

Sleep formula

2 pt Passion flower: antispasmodic, mind calming, sedative

2 pt Wood Betony: sedative, nervine, relaxant, body mind calming, warming

2 pt Wild Yam: antispasmodic, muscles, gut relaxant

1 pt Hops: sedative, strong sleep herb

1 pt Lactuca: for pain, sedative

1 pt California poppy: for muscle pain, sedative

½ pt Lobelia: antispasmodic, to help switch into parasympathetic, state for sleep