



# Rogers' School of Herbal Medicine Volume Ten: Nervous System (Volume 10)

*Robert Dale Rogers RH*

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The body's nervous system is complex, responsive and self-regulating. It stores memory of past events and patterns that shape its reactivity.

The herbs in this volume assist the body in finding a healthy balance between the sympathetic and parasympathetic systems.

These include wood betony, bird's foot trefoil, chamomile, ghost pipe, hops, elephant head, lemon balm, wild lettuce, marsh hedge nettle, wild oats, passion flower, Saint John's wort, Scullcap, and valerian.

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