NERVOUS SYSTEM

SYMPATHETIC
- EXCESS
  - Specific Indications
    * Enlarged pupils
    * Hyperactive, restless, nervous, “on the go”
    * Fidgety, high strung, jittery, agitated, overexcited
    * Anxiety, irritability
    * Insomnia with difficulty relaxing and getting to sleep
    * Rapid pulse, tendency to heart palpitations
    * Chronic muscle tension
    * Full pulse, wiry or hard
    * Red tongue
    * Tension headaches
    * High blood pressure

- DEFICIENCY
  - Specific Indications
    * Pulses
    * Quivering tongue, often light red and/or with red tip
    * Feeling “burned out”
    * Fatigue with insomnia
    * Restless sleep and disturbing dreams
    * Frequent urination at night
    * Mental confusion
    * Difficulty concentrating
    * Reduced libido
    * Emotional sensitivity, unusual laughter and weeping
    * Short term memory loss
    * Pulse thin and wiry

PAIN
- Specific Indications
  * General aches and pains, such as headaches, arthritis, muscle aches
  * Pain due to surgery, injury or trauma

SLEEP
- Specific Indications
  * Difficulty getting to sleep
  * Not getting enough sleep, waking up too early
  * Restless, disturbed sleep, bad dreams

CENTRAL
- Weakness
- Dominance
- Parasympathetic
- Sympathetic

BRAIN AND NERVES
- Depression
  * Excessive fatigue, lack of motivation, withdrawal from life, low energy
- Memory Loss
  * Loss of memory, forgetfulness, absent-mindedness, dementia
- Attention Problems
  * Lack of focus, ADHD, learning disabilities, difficulty concentrating
- Tics and Tremors
  * Tics, twitching, palsy, trembling hands, etc.
- Nerve Damage
  * Numbness, tingling or loss of sensation
  * Nerve damage from injury or surgery
  * Neuralgia

PARASYMPATHETIC
- EXCESS
  - Specific Indications
    * Small pupils
    * Rapid digestion and metabolism
    * Low blood pressure
    * Sensitive to noises and touch
    * Warm with clammy extremities
    * Difficulty focusing or concentrating
    * ADHD
    * Agitated by small noises
    * Dislikes gentle touch, prefers firm touch
    * Likes to take risks, live "on the edge"

- DEFICIENCY
  - Specific Indications
    * Soft, flabby muscles
    * Rapid but weak pulse
    * Poor memory
    * Nightmares
    * Delirium
    * Large difference between systolic and diastolic pressure

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**Sympathetic Excess**

**Herbs**
- ✓ Blue Vervain
- ❌ Chamomile
- ❌ Cramp Bark
- ✔ Eleuthero
- ✔ Kava Kava
- Hops
- ✓ Lavender
- L ❌ Lemon Balm
- ❌ Mistletoe
- ✔ Nutri-Calm
- ✔ Stress-J
- Stress Relief

**Supplements**
- GABA Plus

**Combinations**
- Herbal Sleep
- Nerve Control
- Nutri-Calm
- Stress-J

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**Sympathetic Deficiency**

**Herbs**
- ✓ Agrimony
- ❌ Belladonna
- ❌ Brigham Tea
- ❌ Chocolate
- ✔ Coffee
- ❌ Datura
- ❌ Ephedra, Chinese
- ❌ Foxglove

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**Pain Relief**

**Herbs**
- ✓ Turmeric
- ✔ Licorice
- ❌ Lily of the Valley
- ✓ Nutmeg
- ✓ Rosemary
- ✓ Tea, Green or Black
- Yarrow
- ❌ Scotch Broom
- ✧ Yerba Mate

**Supplements**
- Balanced B-Complex
- Free Amino Acids

**Combinations**
- Adrenal Support
- HSN-Complex
- Fatigue/Exhaustion
- Homeopathic
- Focus Attention
- Kudzu/St. John's Wort
- ✔ Nervous Fatigue Formula
- SUMA Combination
- Super Algae

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**General Nervous System Problems**

**Depression**
- 5-HTP Power
- ✔ Black Cohosh
- ✓ Bupleurum
- Damiana
- Dulse
- Ginkgo
- ✔ Kava Kava
- ✔ Lemon Balm
- ✔ Mimosa
- ✔ Mood Elevator
- ✔ SAM-e
- ✔ St. John’s Wort

**Tics and Tremors**
- ✔ Black Cohosh
- ❌ Cramp Bark
- ✔ Kava Kava
- ✔ Lobelia
- Magnesium Complex
- Nervous Fatigue Formula
- ✔ Skunk Cabbage
- Valerian
- St. John’s wort

**Nerve Damage**
- DHA
- ✔ HSN-W
- Omega-3
- ✔ St. John’s Wort
- ✔ Super GLA
- Wood Betony

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**Parasympathetic Deficiency**

**Herbs**
- ❌ Belladonna
- ❌ Calendula
- ❌ Coffee
- ❌ Datura
- ❌ Ephedra, Chinese
- ❌ Gentian
- ❌ Gurana
- ❌ Henbane
- ✔ Kola Nuts
- ✔ Licorice
- ✔ Lemon Balm
- ✔ Oats, Milky Seed
- Nature’s Chi
- Shepherd’s purse
- ✔ Tea, Green or Black
- ❌ Yerba Mate

**Supplements**
- GABA
- Iodine

**Combinations**
- ENERG-V
- Focus Attention Nature’s Chi
- SUMA Combination
- Super Algae

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**Important Notice:** This chart is a reference tool for the ABC+D approach to nutritional support of each body system. It does not replace the services of qualified practitioners. For serious issues and emergencies, please seek the advice of a certified or licensed health professional.

**Key:** ✓-Top choices ❌-Not available as a single through NSP
EO-Essential Oil (topical use) ✧-Toxic botanical for professional use only