

## Valeriana root, 50 g



Organic medicinal herb

Rating: Not Rated Yet

**Price**  
4,50 €

Discount:

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Description It is most commonly used to treat sleeplessness and sleep problems. As it decreases the harmful effects of pressure from stress on a person's body, it can also be an effective therapy for nervousness (Reducing Anxiety).

Valeriana is considered to be the blood of the vegetable kingdom. It is a psychic energy storage plant. With its help you can recover lost energy carried away by disease, cope with fatigue because fatigue is the loss of mental energy. Remember that Valeriana acts without failure, but rather slowly, its effect is accumulated. Has no side effects.

Basic info on Valeriana properties and applications: [https://en.wikipedia.org/wiki/Valerian\\_\(herb\)](https://en.wikipedia.org/wiki/Valerian_(herb))

Blossoming Valeriana:



### Reviews

There are yet no reviews for this product.

