

Jeannie Burgess' Stress Formula

Nervine formula for reducing stress and associated digestive upset

Jeannie Burgess' Stress Formula was created by the talented herbalist Jeannie Burgess. She created it for colon spasms, spastic colitis, nervous headaches, nervous indigestion, and as a general calmer and relaxant.

It works well with another of her formulas, *Jeannie Burgess' Intestinal Soothing Formula*, which was designed to help problems like colitis, irritable bowel and Crohn's disease. When the two formulas are used together they help to reduce intestinal inflammation, soothe irritated membranes, and calm the nerves.

Here's a more detailed look at the herbs in this formula.

Chamomile

This gentle nervine herb has a settling effect on both the nervous system and the digestive tract. Possessing both bitter and aromatic properties, it stimulates the flow of digestive secretions, expels gas from the colon and settles the stomach. Chamomile contains a blue essential oil that has strong anti-inflammatory properties.

As a nervine, chamomile is good at easing restlessness, fussiness, hyperactivity, nervousness and insomnia. It has a calming, centering effect. Chamomile is an excellent remedy for infants and children, easing upset tummies, colic and teething. It has been used historically to aid in withdrawal from tobacco, alcohol and other drugs. It has also been used for anxiety, tension, colitis, migraine headaches, hysteria, cramps and spasms.

Passion flower

This valuable nervine, antispasmodic and relaxant is primarily used for its tranquilizing and sedative effects. It has been widely used as an aid to promoting sleep. Like chamomile, it has been used to treat a wide variety of nervous disorders including Parkinson's disease, seizures, epilepsy, hysteria, neuralgia and shingles.

Fennel

Primarily used as a digestive remedy, fennel reduces intestinal gas, settles the stomach and improves digestion. It is a very safe herb for children and is used to encourage breast milk in nursing mothers. It is also diuretic and anti-inflammatory.

Feverfew

As its name suggests, feverfew helps to reduce heat in the body from fever and inflammation. Its primary claim to fame in

the modern herbal world is as a remedy for migraine headaches. Studies have suggested that taking feverfew regularly reduces the severity and frequency of migraines. It has also been used as an arthritis remedy and for other types of headaches. Feverfew may also help other problems such as nervous indigestion, high blood pressure, and menstrual cramps. Feverfew belongs to the same family as chamomile and shares some of the same anti-inflammatory and nervine properties.

Hops

The hops plant is most famous as an ingredient in beer. It is a sedative herb that helps the body relax and treats nervous system disorders like insomnia, tension, anxiety and restlessness. It has also been used for headaches and indigestion associated with nervous stress. Hops is estrogenic and reduces sex drive in men, while increasing it in women, although the small amount in this formula is not likely to have much of an estrogenic effect.

Marshmallow

A soothing, mucilaginous herb, marshmallow is very nourishing and healing to the membranes of the body. It soothes inflammation and irritation in the digestive tract, respiratory passages and urinary tract. It absorbs irritating substances and is also a good source of nutrients like iron and calcium.

Suggested Use

Jeannie Burgess' Stress Formula would be a good herbal combination for anyone suffering from mild anxiety, nervousness, and insomnia. It may also be helpful for tension headaches, indigestion associated with stress, and bowel problems associated with nervousness and stress. Take 2-4 capsules every four hours.

For intestinal problems take the above dose of the Stress Formula with an equal number of capsules of the Intestinal Soothing Formula.

Selected References

Herbal Medicine by Dorothy Hall

The New Holistic Herbal by David Hoffman

The Healing Herbs by Michael Castleman

Planetary Herbology by Michael Tierra, N.D.

Scientific Validation of Herbal Medicine by Daniel Mowrey, Ph.D.

Strategies for Health by Steven Horne

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