

Post PS Withdrawals Treatments

<b>Alcoholism/Alcohol cravings</b>	
Post PS options	Dosage
Kudzu root (pueraria lobata)	1 cup of tea as needed to relieve cravings
Scullcap/ California Poppy/ Milky Oat tops combination tea	6-9 cups of tea per day or as needed for cravings and to calm anxiety. *Milky oat tops are the tops from the oatplant before the seed dries - they are harvested when they are green and "milky" for best results. The dried oatstraw is also used medicinally.
Black Indian Hemp (apocynum cannabinum) root	1/8 oz of decoction in 4 oz water as needed. Use with caution as it may cause vomiting.
Hydrastis homeopathic - up to 30th potency (30X or 30C)	Take 5 drops under the 3 times per day between meals.
<b>Nutritional support for recovering alcoholics</b>	
Post PS options	Dosage
Alfalfa tea	One cup 3 times daily
Astragalus tea	One cup 3 times daily
Licorice tea	one cup 3 times daily before 3 pm.
<b>Depression:</b>	
Post PS options	Dosage
Lemon balm tea	1 cup of tea 3 times per day or as needed
St. john's wort tea	1 cup of tea 3 times per day or as needed
Geranium, lavender, clary sage or rosemary essential oil	3-5 drops essential oil per 1 tbsp. Carrier oil applied to temples
<b>Anxiety/Panic</b>	
Post PS options	Dosage
Scullcap/California poppy tea blend	1 cup as needed for anxiety
Sweet Basil, Chamomile, Clary Sage, Cypress, Elemi, Frankincense, Geranium, True Lavender, Lemon balm and Ylang Ylang essential oils	as an inhalation before bedtime, in a bath or 3-5 drops essential oil per 1 tbsp. Carrier oil applied to temples. In extreme cases may use essential oils internally: 1-4 drops per day of True Lavender in 4 ounces warm water or other oils at a dosage of 2-4 drops in 8 ounces of pure water per day. As always, note the response of the patient and decrease dosage if indicated by vomiting etc. (note: do not use Frankincense internally during pregnancy)
<b>Insomnia</b>	
Post PS options	Dosage
Scullcap/ Milky Oat tops combination tea	1 cup of tea before bedtime
Valerian (for agitated individuals)	1 cup of tea before bedtime
Valerian, scullcap, licorice tea combination	1 cup of tea before bedtime
Chamomile, lemon balm, mint, hops or self heal tea*	1 cup of tea as needed throughout the day and 1 cup of tea before bedtime

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<b>General Stress Relief</b>	
Post PS options	Dosage
chamomile, clary sage, cypress, elemi, frankincense, true lavender, ylang ylang, lemon balm, rosemary or geranium essential oils	as an inhalation before bedtime, in a bath or 3-5 drops essential oil per 1 tbsp. Carrier oil applied to temples. In extreme cases may use essential oils internally: 1-4 drops per day of True Lavender in 4 ounces warm water or other oils at a dosage of 2-4 drops in 8 ounces of pure water per day. As always, note the response of the patient and decrease dosage if indicated by vomiting etc. (note: do not use Frankincense internally during pregnancy)
Chamomile, lemon balm, mint, hops or self-heal tea	1 cup of tea as needed throughout the day and 1 cup of tea before bedtime
<b>Tobacco Withdrawals</b>	
Post PS options	Dosage
Licorice sticks	chew on sticks as needed to allay cravings
Milky Oat tops tea	6-9 cups of tea per day or as needed for cravings.
any calming tea (see teas for stress) to replace the habit of smoking by drinking tea. Teas such as chamomile, lemon balm, peppermint, oat straw, passionflower or scullcap are options to consider.	6-9 cups of tea per day or as needed for cravings.
*Kudzu root, oatstraw, hops you can buy dried from Trinity Herbs at 888-874-4372 and from seed from Horizon Herbs and JL Hudson. Self heal you can buy seed from Horizon Herbs or JL Hudson	