

Herbs for Grieving Process

By Lora Krall, Nurse Herbalist

Initial shock within first days to weeks of loss

- Tincture to be used three times a day to every two hours as needed ¼ dropper
Schisandra berry 1 part
Hawthorne Berry 3 parts
Rose Hips 2 parts
Milky oat tops 2 parts
Holy Basil 3 parts
- Rescue Remedy Flower Essence as well as Bleeding Heart Flower essence use as often as needed.
- Adequate hydration. OK if not eating but try to encourage fluids. A supportive miso broth with onions, garlic, ginger, nettle and dandelion leaf.
- WALK, fresh air and light exercise is so healing. If that is all you can do, it can be enough.
- Presence, not of family, friends or a funeral director but an impartial person just to be there and witness, support and listen.
- Supportive Tonic Tea. This can be a once a day tea or more if you choose. Lots of support for liver and nerves.
Nettles 2 parts
Oat straw 1 part
Dandelion 2 parts
Catnip 1 part
Lemon Balm 1 part
- Herbal Foot Bath can be helpful especially if person is very nauseated “sick to death.” All flowers in equal portions with ½ amount of peppermint or rosemary.
Linden flowers
Lavender flowers
Chamomile Flowers
Peppermint or Rosemary leaves

To adjust to the “Earthquake Effect” of Loss and Readjustment of New Self

There are two plants I have used with great success which address not only personal trauma but the reestablishment of the new self. True deep heartbreaking loss, initiates a profound

change in self. Often family and friends say they do not recognize their loved one. They can't as the old self is gone. These plants help on a deep cellular level and at a cultural level.

- **Blue Vervain** (*Verbena hastata*)

Used as a nervine and anti-anxiety it has traditionally been used for PMS, restless leg syndrome type disorders especially with spasm but also works well for nervous headaches. Too much can cause nausea so small amounts are best. I learned of this plant from my teacher, late Carol Jacobs. She said this grows in areas with trauma has occurred. It is one of the first to grow to help heal the trauma.

- **Violet** (*Viola odorata*)

This plant has a long history of use for treating cancers especially of skin, breast lung and lymph origins. It is also used to help decrease breast tenderness associated with monthly menstrual cycles and can help with cough and congestion. I learned of this plant from my teacher, Blackhawk Women better known as Pinky. The longest road we travel will always be from our head to our heart. Violet helps that trip as we integrate our loss from a knowing to a deep love. It is especially good for stagnant grief and atrophy tissues-people shrinking from the world. It is a great food, a tonic and the flowers can be spread on most anything.

Long term Herbs to Consider Including in Future Use

- **Adaptogens:** Rhodiola, Holy Basil, Ashwaganda, Astragalus, American Ginseng, Reishi and Schisandra berry, licorice
- **Nervines:** Hawthorne, Rose, Motherwort, Lemon Balm, Linden Flowers, Chamomile, Lavender, rosemary, borage flowers
- **Heart supports:** Hawthorne, Rose, Mimosa (David Winston)
- **Kidney/Adrenal Tonics:** Ashwaganda, Nettle, Dandelion, Burdock
- **Herbal FOODS:** Violet leaf and flowers, nettles leaves, dandelion leaves and roots, Garlic, Ginger, Rosemary, Turmeric, Elderberry, lots of fresh greens lamb's quarter, chickweed, watercress.
- **NATURE!** Nothing is so simple nor easily overlooked. It can do wonders for mind and soul helping to reconnect with the world.
- **Ceremony.** Often over looked, deep loss should be honored regularly in what ever way feels right. By remembering those we loss, we give them meaning and help us find our own meaning. We leave a path for those we left behind.

Favorite Grief Vinegar

Fill a pint jar with ½ violet flowers, ½ borage flowers and ¼ chive flowers. Ok if some leaves find their way in. Cover with apple cider vinegar and let sit in the sun for good 3-4 weeks. Strain off plant material and use vinegar by tbsps. as a daily tonic. Should be a beautiful blue/violet color. You can also mix vinegar with olive oil, rosemary, thyme and pinch of ginger to make a fabulous salad dressing.

These are helpful tools provided by Nurse Herbalist Lora Krall. This is not medical advice. Please consult your trusted health practitioner for guidance and especially in cases of emergency.

Listen to Lora Krall's interview on Natural Remedies for Grief at [WeightFreeWellness.com](https://www.weightfreewellness.com) Episode #62