

# SPIRIT CANYON HERBALS



## Quiettude

### Central Nervous System Support



#### Feeding Herbs to Your Horse

Our powdered herbal blends can be fed by mixing with your horse's feed and adding a small amount of water or apple cider vinegar to bind it to the feed.

Alternatively, you can mix the dose with enough water to make about 60ml of tea and administer with a dosing syringe.

Feed herbs for 6 days a week, with one day of rest.

**Quiettude is a blend of herbs consisting mainly of nervines, which are meant to support the nervous system. As many emotional problems are symptoms of gastro-intestinal issues, Quiettude also contains herbs that support the digestive system.**

Quiettude contains the following herbs (materia medica):

- Passion Flower:** nervine, sedative, antispasmodic, hypotensive, anodyne
- Eleuthero:** adaptogen
- Raspberry Leaf:** tonic, antispasmodic
- Kava Kava:** antispasmodic, anxiolytic, sedative, analgesic, tonic
- Marshmallow Root:** demulcent
- Meadowsweet:** antacid, antiulcerogenic, anti-inflammatory
- Valerian:** nervine, antispasmodic, hypotensive, hypnotic, anodyne, carminative

#### Definitions:

- adaptogen - helps the body adapt to stress and exerts a normalizing effect on bodily processes
- analgesic - pain relief
- anodyne - relieves distress or pain
- antacid - reduces or neutralizes stomach acid
- anti-inflammatory - reduces inflammation
- antispasmodic - suppresses muscle spasms
- antiulcerogenic - prevents the onset of ulcers
- anxiolytic - reduces anxiety
- carminative - relieves flatulence
- demulcent - relieves inflammation and irritation to mucous membranes by forming a soothing film
- hypotensive - lowers tension
- nervine - calms the nerves, benefits the nervous system
- sedative - promotes calm
- tonic - substance that produces vigor or well-being

This product has not been evaluated by the FDA and is not intended to treat, cure, or prevent any disease. For animal use only.



### **How Herbs Work**

Our herbal products are hand crafted blends of traditional herbs, designed specifically to target the various systems in the body.

Herbs differ from pharmaceuticals in that herbs work to build up and strengthen an entire system, encouraging the body's natural healing process to occur. Herbs may give relief from symptoms, but the real value is in their power to promote wellness.

We don't advocate the use of herbs to the exclusion of pharmaceuticals as there is a place for both in the care of our animals. We strongly recommend that you consult your vet regarding the use of herbal products, especially when used in conjunction with pharmaceuticals.

### **Thank you for choosing SCH!**

We are working hard to create products that improve lives, and we very much appreciate your support. We developed all of our products ourselves through a lengthy process of education, testing, and revision. Everything we sell is manufactured by us, on site. All of the herbs we use are carefully sourced to ensure the utmost in quality and efficacy. And, all of our products are completely natural and contain no additives or fillers.

Your feedback is invaluable to us. Please drop us a line and let us know how our products are working out for you, or if there is anything better we can do. We also very much appreciate your product reviews on our website.

### **Our Risk Free Guarantee**

We are committed to what we do, and we absolutely believe in our products. We guarantee everything we sell 100% - if you are not completely satisfied, we will refund your money and/or work with you to create a custom solution to your problem.

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At Spirit Canyon Herbals, we are on a mission to reinforce the natural systems in horses, dogs, and livestock using herbal products that promote health, well-being, and optimum athletic performance. Our goal is to meet livestock and pet owner's demand for natural solutions, focusing on health, aging, and athletic performance... issues common in performance and companion animals.

