

Herbal Allies for Moving through Grief: Formulas & Resources

Using Nervine Herbs in Tea

Peppermint, lemon balm, tulsi, lavender, skullcap, passionflower, milky oats, and chamomile are just a few examples of nervine herbs that can be used in tea. The following are three sample formulas. More [nervine tea recipes](#) are here, too.

- **Formula #1: for gentle sleep support before bedtime**
 - 2 parts chamomile
 - 1 part skullcap
 - 1 part passionflower
 - 1 part milky oats

- **Formula #2: for daily nervous system support, particularly for “wired and tired” states (insomnia, perfectionism, tension headaches, anxiety)**
 - 2 parts skullcap
 - 2 parts passionflower
 - 1 part milky oats
 - .5 parts peppermint
 - .5 parts lavender

- **Formula #3: for daily nervous system support, particularly for grief, heartache, and low energy and mood**
 - 2 parts tulsi
 - 2 part nettle
 - 1 part oatstraw
 - .5 parts calendula
 - .5 parts rose

Sharol Tilgner’s Heart Tonic Tincture

From *Herbal Medicine: from the Heart of the Earth*

- 2 parts hawthorn leaf and flower
- 1 part dandelion
- 1 part dan shen
- 1 part linden

½ part ginger

Dose: 3-6 mls up to three times per day

Warm Heart Tea

3 parts linden
2 parts hawthorn leaf and flower
1 part rose
1 part violet
½ part cardamom
½ part cinnamon

Steep 1 tablespoon per cup for ten minutes, strain and enjoy!

Herbal Crisis Kit

Adapted from Berenice Dimas

- **Rescue remedy:** Helps with crisis and shock by stabilizing our energy and the energy around us. You can add a few drops in a spray bottle with distilled water and carry it with you to help emotionally and energetically support someone that may go into shock. Frequent dosing in times of shock is best: 1-4 drops every 5-10 minutes. If taking it internally, put a few drops under the tongue.
- **Nervines:** skullcap for twitching and restlessness, passionflower for muscle relaxation, vervain for head shock, lemon balm for uplifting, chamomile and lavender
- **Diluted peppermint essential oil:** for coming back into body. Diluted in any carrier oil (coconut, olive, almond, grapeseed, etc). To relax the body, ease internal tension, helps stimulate digestion when applied topically to the intestinal area. **Never take essential oil internally!**
- **Yarrow:** protector plant, for emotional and physical boundaries. Powder for acute cuts and burns,
- **Chocolate:** theobromine is antioxidant and soothing. Other grounding barks include cinnamon and wild cherry. Grounding roots include burdock, dandelion, yellow dock, and astragalus.
- **Olive Flower Essence:** For those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure.

Further Resources: Radical Mental Health & Community-Minded Herbal Projects

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- [The Body is Not an Apology](#)
- [The Icarus Project](#)
- [“Feminism 101: What is Intergenerational Trauma?” by Raneem Mokatrin](#)
- [“Traumatic Stress, Systemic Oppression, and Resilience in Post-Katrina New Orleans” by Rachael D. Goodman and Cirecie A. West-Olatuni](#)
- [*Rebellious Mourning: The Collective Work of Grief* by Cindy Milstein](#)
- [“Mutual Aid, Trauma, & Resiliency” by the Jane Addams Collective](#)
- [*The Cancer Journals* by Audre Lorde](#)
- [*Lost Connections: Uncovering the Real Causes of Depression - and the Unexpected Solutions* by Johann Hari](#)
- [Self As Other](#)
- [Sane Magazine](#)
- [The Herbal Highway](#)
- [Radical Vitalism Blog](#)
- [“Blessed Bitters” by Jim McDonald](#)
- [“Herbal Support for Depression” by Larken Bunce](#)
- [“The Flaming Crucible: Mood Disorders and Inflammation” by Larken Bunce](#)