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SERENE

Serene is designed for those who are suffering from mild to moderate depressions, post viral infections, chronic or acute nerve pain, chronic fatigue or lethargy.

A non-addictive product, Serene is designed not to create a dependency but instead allow the person to recover from a particular period in their life.

Serene contains the following herbs:

- **St John's Wort:** St John's Wort is a natural anti-inflammatory, astringent, vulnerary, nervine and anti-microbial herb. When taken internally, St. John's Wort has a sedative and pain-reducing effect which makes it ideal when neuralgia, anxiety, tension or similar problems are evident. During menopausal changes, where irritability and anxiety can be a problem, St John's Wort can prove to be particularly beneficial.

The herb has also been shown to be beneficial for physical injuries as well. This includes muscle bruising, deep soreness, throbbing sensations, burning pains, spinal pain or irritation, shock and swelling.

- **Withania:** Withania is a mild sedative with anti-inflammatory and immune-balancing properties. A popular herb in Ayurvedic, Unani and ancient Indian medicine, the root of the plant is commonly referred to as ashwaganda. The seeds and leaves are traditionally used to relieve pain, kill lice and can be used in the production of soap.
The roots are commonly thought to contain a sedative which calms the body and mind.

Withania is often used in natural aphrodisiac formulas to increase erectile function and enhance sex drive in both men and women. During periods of long term stress (both physical and mental) withania can prove to be particularly beneficial. This is mainly due to the adaptogens (biologically active substances found within plants which help the body deal with stress) which are contained within withania which also provides the body with an immune boost.

Research in the 1970's showed that certain properties within withania may be beneficial during cancer treatment. Withania has also been linked to increased haemoglobin levels and iron levels making it ideally suited for the elderly.

- **Liquorice Root:** Liquorice is a natural anti-inflammatory which aids in the relief of muscle spasms and inflammation. It has a healing effect on all the body's mucous surfaces. It helps to liquefy and expel toxic mucous from the body. It is also a mild laxative which soothes and tones the mucous membranes. It also aids the removal of excess toxins found within the bowels. It is also added to this remedy to reduce the drying tendency of cascara and to distribute the formula evenly.

As with all cases of depression and anxiety professional counselling is recommended. Serene is a natural and safe alternative to harsh anti-depressants and sedatives. Always seek guidance from your health provider before stopping any medication.

PRECAUTIONS: This product may potentiate (make stronger) the effects of anti-depressant medication.

Typical Dose: In cases of mild depression or anxiety take two capsules daily. For more moderate levels of depression or anxiety take up to three capsules daily.