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Brain Boosting Botanicals

Uses, Recipes
Doses &
Frequencies

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Brain Tonics

Gotu Kola

Suggested Dosing and frequency.

Extract (capsules or tincture)

60mg orally two to three times daily

Dried leaves

600 mg orally three times daily

Tea

1 cup orally three times daily; 600 mg dried leaves/150 ml water

Bacopa

Suggested Dosing and frequency.

Extract: By Mouth

300 mg per day for 12 weeks

Wood Betony

Suggested Dosing and frequency

No clinical evidence to guide dosage of betony.

Traditional instructions include:

Extract 1 to 2 g of the herb per day in 3 divided doses

1 ounce of the herb per pint of boiling water

Tea

5 g per 100 mL 3 times daily for 3 months

Nervines

Chamomile

Suggested Dosing and frequency.

Capsules

For anxiety: 220-1100 mg of German chamomile extract daily for 8 week

For heartburn (dyspepsia):

1 mL preferably in a blend with others like lemon balm 3 times daily for 4 weeks

For colic:

150 mL dose of an herbal tea (children's dose) for 7 days

Lemon Balm

Suggested Dosing and frequency.

Extract:

For Anxiety and Insomnia: 300 mg twice daily for 15 days

For stress: 600 mg a day

Memory Enhancers

Rosemary

Suggested Dosing and frequency.

Extract

500 ml twice a day for 4 weeks

Essential Oil

4 drops in a diffuser or rubbed in the hands and massaged around the neck and temple

Peppermint

Suggested Dosing and frequency.

Capsules

For Stomach troubles:

225 mg of peppermint oil caps three times daily

Topical use:

Cream or gel with 0.2% peppermint applied 3 times a day for 14 days

Memory Enhancers

Sage

Suggested Dosing and frequency.

Extract

For mental performance/ memory:

1 to 2.5 mg three times a day

For cholesterol/diabetes:

500 mg 3 times a day for 3 months

Stimulants

Cacao

Suggested Dosing and frequency.

Powder

50-100 gm of powder daily

Essential Oil

4 drops in a diffuser or rubbed in the hands and massaged around the neck and temple

Green Tea (Matcha or Regular)

Suggested Dosing and frequency.

Tea

½ teaspoon on 5 oz. of hot water.

Whisk thoroughly for 45 seconds

1-2 cups a day

Adaptogens

Eleuthero

Suggested Dosing and frequency.

Extract

For mental performance/ stress reducer:

400mg three times a day

Holy Basil (Tulsi)

Suggested Dosing and frequency.

Extract

For Prevention: 300 mg - 2,000 mg in a single dose a day

For curative therapy: 600 - 1800 mg daily in divided doses a day

Ashwagandha

Suggested Dosing and frequency.

Extract

For mood, memory, stress and anxiety: 500-600 mg twice a day for 8 weeks



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