

Deep Sleep/Cortisol Reset

*Ashwagandha * Tulsi * Lemon Balm * Borage * Mimosa Bark * Speedwell & Pyrite essences + Violet Leaf Syrup*

Use this formula in combination with evening ritual practices. Of course there are many little ways you can help yourself regulate into your natural circadian rhythm, such as turning off screens for a time period before bedtime, getting enough natural sunlight and allowing yourself to sleep in the dark, and having a balanced life with movement and mineral rich foods. But one of the most helpful practices I have found for myself to experience deep, restful sleep is to take a long, slow, and intentional breath right before I get into bed telling my body system that it is time for sleep. I also recommend having a practice of humming throughout the day, any time you feel stressed, overwhelmed and dysregulated, and right before bed. Humming brings your body into its natural resonance quicker than any other practice you can do. And it is simple, free, and with you everywhere you go. *Along with this medicinal formula, I hope you find yourself in such regular, deep, restful sleep that you have all the energy you need to be the person you are here to be!*

Formula Instructions : I recommend taking this tincture for 33-43 days to bring balance and rhythm back to your cortisol functioning. This formula is not designed to be something you need to rely on, it is designed for a window of time to reset your stress responses in your body. Take it daily 2x a day for 33 days. I suggest 40-60 drops in the morning and then again in the afternoon.

I don't often create general formulas like this, and more often prefer to work with clients individually to decide the specific herbs that their body needs. However, this formula came through as a big yes to create and share and that it would be suitable for most people. With that said, no herbal medicine formula is going to work for everyone, herbs work differently in each person's body. If you have any concerns or questions at any point about the use of this formula, please reach out to me, I am here for you. You can also schedule a 30 min. consultation if you want more individualized care for a reduced rate.

The herbs in this formula were chosen for their effect on the stress response system by calming and soothing the nerves, regulating hormonal communication (particularly cortisol, but hormones are complex and can never truly be singled out) and building capacity to respond to stress in more stabilized ways. In the process of stabilizing the stress response system, the body is then able to go into deeper states of rest and sleep. Yay!

I also added **Speedwell** flower essence, which is an essence for quantum jumping into alternate timelines. Any time I create a medicine it is through my intimate relationship with the plants and my ability to listen to the plants consciousness and decision to be a part of a formula. Speedwell jumped in and would not take no for an answer, and what I understand as to why it needed to be in this formula is to help the consciousness of your body shift into the new timeline that is presenting itself to us, because this is where we have the opportunity and abilities to 'magically' heal our physical bodies into the natural state of optimal functioning. There is a stone essence in the formula as well, **pyrite**, which is not one I work with often. Beautifully, this stone essence builds confidence and strengthens will power to awaken resilience and access life force energy. AND a little added treat of Violet Leaf Syrup to bring soothing relief to the entire being and a bit of sweetness to your medicine.