

INSOMNIA AND A HOME MADE RECEIPE

Pretty good suggestions, but there is the old standard of gathering a handful of fresh catnip leaves and mint leaves. Boil-up 2 cups of water and place leaves in hot water to steep for 7-12 minutes. Works great and pending on location can find other nervine substitutes such as red or blue Lobelia.

A plain mint tea will also work just as effective with catnip. You can also use sassafras, elderberry flowers, and sage with catnip without having to worry about canceling effects.

However, Lobelia and catnip in large doses are a toxin and if given to children (3+) should be given 1-2 teaspoons. Catnip and mint are also good for choleric children, gas, indigestion, and stomach cramps.