

# Wood Betony (*Stachys officinalis*)

## Other Common Names:

Nettle flowers, Stingless nettle, Staggerweed.

## Origin:

Comes from Europe and grows wild throughout the world.

## Origin description:

Wood betony is a clearing herb that has long been known to help us face our fears, so that we may come into our own power.

## What's in it?

Flavonoids (Kaempferol-based), steroidal saponins, tannins, and glycosides. Rich in iron, potassium, magnesium, calcium and other minerals.













## Are all Wood Betony remedies the same?

There are currently very few wood betony remedies around; people have generally forgotten about this precious herb though it is much needed.

## How does Wood Betony work?

It is ideal for helping us to stop thinking so much, being a plant that works to redirect the energy away from the head. It helps bring us into right relationship with ourselves and others - not to mention its very useful physical effects of balancing bloods sugar levels and moods.

Dose: 5 drops 5 times/day or as needed.

Problem	Women	Men
Anxiety.		
Erratic blood sugar levels.		
Mood swings.		
Headaches.		
Poor circulation.		
Thinking too much.		
Relationship tension.	