

Dave's Positive Mind

- **Brain support**
- **Nervous system health**
- **Supports calmness**

Positive Mind Formula is a special blend of herbs which support healthy brain and nervous system function. Used by other cultures, some of these herbs are considered sacred and calming; herbs like Polygala and Albizzia bark commonly referred to as the "peaceful collective bark" have been touted to "calm the spirit." Red Sandalwood is used in Ayurveda as a tonic (body restorative) and meditation herb.

Chinese medicine considers the heart the "seat" or center of our spirit, and when disturbed it causes mental and emotional symptoms of anxiousness. The concept of constrained emotions originated with the Chinese. Constraint is when a person suppresses or keeps their feelings inside. When having a problem with emotions, these feelings prevent us from connecting with our inner feelings, thus becoming unable to release them and solving the problem. We are meant to express our feelings to relieve the symptoms of stress.

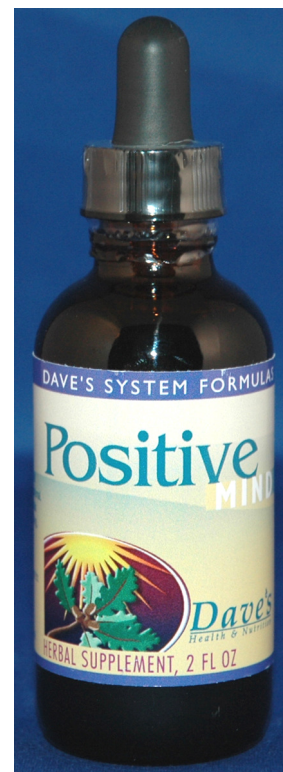
The main side effects of medications, aside from toxicity, are emotional numbness and decreased sexual desire or functioning. Do not get off prescription medications such as anti-depressants or anti-anxiety drugs without the advice of your medical practitioner. Those that have gotten off these drugs have gone off them a little at a time over a long period of time as directed by their physician.

Depression is a state of low spirit, bringing chemical changes within the body. Emotions are often the cause. The reason is that we are living in the past or the future. True happiness is only found in the present. When we don't live in the present we betray ourselves, and then project our emotions of anger or disappointment inward or toward others. These emotions cause the chemical changes in the body and affect our health and well-being.

Positive Mind Formula gently, yet effectively, works to allow a person to connect with their emotions and solve problems by removing the energy that is blocking the emotional aspect of the heart. It may be a gradual process, or a sudden change. The Albizzia and Polygala herbs help to remove the blocked heart energy that prevents emotional healing. Red Sandalwood provides the essential oil that brings calm and helps you feel grounded (being in the here and now).

In my studies, I have found that inflammation in various parts of the body is also related to depression. Herbs used for anxiety, stress, nervousness, and depression are almost always anti-inflammatory. Blue violet leaves also reduce inflammation and physical discomfort, including weakness, chronic fatigue, and more. Lavender is the Western herb that classically treats the nerves, depression, anxiety, agitation, etc. Squawvine releases anger by treating the liver, and removes fear by treating the kidney. It also has a mild effect to reduce symptoms of PMS which may involve depression, anxiety, moodiness, etc.

Formula includes: Radix polygala tennifoliae, Albizzia flowers, Lonicerae japonica, Red sandalwood, Blue violet leaves, Lavender flowers, and Squaw vine herb.



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Herbal Formula

Albizzia flowers, also called "collective happiness bark." is used in other cultures for supporting nervous system and cardiovascular system health. According to the Chinese the symptoms of a bad temper, sleeplessness, irritability, and forgetfulness are due to constrained emotions (affecting nerve and heart health).

Blue violet leaves are expectorant, alterative (blood health), and support healthy kidney function and is used to support a healthy lymphatic function. (Mild to low toxicity).

Flos Lonicerae Japonicea clears heat and relieves fire toxicity; for hot, painful sores and swellings in various stages of development, especially of the breast, throat or eyes. Calms anger.

Lavender is an herb that supports healthy nervous system, muscle, and circulation function while it assists in normal digestive and brain function.

Radix Polygala Tennifoliae is an herb used to "calm the heart" in other cultures as it supports normal nervous system, brain and cardiovascular system. According to Chinese medicine, it is effective for excessive brooding or constrained, pent-up emotions supporting normal brain functioning.

Red Sandalwood is an astringent, mucostatic, demulsive, and detoxicant herb. It is also used to maintain and support cardiovascular and lymphatic health. Red sandalwood is used in other cultures during meditation to open the third eye; it vibrates between the 7th and 1st chakras and so is stimulating as well as grounding.

Squawvine herb is diuretic herb supporting healthy urinary function and liver function (blood health). It is also a female tonic (hormonal support) and astringent. In Chinese medicine the liver meridian=anger and kidney meridian=fear.

Testimonials:

Calms me when feeling overwhelmed and stressed. -- *Susan O*

My wife has been using it for months. Her mood and energy has greatly improved. She is a real believer. – *Lanny B*

I have gotten quick effective results in combating my mood swings... and feelings of emotional instability by using Dave's Positive Mind Formula. –*Laurie S*

I am grateful for your help Dave. Wonderful & unusual tincture! – *Gwen C*

Traditional herbal uses

- **Anxious nervousness**
- Astringent
- **Brain support**
- Brooding
- Digestion
- Diuretic
- **Emotions, pent up**
- Female tonic
- **Irritability**
- **Meditation**
- **Nervous system health**
- **Sleeplessness support**
- Swelling