

# INNATE

RESPONSE FORMULAS™

## Nervine Response™

V i s m e d i c a t r i x n a t u r a e

### Product Rationale

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# NERVINE RESPONSE™ RATIONALE

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When crafting all Innate Response Formulas®, our mission is to harness the innate healing response that is within every patient in the time honored traditions of "*vis medicatrix naturae*". Following this time honored tradition we will only use the finest nutrient-rich whole foods and botanicals that are aligned with these principals.

For every Innate Response Formula™ it is our primary goal that each will provide:

1. 100% Whole food vitamins and minerals from our proprietary FoodState® food concentrates. Each vitamin and mineral is present in a balanced ratio and in potencies equivalent to amounts found in foods.
2. All of the macronutrients and vital food constituents including bioactive peptides, enzymes, lipids and synergistic compounds that are inherently present in whole foods. These constituents have irreplaceable roles as co-factors in key metabolic bodily functions, and as bio-carriers that govern nutrient delivery to the cells.
3. To select only whole botanicals extracts so all of the vital constituents and innate wisdom of the plant are delivered.

Nervine Response™ was crafted to nutritionally support the body's physiological response to stress. Stress depletes the body of essential nutrients including Vitamin C and the B Vitamins. Nervine Response™ was designed to replenish these vitamins while providing several supportive whole herb extracts revered for their balancing and calming properties.

FoodState® minerals are 100% food, providing in addition to essential minerals, a nourishing matrix of food constituents which include bioactive peptides, carbohydrates, proteins, lipids, enzymes and health-promoting food compounds.

Recommended Usage: Take two tablets daily, or as recommended by a health care professional. For optimal results, take with an Innate Response Foundational Food Multi Formula. Nervine Response™ can be taken at any time through out the day, even on an empty stomach.

Contraindications: This formula contains Licorice which is to be used with caution when hypertension is present. It is important to note however, in cases where licorice caused edema, copious amounts were consumed ranging from 2-7 grams.

## Formula Rationale

Stress depletes the body of numerous essential vitamins, particularly Vitamin C and the B Vitamins. During acute periods of stress, if the body pool of these vital nutrients is not replenished, it can lead to an out of balance biochemistry which in turn can lead to a decline in overall health and psychosocial disorders. The negative effects of acute and chronic stress are emphasized further if one or more of the following factors are also present: poor diet, substance abuse, tobacco use, insufficient light exposure, and physical inactivity. Nervine Response™ was crafted to replenish body stores of vitamin C and B vitamins in addition to providing tonifying botanicals known to promote body system function and vitality during periods of stress.

## Whole Food Vitamins

Innate Response foundational multi-vitamin and mineral formulas are exclusively crafted from 100% whole food nutrients. The vitamins and minerals in each formula are not in an isolated state, but rather, exist within a biodynamic FoodState®, whole food concentrate. FoodState® concentrates not only deliver essential vitamins and minerals, but numerous other vital constituents including bioactive peptides, enzymes, food compounds and macronutrients that inherently comprise whole food.

**Vitamin C:** Vitamin C is an important factor in neurotransmitter synthesis which is why it is primarily stored in adrenal and brain tissue. Vitamin C is also critical in the performance of the immune and nervous systems.

**Vitamin B Complex:** The B complex vitamins act as coenzymes in many metabolic reactions including in energy production. The B complex vitamins are necessary to the functioning of the nervous system, muscles in the intestinal tract, health of hair, skin, eyes, mouth and liver.

Many of psychological conditions related to stress such as mood disorders, anxiety and depression are all known to be alleviated by supplementation of B complex. Nervine Response provides Thiamine (B1), Riboflavin (B2), Niacinamide, Vitamin B6, Folate, Vitamin B12, Biotin and Pantothenate.

Alfalfa leaf and Rice bran were also included in Nervine Response to provide additional nourishment from whole foods and to further enhance the bioavailability of the formula.

## Supportive Botanicals

The human body has different ways of responding to stress; one quick responding nerve-hormonal system involving adrenaline, another long-lasting system involving cortisol, and perhaps others. These systems not only determine the intensity of our anxiety reactions but also our attitudes, energy level, depression, and physical health after the stressful events are over. As individuals, our nervous systems differ; however there are many botanicals that have been traditionally used to help the body respond to stress by nourishing and soothing the nervous and muscular system. The following whole herbs were selected to help support and calm the health systems of the body during periods of stress:

**Reishi mushroom (*Ganoderma lucidum*):** Chronic stress can result in a depleted immune system, the polysaccharides and triterpene constituents found in Reishi are known to enhance the functioning of the immune system. In addition Reishi is a stress reducing herb, enhancing the relaxation of muscles and help to ease tension.

**Eleuthero Root (*Eleutherococcus senticosus*):** An adaptogenic and antioxidant herb commonly used for its ability to help balance and support the body health systems, particularly the adrenal glands, endocrine and immune system. Also has a history of successful use for improving energy levels and stamina.

Eleuthero root has been shown to help the body deal with stress, both physical and mental. It is also helpful to delay the onset and reduce the intensity of the flight or fight phase of the stress response system [1].

**Scullcap (*Scutellaria laterifolia*):** A prominently known nerve tonic and a mild sedative, it helps to relax states of nervous tension while revitalizing the central nervous system. It is helpful for conditions of exhaustion, physical depletion and premenstrual tension.

**Licorice Root (*Glycyrrhiza glabra*):** In traditional Chinese medicine, Licorice root is considered the great “harmonizer” because it is believed to harmonize the action of all other herbs. For this innate characteristic, Licorice is amongst the most widely studied and recommended herbal medicines.

Licorice has a marked effect on endocrine function and as a nourishing tonic, has a natural affinity to the adrenal glands. Licorice increases the production of cortisol, DHEA, and aldosterone: supporting the adrenal cortex.

Licorice is abundant in triterpene compounds which are metabolized in the body into molecules similar in structure to adrenal cortex hormones. These components are able to bind to the glucocorticoid receptors on the cells and exert glucocorticoid-like effects, making this is an invaluable herb for supporting body during periods of stress.

Wild Green Oat Seed (*Avena sativa*): A soothing and nourishing nervine tonic. It is an excellent inclusion as it is known as one of the best remedies to “feed” the nervous system, especially when under stress [Hoffman]. It is often used with other nervine tonics to strengthen the whole nervous system.

Schizandra Fruit (*Schisandra chinensis*): A general body tonic and adaptogen, Schizandra is considered both a primary superior herb and a healing food in Traditional Chinese Medicine. Schizandra’s actions include: antioxidant, adaptogen, antihepatotoxic, digestive tonic, cardioprotective and urinary tonic.

Schizandra’s adaptogenic activity made it indispensable when considering botanicals for use in this formula. As an adaptogen, Schizandra helps build non-specific resistance, supports and restores immune function, and supports adrenal function. Schizandra is also revered for its ability to combat exhaustion, fatigue, stress, depression and insomnia.

Chamomile Flower (*Matricaria recutita*): Renowned as a gentle herb with excellent sedative and actions. Chamomile relaxes and tones the nervous system, and is especially valuable for where anxiety and tension produce digestive symptoms such as gas and indigestion.

Lavender Flower (*Lavandula officinalis*): Lavender has a historical use as a mood enhancing herb. Traditionally used to ease and clear the mind, uplift the thoughts and relieve anxiety as well as depression. Lavender has been approved by the German Commission E Monographs for use in mood disturbances, including insomnia and restlessness. Lavender is also known to be an effective herb for headaches, especially if related to stress.

Ginger Root (*Zingiber officinale*): This well known botanical was selected primarily for its ability to potentiate the effectiveness of other botanicals and to increase bioavailability of whole food nutrients in this formula. Ginger is also known and traditionally used as a digestive tonic rich in proteolytic activity that increases bile production. Ginger is also helpful in balancing inflammation of tissues. These two actions are helpful in soothing and calming digestive discomfort resulting from a stress response.

The Statements in this brochure have not been evaluated by the Food and Drug Administration.

#### References:

1. “Traditional Remedies and Modern Assessment: The Case of Ginseng.’ In R,O,B, Wijeskera, ed., H. Hikino, *The Medicinal Plant Industry* (Boca Raton, FL: CRC Press, 1991), 149-66.
2. *An Elder’s Herbal*, David Hoffman. Healing Arts Press, 1993.
3. *The Green Pharmacy Herbal Handbook*, James A. Duke, PhD.