

Hops (*Humulus lupulus*)

Other Common Names:

Also known in old English as Hoppian.

Origin:

Hops comes from Europe, Western Asia and North America. It is now scattered throughout the world.

Origin description:

Hops has long been used by people to soothe tension and anxiety and to help sleep. It is the birthday flower for the 7th of April and symbolizes injustice, passion and pride.

What's in it?

Sesquiterpenes (humulene), crystalline bitter principles, lupamaric acids (cholone and resin), and lupulin.









Are all Hops remedies the same?

Hops can be prepared as a strong tea or a tincture or an essence.

How does it work?

This Hops tincture works mostly on physical levels and also promotes emotional healing during dreamtime as well.

Dose to be taken: 20-30 drops in water as needed.

Problem	Women	Men
Sleeplessness/Trouble falling asleep.		
Nervous tension & anxiety.		
Emotionally upset.		
Irritability.		
Irritable Bowel Syndrome (IBS).	