

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.