



Passion Flower

Benefits and uses: Antispasmodic, spinal - Nervine, insomnia, shingles, headaches, one of nature's best sleep aids relieve muscle tension and other manifestations of extreme anxiety.

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting or changing your program.

Details

Passion Flower is thought to relieve muscle tension and other manifestations of extreme anxiety. It is also believed to be especially good for nervous insomnia - the kind that keeps you lying in bed worrying until the late hours.

Passion flower has become very popular as a safe, natural alternative to help promote a good night's sleep. Often recommend passion flower for times of extreme emotional upset.

Passion Flower is used as a sedative in nervous disorders (including gastrointestinal complaints of nervous origin),

difficulties in sleeping, and anxiety or restlessness, especially in children.

Also, it is used to treat female anxiety during menses, childbirth and menopause. Research shows that Passion Flower reduces spasms and depresses the central nervous system. Passion Flower contains flavonoids such as isovitexin, vitexin, saponarin, orientin, glycosides, gyncocardin, and alkaloids.

Caution: This herb may cause sleepiness in some people and should not be used before driving or operating machinery. Do not take during pregnancy.