NFX FORMULA

Nerve Herbal Food Combination

NFX Formula is a nine-herb blend built to feed and calm a malnourished, overtaxed nervous system. Black Cohosh, Hops Flowers, Skullcap, Valerian, Wood Betony, and Mistletoe bring traditional nerve-nourishing and calming support, Passionflower and Lobelia add their own traditional relaxant action, and a reduced amount of Cayenne helps move the whole blend through the body via circulation.

When the nervous system is malnourished, it can't relax enough to let the body do what it needs to do — settle, sleep, or simply cope with an overwhelming moment. Many members lean on NFX Formula as a trusted sleep aid for exactly this reason: feeding the nervous system through the day often means finally sleeping soundly through the night.

Ingredients



Black Cohosh

A traditional nerve-support herb with a long history of use for the female reproductive system and the nervous system alike.



Cayenne

Included in a reduced amount in this formula, added for circulation and to help move the other herbs through the body.



Hops Flowers

A traditional calming herb long used to ease nervous tension and encourage restful sleep.



Passionflower*

A traditional relaxing herb long used to quiet a restless mind and support sound sleep. *Replaces Lady's Slipper Root — see note below.



Lobelia

A traditional relaxant and antispasmodic, included here to help calm and relax the nervous system.





Skullcap

One of the classic nerve-nourishing herbs, traditionally used to calm and restore a frazzled nervous system.

Valerian

A traditional calming root long used to ease nervous tension and support restful sleep.

Wood Betony

A traditional nerve tonic herb, long used to calm and strengthen the nervous system.

Mistletoe

Traditionally included in small measure to support healthy nerve and heart function.

Suggested Use

This is a low dose formula. 1/2 tsp is usually very effective for maintaining support. Start with the lower dose, and if the need arises, advance to a full tsp per dose.

From Dara's Practice

A Frightened Ride — An older woman was brought to my office in an awful state of fear from the car ride alone — her nerves so fragile that a simple drive had her escalating up the panic scale. I offered her daughter a cup of NFX Formula for her mother. She enjoyed her cup of tea and within minutes was sitting quietly, enjoying a lovely visit.

Facing the Freeway Again — A childhood friend of mine had developed a fear of driving on the freeway. She wanted to try NFX Formula, and after a week on the formula she was able to drive on the freeway again — no more panic attacks in traffic.

Comfortable in Company — A man managing social anxiety used the formula to help him face uncomfortable social situations. After a teaspoon of NFX Formula, he was able to join in and comfortably participate.

** A note on Passionflower: this formula previously used Lady's Slipper Root, an herb that has become increasingly endangered and difficult to source responsibly. Passionflower has replaced it at the same ratio — the two herbs work in much the same way, both traditionally used to quiet a restless mind and calm the nervous system.*

This information is provided for educational purposes and reflects traditional herbal use. It is not intended to diagnose, treat, cure, or prevent any disease, and is not a substitute for professional medical advice.

For more on this formula, see my blog post "Food for a Frayed Nervous System" at www.daradietz.me.