

Harmony Spirit - Stress Relief Tincture

DESCRIPTION

Calm the Mind. Restore the Nervous System. Release the Tension.

Chronic stress is the modern epidemic — driving anxiety, insomnia, digestive disorders, immune suppression, hormonal imbalances, and accelerated aging. Our **Stress Relief Tincture** is a masterfully balanced formula of six botanical nervines and adaptogens that work through complementary, overlapping pathways to interrupt the stress cycle, calm the nervous system, and restore physiological balance — without sedation, impairment, or dependency.

This is not a pharmaceutical substitute. It is a complete botanical approach to what stress actually is at the biochemical level.

What This Tincture Is Made For

- Anxiety and nervous tension
- Chronic stress and cortisol reduction
- Emotional overwhelm and burnout
- Stress-related digestive issues
- Muscle tension and physical stress symptoms
- Mood support and emotional resilience

The Formula — Ingredient Breakdown

Ashwagandha (*Withania somnifera*) — The adaptogenic cornerstone of stress management. Clinical studies show Ashwagandha reduces cortisol levels by up to 30% — directly interrupting the primary stress hormone cascade. It simultaneously regenerates stressed neural tissue (reversing hippocampal shrinkage from chronic stress), improves thyroid function in stress-induced hypothyroid states, and builds the body's resilience to future stress.

Lemon Balm (*Melissa officinalis*) — "The Gladdening Herb" of European folk medicine. Rosmarinic acid in Lemon Balm inhibits GABA transaminase — the enzyme that breaks down GABA — effectively increasing the

brain's calming neurotransmitter. It also mildly inhibits MAO (monoamine oxidase), preserving serotonin and dopamine. The result: reduced anxiety, improved mood, and calmer cognition without sedation.

Passionflower (*Passiflora incarnata*) — Clinical trials have compared Passionflower to benzodiazepine anti-anxiety medications with equivalent results — and without cognitive impairment or dependency. Its chrysin and related flavonoids bind directly to GABA-A receptor sites in the brain, the same receptors targeted by anti-anxiety pharmaceuticals. Passionflower calms racing thoughts, reduces palpitations, and dissolves physical tension.

Chamomile (*Matricaria chamomilla*) — Apigenin, Chamomile's primary active flavonoid, binds to benzodiazepine receptor sites in the brain. A clinical trial published in *Phytomedicine* found Chamomile extract as effective as standard low-dose anti-anxiety medication for generalized anxiety disorder. It additionally soothes the "anxious gut" — treating the digestive symptoms that accompany chronic stress.

Skullcap (*Scutellaria lateriflora*) — The American nervine par excellence. Baicalin, the primary flavonoid in Skullcap, binds to GABA-A and GABA-B receptors, reduces nervous excitability, and quells the physical symptoms of anxiety: muscle tension, trembling, racing heart. It is specific for "nervous exhaustion" — the frayed, depleted nervous system that results from prolonged stress exposure.

Lavender (*Lavandula angustifolia*) — Clinically proven for anxiety. Silexan, a standardized oral lavender oil preparation, demonstrated efficacy for generalized anxiety disorder comparable to lorazepam (Ativan) in randomized controlled trials. The linalool and linalyl acetate in Lavender inhibit voltage-dependent calcium channels in neurons, reducing excitability and promoting calm. It also reduces cortisol and supports sleep quality.

How to Use

For daily stress management: 1–2 ml in water, 2–3 times daily. For acute anxiety: 2–3 ml as needed (up to every 2 hours). Best taken consistently for 2–4 weeks before evaluating full adaptogenic benefits. The nervine herbs (Passionflower, Chamomile, Lemon Balm) provide immediate relief; Ashwagandha builds lasting resilience over time.