

Peaceful Nerves Instructions:

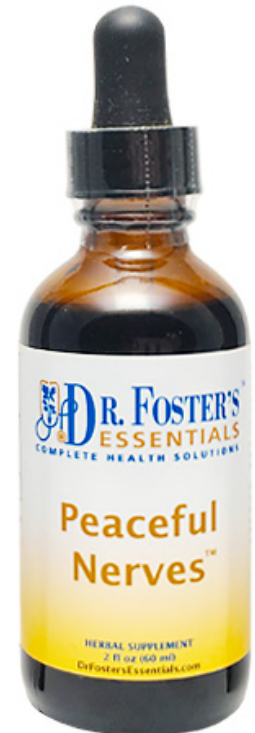
Cynthia Foster, MD

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Product Seal: Your bottle of Peaceful Nerves might have a product seal that is not the usual transparent plastic wrapped around the dropper. Instead, it is a hard plastic “ring” that is attached to the bottom of the dropper mechanism. It is perfectly sealed and it will not break until you twist open the bottle. You will then hear the sound of the seal

breaking.



Benefits of This Formula:

- Antispasmodic effects – relieves cramps and spasms, including leg cramps, menstrual cramps, bile duct spasms, colon spasms and other types of cramps and spasms.
- Can help release stuck gallstones and kidney stones due to their antispasmodic effects on the smooth muscles of the bile ducts and kidney ureters.
- Helps relax “restless legs”
- Assists in bringing on sleep when taken at bedtime.
- Helps induce a feeling of “wellbeing”

- 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.

Suggested Use:

By Mouth:

- Shake well before use.
- 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.
- **What 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.
- **To Aid Sleep:** take 2 droppers full about ½ hour bedtime.
- **To Help Nerve Pain/ Hyperactive Nerves/ Seizures/ Reflex Sympathetic Dystrophy:** 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. Use one additional dose at bedtime if you have seizures or if you need another dose.

Topical Use:

Spams/ Cramps: You can massage a few drops of this formula topically on an area that is painful, cramping or in spasm.

Tinnitus/ Nerve Damage: Massage at temples, around ears (can help tinnitus if used regularly for several months). Use topically 3 or more times daily.

With An Enema To Relax Bowel: If you use enemas, you can add 1 dropper full of this formula to the enema water to help ease cramps and spasms.

Supplement Facts:	
Serving size: 30 drops (1 dropper)	
Servings Per Container: 78	
Herb Strength Ratio: 1:1	
Amount Per Serving	%Daily Value
Proprietary Extract:	.75ml*
Lobelia ¹ , Black cohosh ¹ , Kava kava ¹ , Mulungu ²	
* Daily value not established	
¹ Organically grown ² Wildcrafted	

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.

Signs that the Formula is Working

You may feel a release of cramps and spasms. 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 some olive oil, 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:

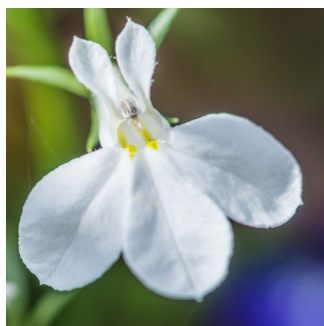
1. **White Rice** – use Brown rice instead
2. **White Flour** – use whole grain sprouted flours instead
3. **Carbonated Beverages/ Soda/ Soft Drinks**
4. **White (Granulated) Sugar** (depletes the B vitamin thiamine especially) This food has been stripped of pretty much ALL of its naturally-occurring 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.





diphtheria, tonsillitis, pneumonia

Lobelia herb/seed (*Lobelia inflata*) – 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,

Mulungu (*Erythrina mulungu*) – moderate sedative action, antispasmodic (helps relieve cramps and spasms), anticonvulsant, anti-inflammatory, analgesic (helps relieve pain), reduces anxiety, helps regulate heart rhythm, promotes restful sleep and healthy sleeping patterns, protects the liver, liver tonic, helps lower high blood pressure, neurasthenic (reduces nerve pain), and calms the nerves. documented with 20 isoquinoline alkaloids have been documented. Many of these have demonstrated anti-inflammatory, cardioactive, narcotic, and sedative activities. Traditional uses: used to treat hepatitis and liver disorders, liver obstruction, heart palpitations, high blood pressure, stomachaches, epilepsy, convulsions, insomnia, drug and nicotine withdrawal, fever, inflammation, asthma, sleep disorders, whooping cough, neuralgia, muscle pain, rheumatism, osteoporosis, bronchitis, respiratory and urinary infections. It is an excellent remedy to use in emergency situations to help relieve shock and trauma. It is also used to treat mental health issues (depression, anxiety, stress, panic disorders, obsessive compulsive disorder, etc.)



It is a medium-sized tree that grows in the Amazon rainforest and grows to a height of 10-14 meters. It produces plentiful reddish-orange flowers at the ends of its many branches. The tree is sometimes called “coral flower,” as the flowers resemble the color of orange coral.

Kava kava (*Piper Methisticum*)

Kava is grown in the Pacific Islands. Actions include muscle relaxant, anxiolytic (eases anxiety) with loss of mental acuity, anesthetic, pain reliever, sedative, anticonvulsant, antidepressant, neuroprotector (protects brain, spinal cord, nerves and entire nervous system), euphoric (sense of wellbeing), helps increase cognitive performance. It is currently being used to treat insomnia, anxiety, tension, “excitedness”, genitourinary tract infections, interstitial cystitis, rheumatism, joint pain, muscle tension, neuralgias, chronic pain, restless leg syndrome. The active constituents include kavalactones, methisticin, kavain, dihydrokavain, piperidine alkaloids, and others.



Human studies using kava at therapeutic dosages have failed to demonstrate any toxic effects. A clinical trial demonstrated kava to be as effective as benzodiazepines to relieve anxiety. The Kava Anxiety Depression Spectrum Study (KADSS) was a 3-week placebo-controlled, double-blind crossover trial that used an aqueous extract of *P. methysticum*. Sixty adults who self-reported at least 1 month of persistent worry or anxiety, and who scored greater than 10 on the Beck Anxiety Inventory (BAI). HAMA, Montgomery–Asberg Depression Rating Scale (MADRS) and BAI scores were assessed pre- and post-treatment. The extract reduced participants' scores across all measurement. It was also found to be safe, with no serious adverse effects and no clinical hepatotoxicity. The authors concluded that aqueous *P. methysticum* preparation appears to reduce symptoms of anxiety and depression in participants with elevated levels of generalized anxiety, and raised no safety concerns at the dose and duration studied.¹

It was found to be as effective as buspirone and opipramol in the treatment of anxiety.²

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- (1. **Psychopharmacology (Berl)**. 2009;205(3):399–407. *The Kava Anxiety Depression Spectrum Study (KADSS): a randomized, placebo-controlled crossover trial using an aqueous extract of Piper methysticum*. Sarris J, et al.)
 - (2. **Phytomedicine**. 2003;10 Suppl 4:38–49. *Kava-Kava extract LI 150 is as effective as Opipramol and Buspirone in Generalised Anxiety Disorder—an 8-week randomized, double-blind multi-centre clinical trial in 129 out-patients*. Boerner R, et al.)
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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. Peaceful Nerves 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: Dr. Foster's Essentials **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 & nervous system. 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, brain damage, epilepsy, dementia and also cancer. The latest shots are causing blood clots, heart attacks, strokes and deadly myocarditis. That is in addition to the known autoimmune disorders that result from these shots (“Autoimmune Disorder Induced By Adjuvants”). 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. For any childhood “eruptive” disease (measles, mumps, rubella, chickenpox, etc), and for colds and flu, give a dose of Echinacea/ Goldenseal every hour on the hour. In children, the rash and fever and other symptoms will soon dissipate. For adults, it can take a little longer. For whooping cough, colds and flu, use Lung Support, Cold & Flu Formula and/or Lobelia if needed. Liposomal Vitamin C every hour can also work wonders. For tetanus, use diluted oregano oil topically, Echinacea/ Goldenseal by mouth, a colon cleanse and Peaceful Nerves. There’s a lot more that can be done, but there’s not enough room to list here.