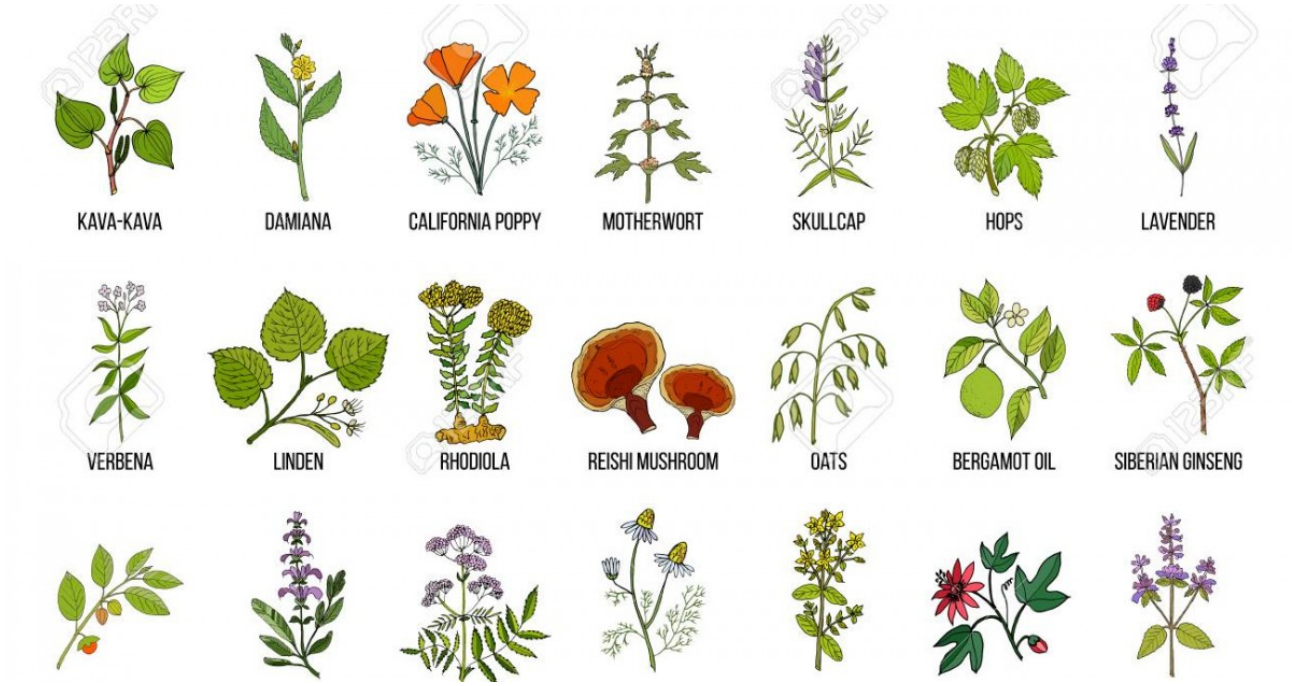
Top Herbs For Anxiety

Reduce regular anxiety by using these herbs and growing them in your home.



- [ ] Lavender - The most popular herb for combating anxiety, lavender is scientifically proven to reduce stress and aid in sleep.
- [ ] Turmeric - Found in several studies to treat depression and anxiety, turmeric also helps with digestion and inflammation.
- [ ] Chamomile - Always associated with anti-stress properties, chamomile helps relax the body entirely.
- [ ] Reishi Mushroom - Known as an herb, Reishi is a medicinal mushroom that helps relieve day-to-day stress and anxiety.
- [ ] Ashwagandha - Shown to improve cortisol levels and reduce anxiety as well as symptoms of both.
- [ ] Lemon Balm - What's known as the 'gladdening herb,' lemon balm has been used for hundreds of years to combat anxiety and brighten the spirit.
- [ ] Passionflower - Also known as 'maypop' in medicinal uses, Passionflower has been used to treat restlessness and even hysteria.
- [ ] Valerian - Used to treat insomnia and anxiety. Valerian has been used for hundreds of years to relax the brain.

Make and Share Free Checklists

checkli.com