

QUICK REFERENCE SHEET

NVC

(Formerly Children's Nervine)

Catnip, Chamomile, Passion Flower, Peppermint



1.00 Chamomile
0.50 Catnip
0.50 Passion Flower
0.25 Peppermint

Total Herbs 2.25 oz
Glycerin Ratio - 1:16

As the former name implies, this is a nervine formula, especially for children, and it contains only the mildest of nervine herbs. This formula is usually made as a glycerite since it is intended to be used by infants and small children. Frequent small doses are more effective than larger doses. It is mild enough to be given as often as every 15 minutes for the first three or four doses.

NVC is especially helpful when a baby is fretful with colic, or for a baby who frequently startles awake during naps or during the night. NVC stimulates the body's defenses when colds, flus, fevers, and other acute illnesses are just setting in. NVC can be used as an alternate for, or in conjunction with, CC (formerly Children's Composition). The ingredients in this blend are more restful and calming than CC. NVC is mild enough to use, in moderation, each evening with a fretful child to promote restful sleep.

There are four nervine formulas. NS (Nerve Special), NT (Nerve Tonic), NV (Nervine), and NVC (Children's Nervine).

Nervine herbs are anodyne (meaning they relieve pain), antispasmodic, and anti-inflammatory. They are used to heal, calm, and strengthen the nerves and alleviate depression. Nervine formulas make excellent pain relievers. BBL is another good nervine formula.

Any of these nervine formulas can be used for anxiety, stress, premenstrual tension, menstrual cramping, hyperactivity, nervous exhaustion, depression, pain relief, heart palpitations, and irregular heartbeat. (If heart palpitations and irregular heartbeats occur frequently, you should probably add some herbs for heart health and see a physician quite soon.)

Nervine herbs are not generally narcotic, at least not the ones that I have used in these formulas. They do not make you feel groggy or disconnected. Although they can help you relax into sleep, they do not present a problem for driving or operating machinery.

Herbs are plant material. As such, it is theoretically possible to find someone who has reacted to every one of them, although reactions are quite rare. Unpleasant reactions to nervine herbs are a little bit more common. This is the reason, there are several different formulas. Valerian is not suitable for everybody and should be used with particular caution with children. Indications of this situation would be that the person, instead of being calmed by Valerian, feels wired, agitated, or nervous. Simply discontinue use and try a nervine formula that does not contain Valerian. BBL, NT, or NS would all make good choices. The NV combination contains 1 part Valerian and should probably be avoided if there has been a reaction to Valerian in the past.

Please do not let this information scare you away from the use of this wonderful herb. Valerian, in both