



Everything Herbal

— by Cheryl Jabz —

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GUIDE

VALERIAN ROOT HEALTH BENEFITS

Valerian root is a traditional calming herb valued for its soothing properties. For centuries, it has been used to support relaxation and promote a sense of calm, especially in evening wellness routines.

KEY HEALTH BENEFITS

1. May support relaxation
2. Commonly used to promote restful sleep
3. May help ease occasional nervous tension
4. May support a calmer bedtime routine
5. Traditionally used for occasional restlessness
6. May help encourage overall relaxation and comfort

WELLNESS NOTES

- Best known for its calming properties
- Often enjoyed as tea, tincture, or capsules
- Best used thoughtfully, especially in evening routines

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