

NERVINE

Meaning: Nervine: a substance, typically an herb, that has a calming effect on the nervous system and is used to relieve anxiety and promote relaxation.

1. The herbalist recommended a nervine to help calm my anxious mind.
2. Chamomile is often used as a natural nervine to ease tension and promote relaxation.
3. After a stressful day, I like to unwind with a nervine tea that soothes my nerves.
4. Many people turn to nervines like valerian root to help improve their sleep quality.
5. In traditional medicine, nervines are valued for their ability to support mental clarity and emotional balance.

Source: sentences.whatistheurl.com

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