

NERVINE

Matrix Code R701 for [StartOver.xyz](http://startover.xyz) (revised 29 November 2018 by Clinton Callahan)

Nervine is the name given to a mixture of dried and powdered herbs, specifically formulated by Lalitha Thomas, herbal healer and author of the books, *10 Essential Herbs*, and *10 Essential Foods* for use in Possibility Management trainings by Trainers or Participants. Nervine will coat your nerves and helps to conserve your energy by preventing the effects of stress from accumulating in your body.

Other so-called Nervine that may be available at a Pharmacy is not this same formula. Possibility Management Nervine is not ready-made available in shops. It is a mixture that you make yourself by purchasing the ingredients individually from a good natural foods store or herb shop that sells bulk herbs.

INGREDIENTS

Remember, the measurements are parts by volume, not by weight.

1 part Valerian Root Powder
1 part Hops Flowers
1 part Powdered Cloves
1 part Black Cohosh Powder
1/2 part Dried Ginger
1/4 part Lobelia



INSTRUCTIONS

These measurements are parts by volume, not by weight. That means mix the herbs together using a volume measuring standard, like Tablespoons, or Cups, not by grams or ounces.

First obtain your dried herbs. Powder them in a blender or a high-speed coffee-bean grinder. These herbs have a strong odor, so powdering them outdoors may be the smartest approach.

Mix specified volumes of the powdered herbs together in a glass bowl. Pack the combination into OOO size (the largest size) gelatine or vegetarian capsules by hand.

DOSAGE

At least one-half hour before potentially stressful events, take one or two capsules (depending on your body size and the potential stress factor) with a meal and with plenty of water. If you burp the herbs it probably means you did not need them or you did not put enough food and water on top of them in your stomach. When you need Nervine it goes down imperceptibly and works like a miracle. When you don't it can feel like a burning sensation in your stomach.

Nervine is not a cure all. The most important way for you to take care of yourself while doing this work is for you to learn about energy management and conservation. It is also true that the herbs in Nervine are a natural way to supplement the body's ability to deliver what we sometimes unreasonably ask of it.