

herbs

for

trauma



by becca!
w/ lots of help
from Katie

hello...

When I saw my first Mountaintop Removal site, I felt like I was being ripped open, my insides pulled out, and I couldn't even scream. I felt vulnerable and powerless. A month later, I felt the same emotions flood my system, but this time in my own bed. Our traumas are so connected, the earth and us humans. Our healing can be as well.

The most important act of healing for me is being deep in the woods. The color green and the smells of dirt and rain, I realize that we are a part of this wilderness and it has given us the tools to heal from the insanity around us. Many of those tools are plants, of which many grow in the Appalachians, or we can find at our local co-op.

Herbs are really powerful, and it is important to have some basic knowledge of the plants you are working with and how they might affect you. Read a bit about the plant before you take it, talk to other people about their experiences, and TAKE IT SLOW!



Piper. methysticum

KAVA - KAVA

Kava can help with the anxiety of sex in general, with the nervousness and fear surrounding intimacy some of us may have at times. Kava root is nice for times when a person is feeling safe with their partner and they are ready to be intimate but something is holding them back. I see it as a heart opener, a lovers lover, it even has heart shaped leaves. This plant may help with arousal and excitement, by relaxing the person to let those feelings flow with presence of mind, heart and most importantly for us, body. Kava brings on the sense of well-being and contentment, and there are even clinical studies that show it greatly reduces symptoms of anxiety. The suggested use for Kava is a tea of 2-6 ounces of herb steeped in cold water up to 4 times a day or 1-3 full droppers of the tincture up to 4 times a day. It is native to the South Pacific, but can be found in co-ops and health food stores. Do not take Kava if you are pregnant, on any tranquilizers, or combined with drinking alcohol.

I try not to pick favorites with plants, but I can't deny how much pedicularis has helped me work through anger, grief, anxiety, panic, mania, etc. The first time I nibbled on its fern-like leaves I felt all the muscles in my body relax and I felt my feet firmly connected to the soil beneath them as if they were roots. I could feel my chest open and I could think of things from a point of compassion and love. I think of it as a way to create space in my body to work through things in a positive way, and it is a wonderful plant to take when entering an intimate situation that might be triggering. It can be combined with a drop or two of anemone for panic attacks, or kava and skullcap for anxiety and tightness. This plant is wonderful ally for broken hearts. This is a very safe plant, and a dose of the tincture is 1-5 full droppers when needed or a tea of 1 teaspoon of dried herb in 1 cup of water. It can also be smoked. Be careful if you also taking any tranquilizers or pain medicine. I don't think this is sold in stores, but get in contact with me if you want some.

Pedicularis! Pedicularis canadense

I have used skullcap many times when I'm laying in bed and my body wants to sleep but my mind won't stop running in circles and going in directions I don't want it to go in. It won't knock you out, but slow the wheels down so your body can take over and fall asleep. It is great when feeling overwhelmed and cranky. It is a very safe herb, and you can take 1-4 full droppers of the tincture. You can also go higher if needed; a headache will let you know you are taking too much.

STYLISH
P-SP--N+CS
-R-U-G--T-+A-
9+0--T-0+5

There is so much more to talk me with. Please email experiences or if you want any of these herbs. Be safe and stay strong.

GROW

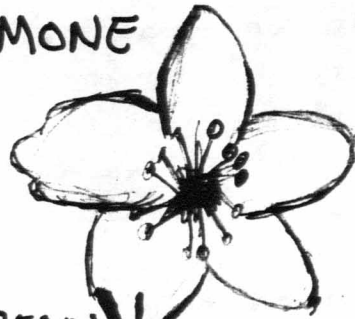


becca
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Anemone is a native to the desert southwest, but the east coast species, *Anemone quinquefolia* can be used interchangeably. Anemone is used at rainbow gatherings for coming down from bad trips, for folks who decided to stop taking their medications and are freaking out, and for panic attacks. It is extremely grounding. I remember chopping up the plants when I was making a tincture of them and realized it was taking me forever as all my movements were slowing down and I was breathing very deeply.

The root is the strongest medicine, but the above ground plants in flower are the safest. This is an extremely powerful plant, and too much can be dangerous. Please use this medicine with caution and under the supervision of someone who has a background of herbal medicine. Start with ONE DROP. In a few minutes take another one or two drops. Do not take more than ten drops, and if you start feeling nauseous or develop a headache, stop taking it. This tincture is not available at the co-op, but herbalists in the area will have some. Get in touch with me if you want some

ANEMONE



Anemone tuberosa or
Anemone quinquefolia

EUROPEAN VERVAIN

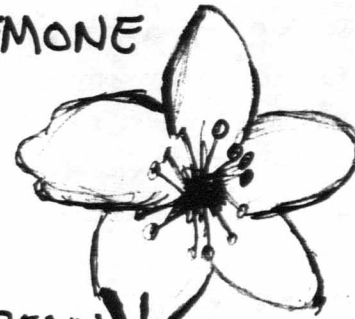
Verbena officinalis

Vervain is particularly helpful for the scared (in general) individual with lots of internalized anger, one who may constantly be finding themselves in unhealthy situations, with a "no ones gonna get the best of me" philosophy to life, and a difficulty opening up to others. Herbalist and author Matthew Wood says it, "relaxes high ideals and neurotic self-concepts about sex." This plant is great when you just feel spent and don't want or know how to ask for help, and yet you keep going. Vervain could prove quite useful for people who want to become more comfortable with the receiving part of the loving cycle and again for feeling safer in the vulnerability of intimacy and relaxing into the moment. The flowering tops are the parts used. The recommended dose of a tincture of Vervain is 30-90 drops up to 4 times a day, and a tea of 1 teaspoon of herb per cup of water up to 4 times a day. Do not take vervain while taking any blood thinners.

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adaptogens

An Important category of herbs to consider when talking about trauma or grief is the adaptogenic plants. Adaptogens aid our body in adapting to different forms of stress. They help mentally process stress in the short term, and tonically protect our body against the long term affects of stress. Adaptogens are helpful for anyone living in our modern world, but specifically for those whose trauma and stress can go deep into our bones and muscles.

Like all plants, research these as individual plants before taking them, but some of my favorite adaptogenic plants are Schisandra, Ashwagandha, milky oat seedpods, Reishi mushroom, and Holy Basil.

With plants that I take everyday, like some of these adaptogens, I like to make a big jar of tea in the morning and drink it throughout the day. Taking the time each day to make the tea sets aside a few minutes to meditate on the day ahead and how the herbs I am preparing will help me take it all on.

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