

Product Review

Grief Re-Leaf from David Winston and Herbalist & Alchemist

By Donna Reynolds

Grief Re-Leaf, a simple, lovely formula created by renowned herbalist, David Winston, is wonderful for helping folks who have experienced emotional trauma and for those suffering through varying levels of grief and mourning.

While neither herbs nor pharmaceuticals are intended as a replacement for proper therapy in these situations, this formula can help start the healing process. Grief Re-Leaf has been beneficial for several clients who had not been able to move through their pain and seemed stuck in their grief and broken heartedness.

Grief Re-Leaf can be an integral part of a comprehensive Mental Health protocol, and should be used under supervision of an appropriate health-care practitioner.

This product is comprised of three medicinal botanicals:

Hawthorn berries, leaves and flowers (*Crataegus* spp.). Hawthorn is a trophorestorative herb, meaning that it nourishes, strengthens and tonifies a specific organ or function – a ‘food for the organ’ if you will. Hawthorn has specificity for nourishing the heart muscle itself. In this formula, it is also helpful for anxiety induced palpitations and acts as a calming nervine, meaning that it has a calming or soothing effect on the nerves.

Rose petals (*Rose* spp.). Historically, Roses have been associated with emotional healing and are a sheer delight to one’s senses: they feel silky soft, they smell incredibly wonderful, they taste delicious in teas and jellies, and they look beautiful. Roses have

antidepressant, anti-inflammatory and antioxidant activity. As you may know, aroma therapists use rose attar to aid cases of depression, to comfort folks in distress, and to ‘open the heart’.

Mimosa bark (*Albizia julibrissin*). Also known commonly as “Silk Tree”, *Albizia* bark is used in Traditional Chinese Medicine (TCM) as a mood elevator (similar to an antidepressant) for treating anxiety, insomnia and depression. Known in TCM by its pin yin name of He Huan Pi or “collective happiness bark”, *Albizia* is quite an effective mood elevator and calms disturbed shen (anxiety, bad dreams, insomnia).

Contraindications for this product: use cautiously with antidepressant medications and during pregnancy. As with any healing protocol, always use herbal formulations under the advice of a trained herbal practitioner and your chosen health care provider.

Follow the dosage on the label. Grief Re-Leaf is a product of Herbalist & Alchemist, and can be found in most health food stores.

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Note: Any remedies or information listed are from historical references and used for teaching/educational purposes only. The contents are not meant to diagnose, treat, prescribe, cure or substitute consultation with a licensed health-care professional. This information has not been evaluated by the Food and Drug Administration.

Donna Reynolds of Willow Moon Herbs is an experienced herbal practitioner, an herbal educator, a voice for her native green plant allies as well as a quiet tree-whisperer.

