

Root Freedom Herbal Wellness Checklist

10 Essential Herbs for Sleep, Stress & Daily Relief

Start Here (Core Herbs)

These are your foundation herbs for calming the nervous system:

Chamomile

Supports relaxation and better sleep

Lemon Balm

Helps reduce anxiety and racing thoughts

Lavender

Promotes calm and reduces stress (especially before bed)

Your Herbal Toolkit

Build your home herbal cabinet with these:

Peppermint

Supports digestion and helps relieve headaches

Ginger

Aids digestion and reduces inflammation

Turmeric

Supports inflammation response and joint health

Ashwagandha

Helps your body adapt to stress

Echinacea

Supports immune function

Holy Basil (Tulsi)

Promotes balance and stress resilience

Valerian Root

Supports deeper sleep when needed

How to Use These Herbs

These simple methods are enough to get started – consistency matters more than complexity.

Keep it simple:

- **Tea (most common):**

Steep 1-2 teaspoons of dried herbs in hot water for 5-10 minutes

- **Tinctures:**

Liquid extracts used for faster absorption

- **Essential oils:**

Use for aromatherapy or topical application (always dilute)

Simple Routine (Start Tonight)

- Drink herbal tea in the evening (chamomile + lemon balm)
- Use lavender oil before bed
- Stay consistent for at least 5-7 nights

Starter Tip

Start with 1-2 herbs, not all 10.

Build a routine, not a one-time fix.

This content is for informational purposes only and is not intended as medical advice. Always consult a qualified healthcare professional before starting any herbal regimen.