restores nerves, relieves depression.
- Circulates Qi: Stops spasms, relaxes heart, relieves irritability.
- Tonifies Yin: Reduces fever, relieves anxiety.
- Stimulates Digestion: Removes accumulations, promotes urination, benefits vision.
- Stimulates Immunity: Reduces infection, poison antidote, clears parasites, tissue repair.

### ***Side Effects***

***Valerian can cause vivid dreams.***

***Heart Palpitations***

***Dry mouth and upset stomach***

***Headaches and mental fogginess.***

***Not meant for daily long-term use. Use as needed.***

***Do not take during pregnancy or while breastfeeding.***

***If you have a medical emergency, please contact your health care professional.***

***Please confer with your health care professional before taking.***

***Not all of the uses listed above have been subject to modern clinical studies.***