

Brain-Boosting Herbs Handout ~

For more, see my books *Body into Balance & Grow Your Own Herbal Remedies*



Also check out my article on
“Brain Boosting Herbs”
on the Blog page of my website

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PLEASE READ: The information in this handout has not been approved by the FDA and does not in any way intend to diagnose or prescribe. Always consult with your health practitioner before taking any remedy.

Above this, I also recommend that you...

1. Research an herb in at least three good sources before ingesting it (see website for sources),
 2. Listen to your body/intuition to determine if an herb resonates or doesn't resonate with you.
 3. Take proper steps to ensure that any wildcrafted or cultivated plant is what you think it is, AND
 4. Check with your pharmacist for herb-drug interactions if you take prescriptions.
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Turmeric

antioxidant & anti-inflammatory as well as...

- Studies found curcumin to be just as effective as Prozac for treating major depressive disorder
- Turmeric consumption is also associated with a reduced incidence of Alzheimer's
- Side benefits: pain reduction, liver detoxification, cholesterol, digestion...

Gotu Kola

From the Ayurvedic healing tradition in India, this plant has a long history of use for memory and cognition in all age groups. It's an edible green, too!

- Sanskrit texts suggest near-photographic memory with regular consumption of the fresh-pressed juice.
- Studies support its ability to improve cognitive performance, working memory, and mood while preventing age-related decline.
- Side benefits: anti-anxiety, calm energy, circulation, collagen. But ensure good quality (organic).
- **Bacopa** is similarly used, both named “brahmi”

Rhodiola

Siberian energy plant traditionally used for longevity as well as physical and mental energy. Fast-acting.

- Zippy! Stress-busting energy, nerve tonic & restorative/protective, mood booster
- Studies: night-shift workers, students taking exams
- It can be too zippy for some, may aggravate anxiety, insomnia. Stomach upset - take w/food.

Ginkgo

- The standardized extract of the leaves of this ancient tree have been used in European phytopharmacology for brain and memory health. Ginkgold (EGb 761) = best studies/results. 120-240 mg, 8-12+ weeks
- The research is mixed but generally good.
- Antioxidant, boosts microcirculation, for cerebral insufficiency, cognitive performance, social functioning, slows dementia/Alzheimer's progression

Lemon Balm

calming, anti-anxiety, mildly uplifting nerve- tonic. High in AChE-inhibiting rosmarinic acid. Often used for ADHD.

- One 1,600 mg dose produced a calm state and boosted cognition within just one hour!
- Reduces stress & cortisol, antioxidant, improves working memory, cognitive test scores
- Also anti: herpes, insomnia, anxiety, hyperthyroid
- Similar: **Holy Basil (Tulsi)**

Rosemary

Traditionally used “for remembrance,” braided in the hair of students in antiquity, added to bouquets.

- High in rosmarinic acid, inhibits AChE to boost ACh neurotransmitter levels (low levels in Alzheimer's)
- Food-like doses (750 mg) improved memory speed in elders, high doses worsened
- Improves learning, memory
- Both scent & consumption help
- Boosts circulation, anti-inflammatory, antioxidant
- Bonus: boosts digestion

Mint & Sage

- Two more mint-family herbs that inhibit AChE - both consumption & scent boost cognition abilities.
- Studied: peppermint scent, spearmint extract intake, sage (garden, Spanish) intake & scent
- Spearmint: reasoning, attention, and planning doubled in 30 days, some improvement in just 1 day

Lion's Mane Mushroom *Hericum* spp. used similarly delicious edible mushroom grows and repairs nerves

- Promotes nerve growth/repair, contains nerve growth factors, relieves anxiety and depression
- Japanese study on elders with dementia, 3 grams of powdered lion's mane (6 caps divided) performed better on cognitive tests at 2, 3, and 4 months vs to placebo
- Need to continue to take it to get results

Maria is the best-selling author of *Body into Balance: An Herbal Guide to Holistic Self Care* and *Grow Your Own Herbal Remedies*. She offers online herbal study courses and distance health consultations. See her website for LOTS of information about herbs and health, videos, recipes, more! WintergreenBotanicals.com