



**Tumbuhan Herbal Terbaik Yang Berkhasiat
Untuk Menghilangkan Stres & Depresi
Serta Meningkatkan Kesehatan Mental
Edisi Bahasa Inggris**

Jannah Firdaus Mediapro

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by

Jannah Firdaus Mediapro

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TUMBUHAN HERBAL TERBAIK YANG BERKHASIAT UNTUK
MENGHILANGKAN STRES & DEPRESI SERTA MENINGKATKAN
KESEHATAN MENTAL EDISI BAHASA INGGRIS

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1. St. John's Wort (*Hypericum Perforatum*)



Probably the best known herb used to treat both anxiety and depression is St. John's Wort. It is used first-line in Germany for mild to moderate depression and is well-established as an effective antidepressant — equivalent in effectiveness to prescription antidepressants — with fewer side effects. Like the SSRIs, St. John's Wort also has an anti-anxiety effect.

2. Pomegranate (*Punica Granatum*)



Pomegranates have been harvested for culinary use since ancient times, particularly throughout the Middle East and the Mediterranean, who have used pomegranates and their seeds in juice, sauces, syrups, and broths. Nowadays, you often see pomegranate used in salads and desserts, but there are a variety of ways that you can use this versatile fruit, and its amazing health benefits might persuade you to use it more! Pomegranates are rich in vitamin C, vitamin K, folate and potassium, all extremely important nutrients that help maintain healthy brain and tissue function.

Pomegranates are also a great source of fibre and have been shown to contain high levels of antioxidants; in fact, pomegranate juice has three times more antioxidants than green tea! Not only are pomegranates great for your physical health, but research has shown that pomegranates may help improve mental health and wellbeing too, with one study recording improved mood levels in healthy adults who drank pomegranate juice. There has also been research into the role that antioxidants play in mitigating symptoms of mental health issues such as anxiety and depression, so Harvard Medical School recommends that you include lots of antioxidant-rich foods in your diet to help relieve symptoms of anxiety and depression.

3. Lavender Flower (*Lavandula Nepetoideae*)



Lavender is an anxiety treatment that doesn't make you tired. It can be used as needed — when anxiety arises, or regularly, depending on your needs. Lavender oil has been used as an inhalant — in sachets, sprays, oils, and lotions — for centuries.

The smell induces calm and sleep. Lavender oil is now available in an oral form, collected into microscopic bubbles and placed in a capsule that allows it to cross the intestinal barrier. Once it does, it induces calm and reduces anxiety. It is marketed as Lavela. It's not addictive or dangerous.

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