



# Botanicals that Boost your Brain

## Brain Tonics

### Gotu Kola

Native to wetlands in Asia, the leaves are used locally as a culinary vegetable.

Gotu Kola leaf is highly regarded in Traditional Chinese Medicine (TCM) and Ayurveda for its healthful effects and as an ally in supporting healthy brain functioning.

The dried leaves are typically brewed into gotu kola tea, added into herbal tea blends, and tinctured.

It has been utilized for thousands of years for its positive effect on memory and focus. It also supports overall cognitive health.

It is commonly eaten as a salad green, eaten raw and sold as fresh juice in many Asian countries

## Brain Tonics

### Bacopa

Bacopa monnieri (or Brahmi) is a wetland perennial, native to India and Sri Lanka.

The plant's scientific name translates to "energy of universal consciousness" and according to folklore, has been thought to support the mind.

Brahmi can be steeped in herbal tea, used in extracts, or infused in oil for topical use.

A member of the Scrophulariaceae family, brahmi goes by several common names including bacopa, herb-of-grace, Indian pennywort, water hyssop, and mandukaparni

## Brain Tonics

### Wood Betony

Native to Europe and with a long history of use in traditional European herbalism for its wellness promoting qualities.

Wood betony is a member of the mint family, a perennial with a history of folklore, mostly regarding protection and dreaming.

Wood betony can be steeped as tea, applied in external applications, or tinctured."

Antonius Musa, chief physician to the Roman emperor Caesar August, catalogued 47 conditions he treated with the herb.

It improves circulation and harmonizes the functions of the digestive system. Wood betony is excellent for digestive distress caused by nervous tension, anxiety, and depression.

It can stimulate weak digestion while its also soothes and calms.

## Nervines

### Chamomile

A well-known blossom in the herbal world and is renowned for its gentle actions. chamomile is most often prepared as an infusion of chamomile tea, and the flowers are widely used in hair and skin care recipes.

Chamomile promotes relaxation and supports digestive health.

Chamomile is a gentle herb known throughout most of the world which has been used continually for many centuries. It is often ingested as a tea for calming purposes and to soothe the digestive tract and is mild enough to be administered to babies.

Chamomile is soothing to the skin and is often found in lotions and hair products. |

Common names include German chamomile, Hungarian chamomile, mayweed, sweet false chamomile, and true chamomile.

## Nervines

### Lemon Balm

For centuries, lemon balm has been used for its beneficial properties and has been highly esteemed for its emotional and spiritual effects.

It has traditionally been used as a gentle nervine and in baths to support healthy skin. It is often used to promote a sense of calm and can be brewed into a citrusy lemon balm tea, incorporated into other herbal tea blends, and included in body care recipes.

Used since ancient times to calm the heart and the body, lemon balm with its delicate lemony flavor uplifts the spirit and any culinary dish it is added to.

It has been used to sweeten jam, jellies, as an addition to salad, and also used for making perfumes, in cosmetics, and in furniture polish manufacturing.

It is often found as a tea in combination with other relaxing herbs such as valerian, as an essential oil, and also in ointments for topical applications.

## Memory Enhancers

### Rosemary

An aromatic member of the mint family native to the Mediterranean region where it is utilized as a treasured culinary spice.

Rosemary plants are commonly cultivated and easily grown in many household gardens. They can grow prolifically and prefer full sun and well-drained soil, but can also thrive in pots on the windowsill.

Rosemary makes an excellent addition to many traditional dishes.

Rosemary is known to enhance memory and concentration, protect neurons in the brain and prevent brain aging. It also supports overall cognitive health.

## Memory Enhancers

### Peppermint

A flowering perennial that is native to Europe and has since spread worldwide. Peppermint is a natural hybrid of spearmint and water mint.

It is used for its healthful properties and has many applications in food and commonly steeped as a refreshing peppermint tea but is also popular in herbal tea blends and candies.

In Greek mythology, Menthe was turned into a peppermint plant when Proserpine, in a jealous rage, found out that Pluto was in love with her. Even earlier, Assyrians used peppermint as an offering to their fire god.

Peppermint contains an essential oil that is unique among mints for its quality and flavor.

## Memory Enhancers

### Sage

A low-growing evergreen shrub in the mint family that can be found worldwide. For centuries, *Salvia officinalis* has been a choice herb to flavor culinary dishes.

Used often to flavor various proteins, soups, puddings, cheeses and vegetables.

The herb's Latin name *Salvia*, derived from the Latin word to heal.

Loaded with antioxidants, it can help support memory and brain health.

It has other protective properties and can help ease night sweats and menopausal symptoms.

## Stimulants

### Cacao

Cacao's history begins in Central and South America before 1500 BC. The entire cacao fruit was used medicinally by the Mayan, Olmec and Aztec civilizations.

These early American peoples also enjoyed consuming chocolate as a beverage; each culture adding its own mix of spices and flavorings to the drink.

Raw cacao, which has been minimally processed and dried at low temperatures, is known for its healthful benefits, including Improve blood flow to the brain and brain function and improve mood while lowering stress response.

It can be added to smoothies, homemade energy bars, herbal beverages, and extracts.

## Stimulants

### Matcha Green Tea

Matcha tea is a deeply alluring beverage containing rich historic roots within Japanese tea drinking ceremonies.

Matcha, which literally means "finely powdered tea," is made from young green tea leaves and is strictly harvested from certified organic plantations.

High in anti-oxidants, matcha can boost brain function, improve attention, reaction time, and memory.

With a bold color and mildly sweet flavor, we are sure that most will find this tea to be purely delectable.

## Adaptogens

### Eleuthero

Famous for its healthful and adaptogenic properties, eleuthero has become well known globally.

Also called Siberian ginseng, it is a member of the Araliaceae family and grows in mountain thickets throughout Japan, China, Korea, and Russia.

Eleuthero root is often made into a tea or extract.

Eleuthero is best known not only for increasing stamina but for promoting overall health.

It is also known to help increase energy, reduce fatigue and improve cognitive function.

## Adaptogens

### Holy Basil

Holy basil leaf is a well-used and revered herb in Ayurvedic medicine. A member of the mint family and cousin to sweet basil it is known for its mellow flavor.

The leaves are usually steeped as holy basil tea or tulsi tea and incorporated into herbal infusion blends.

Holy basil supports immune health to help you stay feeling your best.

Today holy basil remains one of the most cherished of India's sacred plants. The leaves smell of peppermint, cloves, licorice and/or lemon.

## Adaptogens

### Ashwagandha

Ashwagandha, (or ashwaganda), is a highly regarded root in Ayurvedic medicine. It has been employed as an adaptogen and tonic herb and is incorporated into many herbal formulations.

The root powder can be tinctured, added to culinary recipes, and encapsulated. It is a highly revered botanical used in Ayurveda and is praised for its adaptogenic and tonic properties.

In many Asian countries, all parts of the plant are utilized, and the tender leaves are eaten as a gentle nourishing herb.

It is also a helpful sleep aid and to encourage youth and vitality. Both an adaptogen and a nervine that helps cope with stress and supports overall cognitive health.

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