

How To Attain MOODTOPIA? What Is That?

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It's Normal to Not Feel Normal

- People feel like they are going crazy all the time.
- These feelings are normal.



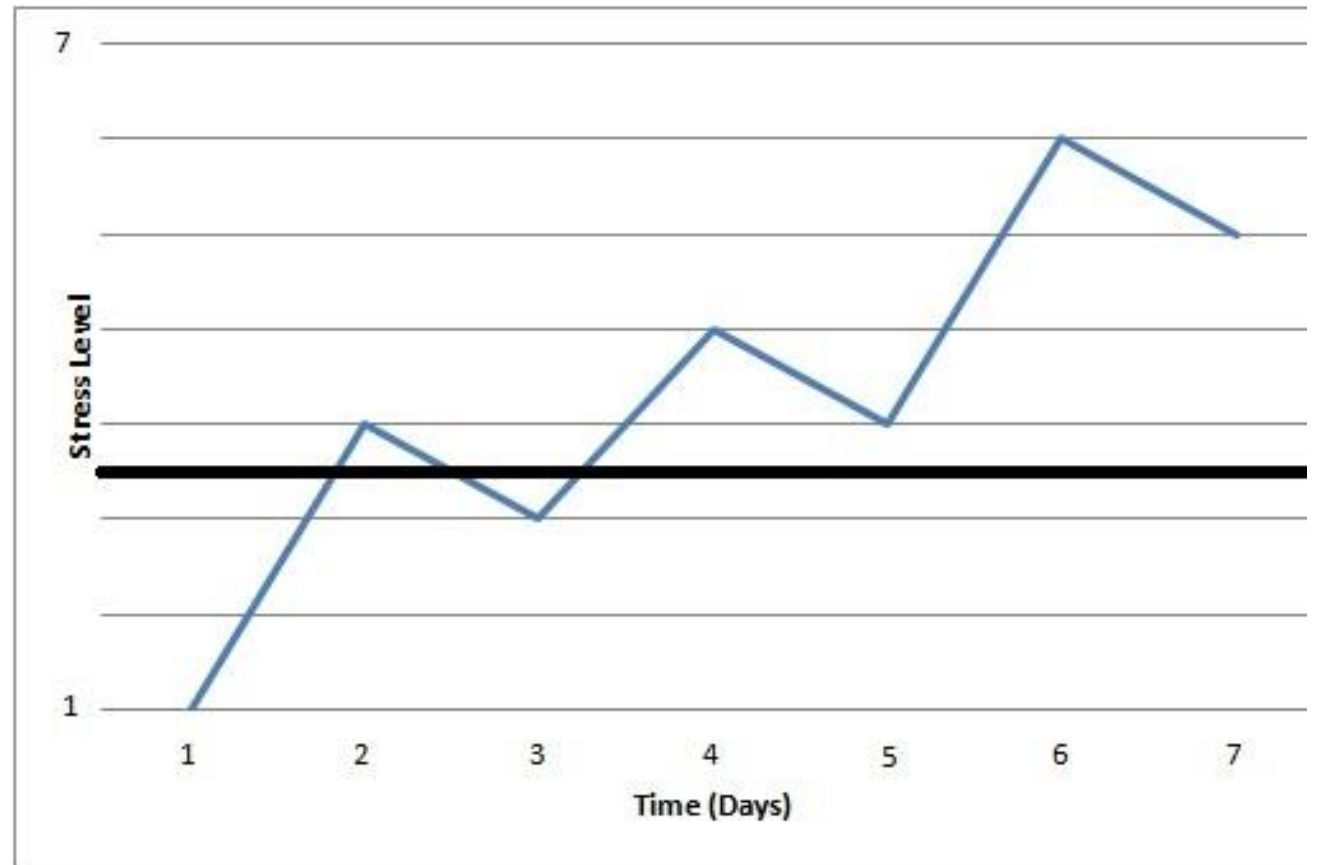


What Does MOODTOPIA Mean?

- Being in control of your moods, so they don't control you.
 - Becoming the master of your moods.
- Use them when you need them, do not become a captive.

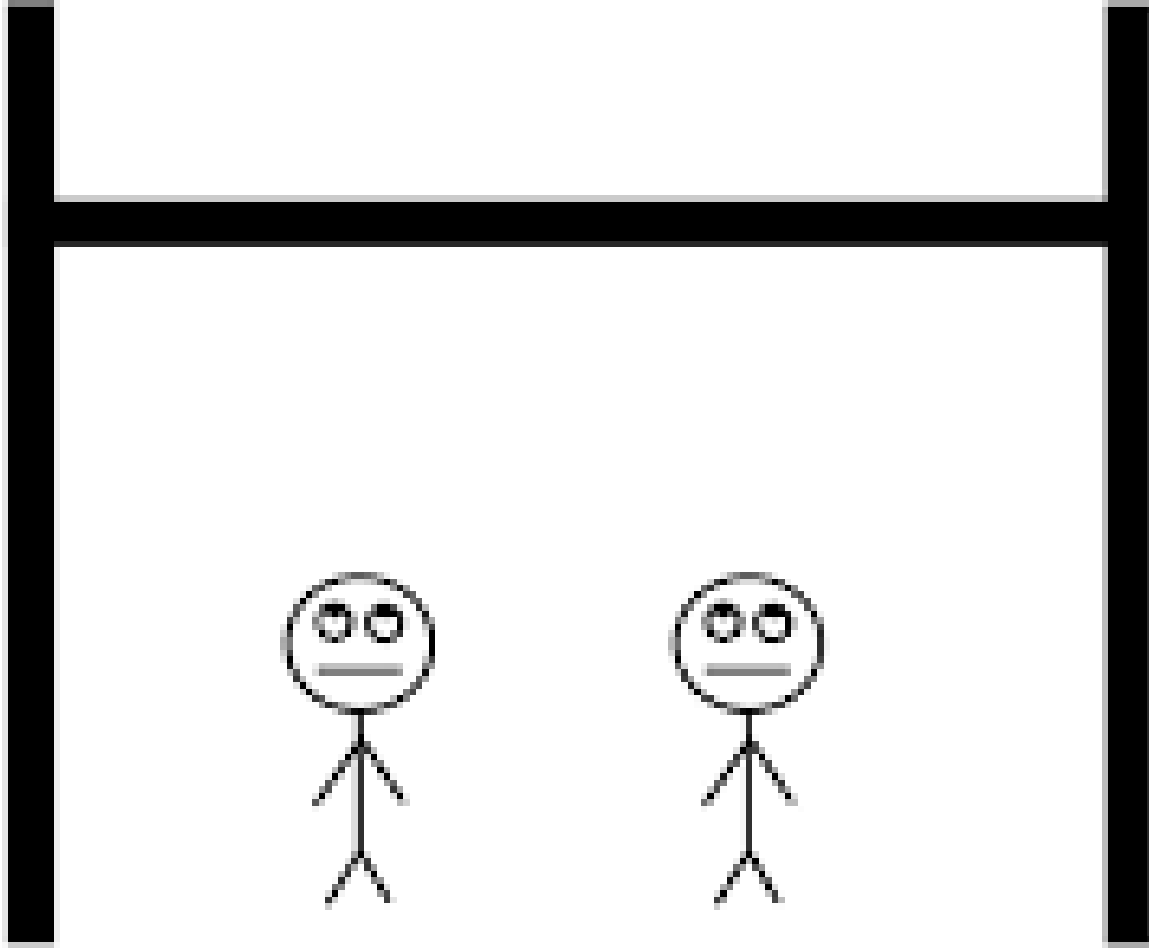
Our Goal Is To Lower Our Cortisol Levels

- If 300 is our emotional collapse our goal is to get to live at a level of 150 on a daily basis.
- If your mom was stressed during pregnancy, you will be born with higher stress levels.
- Our goal is to work daily to lower our stress levels.
- Not in the time of stress, when we are feeling less stressed!



“We don’t hate stress, we hate the wrong amount of stress. When it’s the right amount, we love it.”





Lower the Bar

High Cortisol can
be inherited!

- Studies show that if your mom had high cortisol levels you can be born with high levels.
- Also, all of us also lived in our Grandmothers tummies, so if they were stressed! Oh Gosh!

Long-Term Stress Can Cause

- Anxiety
- Depression
- Digestive problems
- Headaches
- Heart disease
- Sleep problems
- Weight gain
- Memory and concentration impairment



Random Acts of Kindness

- One of the easiest ways to lower cortisol levels is to do random acts of kindness.
- Your blood pressure also lowers.
- Easy to do and free!



Just Do Nice Things

- Great Rabbi, Woman said she was mean, her Mother was mean, her Grandmother was mean...his response?
- Just do nice things!
- No body cares how you are feeling when you do nice things.
- It created good energy that can bounce back to you!



Faking It

- Is there really a benefit to faking it?
- What does this mean.
- Shouldn't I be honest about my feelings?
- Won't I get sick if I fake it?



Study On Position Of Mouth

- Amazing study on people who held a pen in their mouth.
- They were asked to look at comics.
- They did the experiment two times.
- Then they needed to rate the comics.



Next Pen Experiment

- Then they were asked to view the same comics with their mouth in a frown.
- They all rated the comics funnier when they had their mouths in a smile.
- They rated the comics less funny when their face was in a frown.
- **FAKE IT and your body will not know the difference!**





Just Try To Smile

It is easier than you think!

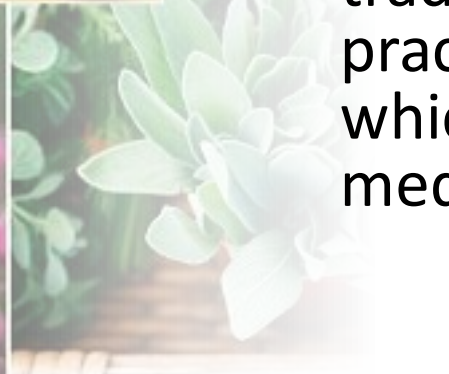
Colors Can Help Moods

- Ask the patient what their favorite color is.
- Tell their family to surround them with the colors they like.
- Get linen in a good color.
- Color is energy that vibrates.
- You don't have to spend a lot of money.
- It is easy to add color.



Herbs Are All The Rage

- Herbal medicine has a written history more than 5000 years old.
- 75% of the world's population still rely primarily upon traditional healing practices, most of which is herbal medicine.





The World Uses Herbs, Why aren't We?

- WHO the world health organization says that,
- **“The global market for traditional herbal remedies is thought to be around \$83 billion a year”**
- Herbal use is rising.



You Can Drink Herbs In Tea

- Most people around the world have 1 to 2 cups of tea a day.
- They often don't even think of them as medicinal.
- Tea drinking in the US is not so common.
- If you want the medicinal benefits of tea you need to add 4-5 tea bags.

Tea In Infusion

- To infuse tea you need a ball jar.
- You put the plants in a jar.
- Pour boiling water over the herb.
- Put a knife in jar so it doesn't crack.
- Need to strain then drink.
- Can be left in fridge for a week.



I Prefer Herbs in Tincture Form



Making A Tincture



- Take the herb either fresh or dried.
- Pour 100 proof alcohol over the herb.
- You can also use glycerite.
- Let it steep for 6 weeks.
- Shake occasionally.
- Strain and put into a brown glass bottle.
- Has a 10-year shelf life.



Anyone Can Learn To Make a Tincture

- So easy to make.
- Easier to buy.
- The brands I like best are:
- HerbPharm
- Herbalist & Alchemist
- Wish Garden

A woman with dark hair in pigtails and bangs, wearing a white lab coat over a black top with a skull necklace, is looking off-camera with a concerned expression. She is in a laboratory setting with various equipment and bottles visible in the background and foreground.

Why Aren't There Many Clinical Studies On Herbs?

- Not a big money maker
- You can learn to grow them
- You can make medicine yourself
- Chemist like to isolate what is working in the herb.
- Herbalists like to use the entire plant.



Motherwort

- Used for hormonal gloominess.
- Stabilizes the emotions.
- Helps with grumpiness.
- One of my favorite herbs.



Skullcap

- One of my favorite herbs.
- From the mint family.
- Safe and easy to use.
- Nervous tension in the body.
- Butterflies in stomach.
- Scared and agitated.
- Calming and relaxing.



Lemon Balm

- Calming and soothing.
- Gentle and lovely.
- Antiviral.
- Helps to relax.
- Tea or tincture.
- Can be made into ice pops.
- From the mint family.



Hops

- Used to make beer.
- Helps you go to sleep.
- Not addictive.
- Calming and sedative.



Linden

- Calming and soothing.
- Helps with digestion.
- Specific for heart pain.
- Safe for kids and geriatrics.
- Lovely as a tea.



Valerian

- Calms the system down.
- Good for panic.
- Helps you sleep.
- Need to take more to work.
- Some people do not do well with this herb.
- For others, it is a life savior.

A close-up photograph of fresh green oat leaves, showing their long, narrow, and slightly curved shape. The leaves are vibrant green and have a distinct ribbed texture. They are piled together, with some leaves in sharp focus and others blurred in the background, creating a sense of depth. The lighting is bright, highlighting the natural sheen of the plant.

Fresh Milky Oats

- Repairs the central nervous system.
- Takes a while to work.
- Women burnt out.
- Exhaustive pregnancies.
- Rejuvenates.



Passionflower

- Helps relax the body.
- Helps you sleep without a hangover.
- Safe while pregnant.
- Calming and soothing.
- Helps kids fall asleep also.



Rhodiola

- Famous for depression.
- Studied extensively in Russia.
- Gives a boost.
- From the Ginseng family.
- Helps with exhaustion.
- Amazing results.

Cactus Grandiflorus

- It certainly improves the nutrition of the heart,
- *Cactus* exercises a direct influence over the sympathetic nervous system, regulating its action, restoring, normal action
- It is the heart tonic par excellence





Rose

- Wonderful if you have a broken heart.
- Helps with circulation.
- Rose tea is lovely.
- Rose tincture is medicinal.



Lavender

- This herb is for when you feel stuck.
- Calming and soothing.
- For anxiety and stress.
- Not as sedating in herb form as in aromatherapy.

Aromatherapy



Making Essential Oils

1. Water
2. Water and steam
3. Direct steam
4. Hydrodistillation
5. Cold Pressing or Expression:
6. Enfleurage:
7. Solvent Extraction
8. CO2 extraction
9. Florasols/Phytols



So Many Ways To Use Essential Oils



Oils That Stimulate

- Orange
- Lime
- Lemon
- Tangerine
- Grapefruit





Oils That Warm

- **Ginger**-Is wonderful in footbaths. You can also add a drop to some lotion and massage into skin to help with circulation.
- **Rosemary**-Is amazing at helping blood circulate to your brain, and your entire body.
- **Cinnamon**-Is wonderful to boil in a pot of water on a cold winter day. Can also breath in. Use sparingly.





Oils That Calm

- **Lavender**- It's considered a nervous system restorative and helps with inner peace, sleep,
- **Rose**- It's for relieving anxiety and depression, helping with panic attacks, grieving and shock
- **Vetiver**-It's helps with the nervous system tonic, it decreases jitteriness and hypersensitivity
- **Ylang Ylang**- It helps with anxiety and depression due to its calming and uplifting.



Oils For Memory



- **Rosemary**-this sharp and camphorous scent has been shown to enhance prospective memory, which is the ability to remember things happening in the future.
- **Peppermint**-this fragrant scent helps to wake up the mind, focus your senses, and improve your memory.
- **Sage**-acts as a stimulant to boost your senses.
- **Cypress**-this evergreen scent can help to increase concentration.



Attractive Oils



- Bergamot
- Ylang Ylang
- Sandelwood
- Neroli
- Rose
- Jasmine
- Patchouli



Summation

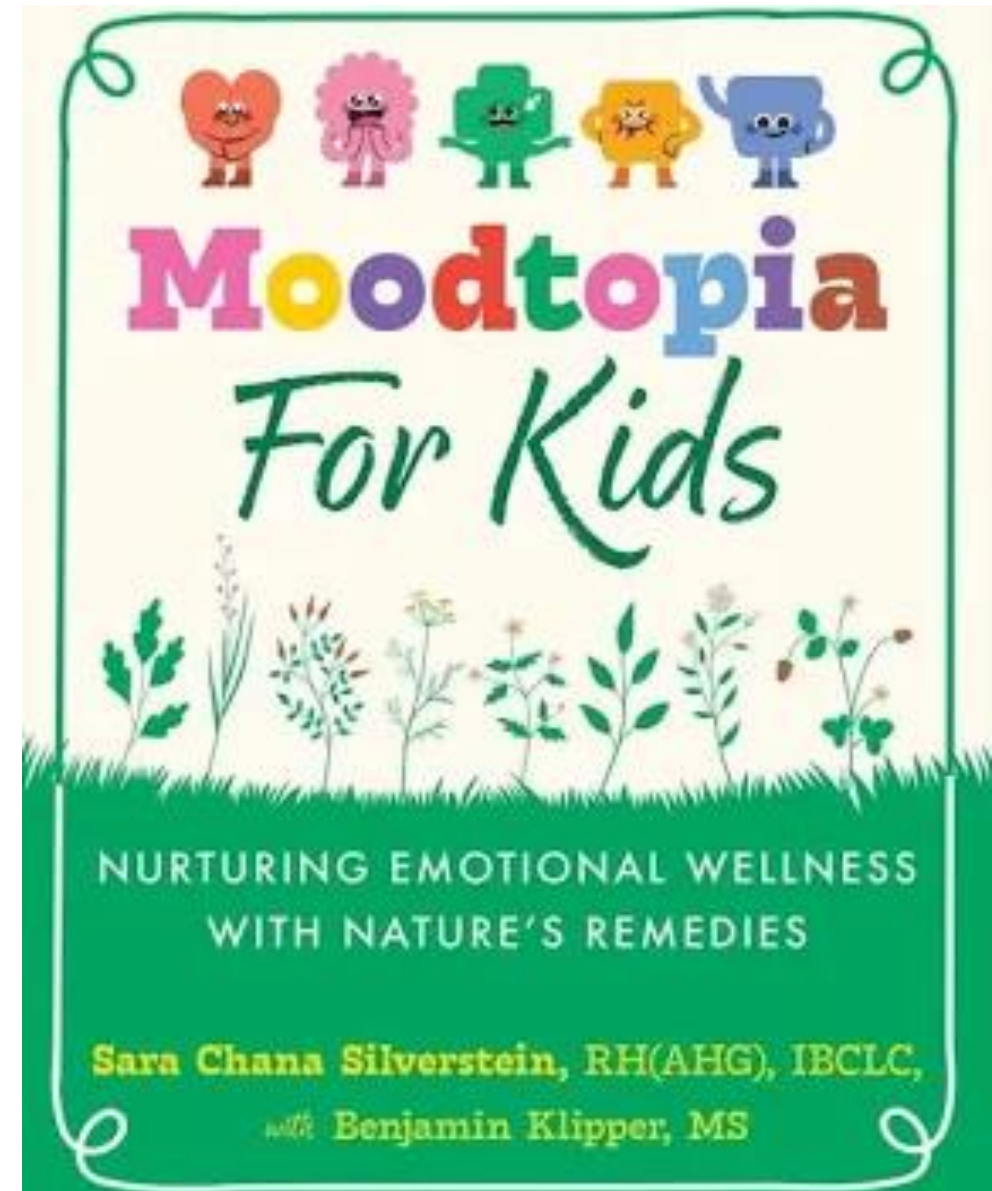
- Work on lowering your cortisol levels
- Do random acts of kindness
- Do nice things
- Learn to Fake-it
- Smile and laugh
- Add colors to your life
- Use herbs
- Smell nice things

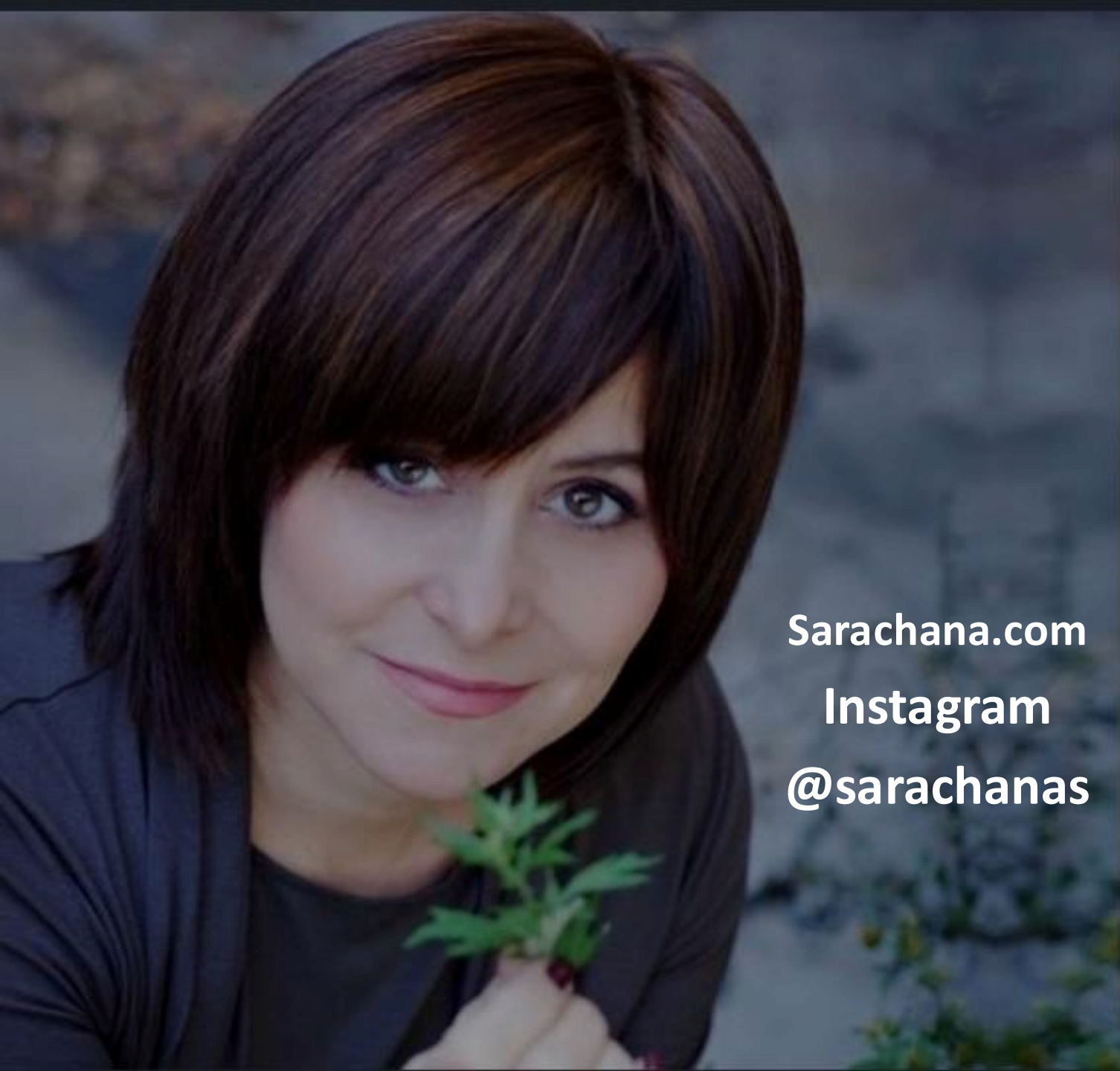


Fall In Love With Herbs They Will Love You Back



MOODTOPIA
FOR KIDS-
Herbs for Kids
Emotional
Health





Sarachana.com
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