



# Nervous System

KEY SYSTEM PRODUCT

*Nutri-Calm*

## NERVES/BRAIN

### SYMPTOMS OF EXCESS SYMPATHETIC/ DEFICIENT PARASYMPATHETIC

**General Indications:**

- Anxiety-like response
- Enlarged pupils
- High blood pressure
- Infrequent bowel movements
- Nervous strain
- Tension headaches
- Irritability
- Indigestion
- Rapid heartbeat with palpitations or weak pulse
- Nightmares
- Muscle tension

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**Stress-J (STR-J)**  
Chinese Stress Relief (STR-C)

### SYMPTOMS OF EXCESS PARASYMPATHETIC/ DEFICIENT SYMPATHETIC

**General Indications:**

- Good digestion
- Good stamina but lethargic
- Low blood pressure
- Small pupils
- Sweats easily
- Sensitive to noises and touch
- ADHD
- Mental confusion
- Difficulty concentrating
- Restless sleeping
- Urination at night

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**Fen-Chi**  
ENERG-V

## BRAIN

### MEMORY

**General Indications:**

- Memory loss
- Difficulty concentrating
- Absent-mindedness

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**Ginkgo/Gotu Kola w/Bacopa**  
Brain Protex w/Huperzine

### MOOD (SEROTONIN)

**General Indications:**

- Depression
- Sagging spirits
- Chronic pain
- Excess appetite (especially cravings for sugar and carbohydrates)
- Insomnia

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**Chinese Mood Elevator (AD-C)**  
5-HTP Power  
St. John's Wort

### SLEEP

**General Indications:**

- Insomnia (difficulty falling asleep)

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**Herbal Sleep (HVP)**  
5-HTP Power

### OVERACTIVITY

**General Indications:**

- Excessive mental "chatter"
- Hyperactivity
- Difficulty concentrating
- Tics
- ADD and ADHD
- Seizures

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**GABA Plus**  
Focus Attention