Relax-Ease

Dr. Christopher's antispasmodic combination — a few drops to calm spasms, cramps and the body's response to shock.

This Herbal Combination



Lobelia Seed — the heart of the formula and the strongest relaxant in the herb kingdom; as an antispasmodic it is regarded as second to none.



Skullcap — one of the most trusted nervine herbs, calming nervous tension and spasm in the nerves themselves.



Skunk Cabbage — a strong antispasmodic and nervine long used for cramps, spasms and nervous excitement.



Gum Myrrh — a strong cleansing and antiseptic resin that also helps carry and preserve the formula.



Black Cohosh — a nervine and antispasmodic that feeds and calms the nervous system and eases muscle tension.



Cayenne — a small amount to drive the formula quickly through the circulation to where it's needed.

How It Works

This is Dr. Christopher's antispasmodic tincture, and it is used in very small amounts. It has long been used in cases of convulsions, lockjaw, delirium, tremors, fainting, cramps and other spasms.

It has also been an effective aid for kidney stones: it helps relax the smooth muscle wall around the stone, so the stone can pass more freely. And it has been used effectively after the body has been through a major physical trauma, such as a car accident.

Suggested Use

One to several drops as needed, on the tongue or in a little water. A small bottle goes a long way.

Also available as a dry herb kit, ready to tincture at home.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "A Few Drops for Spasms, Cramps and Shock" at www.daradietz.me.