

Christopher's Nervine Formula

A Traditional Herbal Formula for Calming Nerves, Reducing Inflammation, and Easing Pain

Stress, pain and inflammation often go hand in hand. Chronic stress harms the adrenal glands ability to reduce inflammation, and inflammation and pain are closely linked. This combination of herbs based on a traditional formula from Utah herbalist John Christopher has relaxing properties that help to ease stress and calm the nerves. It also helps to reduce muscle tension and inflammation, which gives it a sedating, cooling and pain-reducing quality.

The blend can be helpful for conditions like insomnia, muscle spasms, arthritis pain, anxiety, nervous disorders, stress, headaches and recovering from drug and alcohol addiction. It contains the following herbs:

Black Cohosh

This bitter antispasmodic herb helps to relax muscle spasms and tension. It also contains salicylic acid, the precursor to modern aspirin, which reduces inflammation and pain. Black cohosh can help relax muscle spasms, ease tension headaches, and reduce blood pressure.

Capsicum

This spicy herb increases circulation throughout the body. Better blood flow brings oxygen and nutrients to tissues, which can help ease pain. It also contains capsaicin, a substance that blocks the substance P receptors that transmit pain signals, which also means it can help reduce pain.

Catnip

Catnip is a mild sedative and is particularly helpful for digestive upset caused by nervous stress. It is helpful for relaxing intestinal spasms and reducing acid indigestion.

Hops

Since the Middle Ages, hops has been utilized for beer production and as a sleep promoter. It contains sedative-like compounds that lower blood pressure and induce drowsiness. This bitter herb is considered the safest sedative in the world by many herbalists and is one of the most frequently employed natural medicines used in cases of hysteria, insomnia and frayed nerves. Due to its calming nature, hops has also been

implemented in cases of drug addiction and the withdrawal symptoms.

Passion Flower

This sedative and nervine herb helps activate GABA receptors in the brain to calm the brain and nervous system. It can help calm down excessive mental chatter and promote more restful sleep. It can also be used to reduce stress and relax muscle spasms. It can also be helpful for easing tension headaches.

Valerian

Valerian is a popular and potent nervine with strong tranquilizing effects on the central nervous system. It has been used to treat a wide variety of nervous system conditions, insomnia, and mild pain. It can also help reduce anxiety and nervousness.

Wood Betony

Wood betony is an analgesic nervine that relaxes tension in the muscles. It is frequently used in formulas for headaches and is used to relieve middle back pain and tension, facial pain, and muscle tension. It is helpful for people whose minds are overactive and stressed and helps ease tension in one's thoughts and emotions.

Suggested Use

To help reduce feelings of stress and nervousness, take two capsules with meals twice daily. For easing mild pain and headaches, take two capsules every hour, up to eight capsules per day. Make sure to drink plenty of water.

Selected References

- Strategies for Health* by Steven Horne
- Nutritional Herbology* by Mark Pederson
- A Handbook of Native American Herbs* by Alma R. Hutchens
- Herbal Tonic Therapies* by Daniel B. Mowrey
- Herbs That Heal* by Michael A. Weiner and Janet Weiner

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