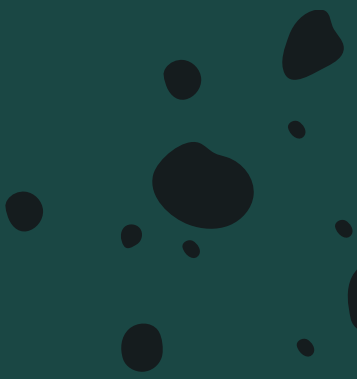
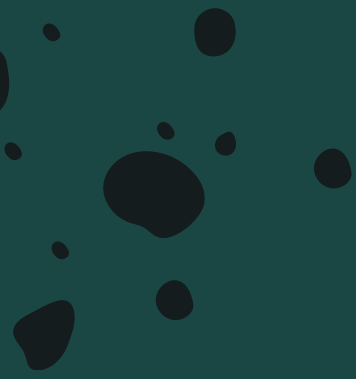




The Earthbound Herb



# Stress Less: 4 Herbal Allies to Help You Thrive

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# Ashwagandha



Ashwagandha, also known as “Indian Ginseng”, is a powerful adaptogen celebrated for its stress-relieving properties. This ancient herb, rooted in Ayurvedic medicine, helps the body to adapt to stress by regulating cortisol levels- the stress hormone responsible for fight-or-flight response. Enjoy as a decoction, or as a tincture.

# Holy Basil (Tulsi)



Holy Basil, also known as Tulsi, is a revered adaptogen in Ayurvedic medicine, cherished for its ability to reduce stress and promote emotional balance. It helps regulate cortisol levels and calms the nervous system during stressful times. Enjoy as a tea, hot or cold or as a tincture.



# Passion Flower

Passion flower is a calming herb known for its ability to reduce stress and anxiety. It works by supporting the nervous system, promoting relaxation, and gently easing tension. Enjoy as a tea, hot or cold.



# Lemon Balm



Lemon balm is a gently yet effective herb known for its calming properties. It helps soothe the nervous system, reduce stress, and promote relaxation, making it an excellent choice for moments of tension or overwhelm. Enjoy as a tea, hot or cold.






# Conclusion



Stress may be an inevitable part of life, but with the support of nature's herbal allies- ashwagandha, holy basil, passion flower, and lemon balm- you can build resilience, find balance, and reclaim your calm. These gentle yet powerful herbs remind us that the path to well-being is often rooted in simplicity and connection to earth. May these herbal allies empower you to thrive in every moment, one soothing sip or tincture at a time.



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