



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