

Herbs for Mental Disease by Dr. Allan Tillotson

Anxiety - ashwagandha, ganoderma, kava, scullcap, avena

Stress - eleuthero, rhodiola, ashwagandha, schisandra

Grief - polygala, mimosa

Anger - bupleurum, white peony and scute combo

Depression - eleuthero, rhodiola, panax ginseng, acorus

Attention problems - eleuthero, acorus, bacopa

Mental foginess - acorus, bacopa

Memory issues - mucuna, gotu kiola, bacopa

Dr. Alan Tillotson