

Dave's Cheerful Mind Spray

- **Mind Calming**
- **Mental Focus**
- **Emotional Response**

Open Mind & Spirit. Using herbs to calm the mind and spirit to help you feel emotionally well, Cheerful Mind Spray can be used by those who need moments to ponder and focus.

Formula includes: Calamus, Passion flower, Eleutherococcus, Holy Basil, and Dog Rose petals. This formula is designed to help the mind focus and get into a meditative state with greater ease.

Modern society finds us with little time to relax and distress, to try to focus on the things that matter most. Many of the herbs in this formula were considered sacred to their cultures because it helped them to get greater insight to their spiritual and emotional well being.

Several (4 – 6) sprays several times a day may help you to relax.



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Herbal Formula

Calamus has a long history of use as a digestive enhancer. Recent scientific evidence shows the digestive system has more serotonin than the brain. It is often called the second brain or recognizing the "gut" reaction. That is why Calamus may influence emotional responses.

Passion flower is known as a nervine (feeds and calms the nerves). Traditionally it has been shown to help the body and mind relax. It is a sleep aid because of its relaxing properties. It has been known to calm the "passions" of a nervous mind.

Eleutherococcus also known as Siberian ginseng, has been used in many cultures to strengthen the immune system and enhance physical strength. It has been classified as an adaptogen, an herb that helps reduce stress by enhancing adrenal function, and can be used long-term with no toxic effects.

Holy Basil is considered sacred in the Ayurvedic tradition (India) for its properties to enhance spiritual awareness. This may be due to its nerve-calming properties as well as adaptogenic properties (stress and energy needs). It may help the adrenals.

Dog Rose petals (Rose petals). While modern medicine has not yet caught onto the wonderful properties of rose petals, many people and cultures embrace its virtue. Folk history has said that the broken heart (emotional shock) can be mended by receiving a dozen red roses or even making a tea from rose petals. The smelling of certain roses can lift a heavy heart.

Traditional herbal uses

- **Emotional response**
- Immune system
- **Mind focus**
- **Nerve calming**
- Peacefulness
- Stress reduction