

# Thyme For Me/March

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## **Kathy's Blog-** TRANQUILIZATION THERAPY

Tranquilization Therapy is divided into two categories of herbs. Nervines and Antispasmodics. The nice advantage to using natural nervines and antispasmodics is that they are non addicting and they not only help the immediate problem, but many of them when used over a long period of time will rejuvenate the nervous system. It is a fallacy to think or be taught that the nervous system is not repairable. This is simply not true. Agreed, some cases may take years, but using herbal therapy you will always see an improvement.

Last month we talked about nervines; now we'll address antispasmodics.

Like nervines they soothe and sedate, but generally these are used to relieve tension in the muscles, pelvic area, spine, lungs, etc. They prevent the recurrence of cramps, spasms and contractions. Leg cramps, menstrual cramps, or any muscle cramps throughout the body. They relieve the nervous tension and irritability caused by the irregular and painful action of the muscles.

**LOBELIA-** This is an excellent antispasmodic herb and is a powerful nervine as well. This is why you see lobelia added to the many liniments as it has such a soothing effect on the muscles, both internal and external. The American Indians have used this herb beneficially for many centuries, known as 'Indian Tobacco'. Lobelia can be used to treat a great many ailments. It is handy to have this available in the tincture form.

Lobelia is both a relaxant and a stimulant. Small doses of the tincture (5-10 drops) will act as a tonic and stimulate: large doses will act as a sedative. It is generally used for spasmodic lung and respiratory conditions. For treating coughs and to relieve spasms, add 15 drops of the lobelia tincture to a soothing herbal tea. It is a good herb to add to any cough medicine.

**CRAMPBARK-** This herb is esteemed for its ability to relieve abdominal cramps due to intestinal disturbances. It is also highly recommended with menstrual cramping as it relaxes the uterus and quiets excessive ovarian action. Crampbark can be used to treat all sorts of spasmodic conditions and is often added to asthma medicine.

**DONG QUAI-** This herb will also sooth the muscles of the uterus and is used extensively by the oriental people as a blood purifier, soother and toner after child birth.

