



# Valerian Intrinsic

Concentrated Handcrafted Ethno Botanical Tincture  
60 mL/2 oz. NPN 80008012

## Patient Reference

### Intrinsic Spagyric Botanicals

### Relaxant / Anti-depressant

**The Intrinsic Spagyric Botanicals** are handmade remedies manufactured in accordance with the proven laws and time-honoured processes of Spagyricism, laid down hundreds of years ago. It takes 60-90 days to make the concentrated tincture which has been decanted into a 60mL cobalt blue bottle (protects the remedy). Labelling and bottling are performed without electricity. All raw materials are bio-dynamically grown or wildcrafted, and draw from the finest ancient and modern traditions of herbal medicine from the West, Ayurvedic India, South American Amazon, and Traditional Chinese Botanicals. The name of the (ethno) Intrinsic formulas represents the keynote focal remedy ingredients to which the other ingredients constellate, differentiate, and amplify.

Valerian root has a long history of use as an agent to assist with sleep disorders and nervous tension. Records indicate its use as far back as the time of Hippocrates (460-370 BC), where it was prescribed to assist with insomnia, anxiety and restlessness, digestive disorders, menstrual cramps, urinary tract disorders and epilepsy.



Scientific studies show that the sedative effects of valerian are due to its ability to increase the amount of the inhibitory neurotransmitter gamma aminobutyric acid (GABA) in the synaptic cleft. GABA's main role is to inhibit the activity of the neurons to which it binds.

Today, valerian is one of the most widely prescribed herbal relaxants by practitioners of all healing arts' disciplines, including Western herbalism, Traditional Chinese Medicine (TCM) and Ayurveda, and has been approved for use a sedative in the treatment of anxiety and sleep disturbances resulting from nervous conditions by the German Commission E, European Scientific Cooperative on Phytotherapy (ESCOP), World Health Organization (WHO) and American Herbal Pharmacopeia (AHP).

The Eclectic Physicians used Valerian root for the treatment of depression associated with inadequate cerebral circulation:

*"[Valerian] has a special affinity for the nervous system, being gently stimulant and antispasmodic, but not producing narcosis. In medicinal doses it acts as a cerebral stimulant. It is adapted to those nervous conditions arising from enfeebled circulation in the cerebral structures. When thus indicated it controls pain, allays irritability, induces rest and consequently sleep follows, but not from any narcotic properties of the drug."*

Henry Felter, author, The Eclectic Materia Medica

Valerian is thought to affect GABA in three ways:

- 1) By increasing the amount of GABA released
- 2) By blocking the reuptake of GABA by the nerves
- 3) By inhibiting the enzyme that destroys GABA

Along with its calming effects on the central nervous system, valerian minimizes smooth muscle spasms, making it effective in the reduction of symptoms of intestinal colic, colitis and uterine spasms. It stimulates peristalsis in the stomach, intestines and is effective for the treatment of heart palpitations, as it can slow down the contractions of the heart muscle while increasing the strength of the heartbeat.

Valerian Intrinsic provides the highest quality organic valerian root that has been prepared according to Spagyric principles to ensure that all of the phytochemical constituents, volatile oils and micronutrients are preserved in their most bioavailable form.

This exceptional Spagyric botanical complements all protocols assisting in the reduction of physical and psychological nervous conditions and in the resolution of insomnia and sleep disorders.

#### Ingredients:

Valerian (root) *Valeriana Officinalis*