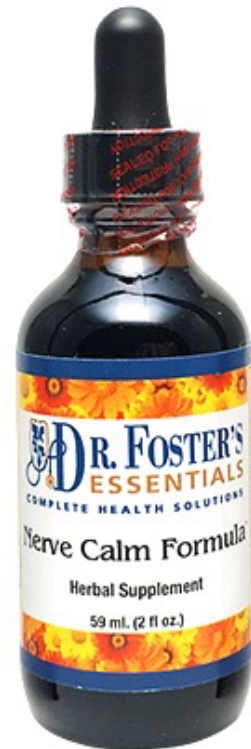


Nerve Calm Info & Instructions:

- **Suggested Use**
- **Benefits of This Formula**
- **Supplement Facts Panel**
- **Signs the Formula is Working**
- **How This Formula is Different From Sleeping Pills or Benzodiazepines?**
- **The Disadvantages of Prescription Sedatives**
- **Foods that Deplete Nerve Nutrients**
- **What do the Herbs in this Formula Do?**
- **The Vitamin/ Mineral Content of Nervine Herbs**
- **How Else You Can Do to Strengthen & Heal Your Nerves**



Suggested Use:

Shake well before use. To aid sleep, take 2 droppers full about ½ hour bedtime. Take one to two droppers full in 2 ounces water or juice 3 times daily to help support healthy nervous system function or to calm nerves.

To evaporate alcohol in the formula, add a dose to a coffee mug. Add 2 ounces boiling water and let cool before consuming. If desired, add natural sweetener to taste such as stevia or monkfruit or allulose. Can take up to 8 droppers full for certain emergency situations.

You can massage a few drops of this formula topically on an area that is painful, cramping or in spasm. Massage at temples, around ears (can help tinnitus if used regularly for several months),

If you use enemas, you can add 1 dropper full of this formula to the enema water to help ease cramps and spasms.

How much is a dropper full?

One dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks halfway full. If you count the drops, it's about 30 to 35 drops.

Benefits of This Formula:

- Help to rebuild nerves and nerve sheaths (shattered nerves, nervous breakdown, damaged nerves, neuralgias, tooth nerves, etc.)
- Help slow down rapid heartbeat
- Help ease anxiety
- This is a tonic that works over time, so benefits accumulate the more you take it. For severe nerve dysfunction, you may need to take regularly for around 6 months. If you suffer from seizures, you may need to take this formula regularly for around 8 to 12 months or longer if needed.

Supplement Facts:	
Serving size: 60 drops (2 droppers)	
Servings Per Container: 35	
Herb Strength Ratio: 1:2.6	
Amount Per Serving	%Daily Value
Proprietary Extract:	.75ml*
Black cohosh, Valerian root, Blue cohosh, Wild yam, Hops flower, Passionflower, Scullcap, Lobelia herb/seed, Chamomile, Wood betony	
* Daily value not established	

Other ingredients: Distilled water, Organic grain alcohol (34%),

Cautions: If pregnant, nursing, or have a medical condition, consult a health professional before using.

Distributed by:

DR. FOSTER'S ESSENTIALS
Santa Monica, CA 90404

Formulated by Cynthia Foster, MD using the highest quality organically grown and wildharvested herbs from the American continent.

How Will I Know the Formula is Working?

You may feel some calming effect right away. You may also notice a reduction in nerve pain. Nerves can take months to repair and rebuild, so it may take some time on this formula to repair something that's been damaged. The formula contains not just sedative herbs (called nervines), but a full spectrum of vitamins and minerals that **occur naturally** in the herbs that help the nervous system. These nutrients are ALREADY in the

herbs, so we don't need to add any to it. These minerals are ALL important for repairing the nerves, the spinal cord and brain.

In some rare cases, a person can experience an intensification of seizure symptoms. If you experience an intensification of symptoms, your dose is too high. Lower your dose to around half and continue to adjust the dose as needed. You can also use this formula topically around the outside of the ears, massaged into the scalp, at the temples and apply under the jawline where you feel your carotid pulse. If you dilute a drop of this formula in about 1 tsp of water, you can also use a few drops in each ear, but you should flush out the ears once a week with a half and half distilled water/ apple cider lukewarm vinegar solution to flush out any residue that can collect in the ears.)

How Is This Formula Different From Sleeping Pills or Benzos?

This **natural herbal nervine** formula is not addictive and its benefits are additive. That means the more you use them, the more they can help heal your nerves and nervous system – not just put you to sleep or calm you down.

Benzodiazepines may have a stronger, more immediate effect but are very addictive and can have serious side effects such as confusion, impaired memory, nausea, loss of muscle coordination, erratic behavior, mood swings, vision problems, loss of appetite, passing out, and severe life-threatening side effects if they are combined with other prescription sedative medications. They are mainly used for the short term because long term use results in a “tolerance” to them, so higher and higher doses will be needed in order to achieve the same effect. If you stop taking them suddenly, the withdrawal from them can be life-threatening.

Benzodiazepines do not contain any nerve nutrients and therefore cannot heal the nerves nutritionally.

***Nervine Herbs Naturally
Contain Calcium, Magnesium &
other Vitamins & Minerals in the
Exact Right Proportions***

Prescription Medications Can Deplete Body's Vitamins and Minerals:

If you are taking any of these medications, and if it's possible, you need to try to taper or get off of them. Before you do that, you need to know which natural therapies will work for you instead. Please consult the [Natural Protocols eBook](#) for specific remedies and cleanses.

Benzodiazepines can also cause decreased calcium absorption and increase the metabolism of vitamin D.¹

Many anticonvulsant medications have been associated with hypocalcemia, supported by radiographic, histologic, and biochemical evidence.^{2,3} Those most frequently associated with hypocalcemia and decreased bone mineral density are medications that are inducers of the cytochrome P450 enzyme (phenobarbital, carbamazepine, phenytoin). Valproate has also been associated with hypocalcemia. No single mechanism of action explains this hypocalcemia and the subsequent bone-health implications. All patients with long-term antiepileptic use should be monitored for bone disease.²

1. Pharmavite. Common drug classes, drug-nutrient depletions, & drug-nutrient interactions.
www.aafp.org/dam/AAFP/documents/about_us/sponsored_resources/Nature%20Made%20Handout.pdf. Accessed September 20, 2019.)
2. Pack AM. The association between antiepileptic drugs and bone disease. *Epilepsy Curr.* 2003;3(3):91-95.
3. Van Zyl M. The effects of drugs on nutrition. *S Afr J Clin Nutr.* 2011;24(3):S38-S41.

Foods That Deplete Nerve Nutrients:

1. **White Rice** – use Brown rice instead
2. **White Flour** – use whole grain sprouted flours instead
3. **Carbonated Beverages/ Soda/ Soft Drinks**
4. **White (Granulated) Sugar** (depletes the B vitamin thiamine especially) This food has been stripped of pretty much ALL of its naturally-occurring B vitamins in the manufacturing process and is one of the most harmful foods for your health that you can consume. It is a dangerous ultra-processed food that can cause weight gain, obesity, high triglycerides, elevated blood sugar, insulin resistance, tooth decay, and nerve depletion as well as a tendency

towards infections and parasites. The best thing you can do with this food is to throw it ALL out and replace it with stevia, monkfruit, allulose or other natural sweeteners instead such as raw unheated unfiltered honey, Grade B maple syrup, coconut nectar, coconut sugar, turbinado sugar.

The Nervine Herbs:

(Both men and women can take these)

Black Cohosh root (*Cimicifuga racemosa*)– is a specific for healing issues in the spinal cord. Alterative, sedative, and helps regulate menstrual cycle. Eases hormonal deficiencies caused by hysterectomy and ovariectomy (removal of ovaries). Eases menopausal symptoms including hot flashes, headache, vertigo, heart palpitations, ringing in the ears, irritability, sleep disturbances and depression. Helps ease ovarian cramps, uterine cramps, menstrual cramps. Cramps caused during ovulation. Helps balance hormones. Both men and women can take. Anti-inflammatory, anti-rheumatic. Helps ease muscle and neurologic pain & joint discomfort. It is said that if administered for contractions around the time of childbirth, the false labor pains will disappear, while the true labor pains will be encouraged and strengthened. Helps ease childbirth afterpains. Can help ease sciatica, neuralgia. Helps ease respiratory spasms such as occurs in whooping cough. Can help tinnitus caused by nerve damage.



Valerian root – (*Valeriana officinalis*) – sedative, nervine (helps heal nervous system over time with regular use), hypotensive (helps lower high blood pressure), antispasmodic (helps ease cramps and spasms). Traditional uses include anxiety, nervous sleeplessness, tension, muscle cramps, indigestion, as a muscle relaxant, muscle spasms, uterine cramps, intestinal colic, mild pain reliever, sleep aid, hypertension, stress-related heart conditions. Helps promote normal sleep.

Wild Yam root (*Dioscorea villosa*) – antispasmodic (help release cramps and spasms). Helps ease intestinal cramps, spasms in the bile ducts, helps relieve pains in the ovaries and uterus, ease menstrual cramps, anti-inflammatory, cholagogue (helps liver to release bile). Helps ease pain of rheumatoid arthritis



Blue Cohosh root (*Caulophyllum thalictroides*) – antispasmodic, anti-rheumatic (helps ease joint discomfort), tonic for the uterus (helps gradually heal uterus with continued regular use). Also referred to as “squaw” root and “papoose root”. Helps regulate menstrual periods. Can be used to help avoid threatened miscarriage at any time during pregnancy. Traditional uses include colic, asthma, nervous coughs, and assistance with childbirth (birth helper herb).

Hops Flower (*Humulus lupulus*) – helps insomnia, eases tension and anxiety, restlessness, and headache. Sedative and antispasmodic (helps release cramps and spasms). Relaxes the central nervous system. Ellingwood recommended it for hysteria, insomnia, acute local inflammations, facial neuralgia, delirium tremens and excessive sexual excitement.



Lobelia herb/seed – helps ease cramps and spasms of all types, can help ease pain, helps drain plugged sinuses, eases constipation, helps release accumulated fluid in the body (water retention), aids in difficulty passing urine. Bronchodilator. Traditional uses: bronchial asthma, bronchitis, difficulty breathing, whooping cough, spasmodic cough, infantile convulsions, diphtheria, tonsillitis, pneumonia

Scullcap herb (*scutellaria lateriflora*) – nervine tonic (helps gradually strengthen and heal nerves over time), antispasmodic (helps release cramps and spasms). Anxiolytic (Helps relax anxiety and nervous tension). Traditional uses: seizures, epilepsy, nervous exhaustion, premenstrual tension (PMS), high blood pressure, premenstrual tension,



petit mal seizures, Huntington's chorea, convulsions, insomnia, nightmares, restless sleep, nervous exhaustion, irritation in the cerebrospinal nervous system, twitching and tremors, irritability with insomnia.



Passionflower (*Passiflora incarnata*) – sedative, antispasmodic (helps release cramps and spasms of all types), Aids insomnia without the grogginess in the morning associated with sleeping pills. Helps lower high blood pressure. Anodyne (can help ease pain). Anti-inflammatory. Traditional uses include help with Parkinson's disease, seizures, neuralgia, shingles, high blood pressure and asthma.

Chamomile flower (*Matricaria chamomilla*) – antispasmodic (helps ease cramps and spasms. Anti-inflammatory. Traditional uses include anxiety, insomnia, indigestion, gastritis, stomach pain, carminative (eases flatulence), sore throat, healing from wounds. Safe for children.



(Wood) Betony (*Betonica officinalis*) – bitter tonic (helps liver), sedative, nervine tonic (gradually strengthens and heals nerves with regular use over time), Helps ease headaches and neuralgia.

What Else Can I Do to Strengthen and Heal My Nerves?

Make sure to do everything you can to:

1. Take pressure off of any pinched nerves (seeing a massage therapist or chiropractor)
2. Get adequate sleep (especially if it's shingles, herpes or other nerve infection)
3. Control your blood sugar (if it's neuropathy related to diabetes – see also Sweet Essence Essential Oil Blend and Pancreas Support for additional help with blood sugar regulation.)
4. For an acute injury (you got in a car accident, fell off a roof, fell off your bike, fell down the stairs, injured yourself playing sports, broke a

- bone, etc.), you can use Tissue Repair oil (apply topically several times per day) and Bone, Tissue Nerve Formula (take by mouth and apply to the injured area topically as well) to help repair and rebuild the affected nerves. These formulas will help stimulate the body's own repair and rebuild cycle. Adaptogenic herbs (Adrenal Support, Immune Valor) also help to accelerate the speed at which your body can heal from an illness, infection or injury.
5. Nerve Calm works especially well in combination with a Green Food Formula such as **Earth's Nutrition Powder**.
 6. An additional help for nerves: essential oils used topically over area of concern: **Geranium, Lavender, or Peppermint**. Mix these three together, dilute with a carrier oil and apply to the injured or painful area 1 to 2 times daily.
 7. Stay away from pesticides used on foods. Most pesticides are neurotoxic (they can damage the brain and nervous system). Consume organic and pesticide-free foods as much as possible. Shop at health food stores, co-ops, and farmers' markets, or even try growing some of your own food.
 8. If you have any problems involving your brain, it can be extremely useful to have a series of craniosacral sessions. You can find a practitioner near you by consulting the Upledger Institute website.

The “preventive” shots you get in your doctor’s office are the most dangerous thing you can do to your brain. Each one can cause subtle damage to your brain such as “lazy eye,” “Bell’s palsy,” and even serious neurologic conditions such as Multiple Sclerosis, Parkinson’s disease, Lou Gehrig’s disease, dementia and even cancer. These reactions and much more can be found in the PubMed.gov database using the search term “postvaccinal.” The correct number of shots to get is ZERO – they are ALL HARMFUL