

# Herbal Nourishment & Energy Support – Reflection Worksheet

## Purpose:

This worksheet is designed to support understanding of how nourishing herbs are traditionally used to support energy, stress resilience, digestion, and nervous system regulation. It is educational in nature and intended to support awareness—not treatment.

## Herbs in This Blend & Traditional Support

### \*Maca

Traditionally used to support energy, stamina, stress resilience, and hormonal balance.

### Huang Jing (Polygonatum)

A deeply nourishing tonic traditionally used to support recovery from depletion, fatigue, and long-term stress.

### \*Goji Berry

Traditionally used to support immune function, liver nourishment, and overall vitality.

### \*Red Dates (Jujube)

Traditionally used to support digestion, blood nourishment, emotional grounding, and nervous system calm.

### \*Yam (Chinese yam)

Traditionally used to support digestion, gut health, and stable, sustained energy.

### \*Mulberry

Traditionally used to nourish blood and fluids and support gentle energy and liver health.

### \*Ginseng

An adaptogenic herb traditionally used to support resilience, cognitive clarity, and overall vitality.

## Why These Herbs Are Often Combined

**\*Together, these herbs are traditionally used to:**

**Support energy without overstimulation**

**Nourish systems affected by chronic stress or depletion**

**\*Support digestion and nutrient absorption**

**Support liver and blood nourishment**

**Encourage nervous system stability and resilience**

**\*This type of combination is commonly used when the goal is restoration and balance, rather than stimulation or detoxification.**

## Nervous System Check-In

**As you reflect on this blend, notice:**

**My current energy feels:**

Low  Uneven  Steady  Supported

**My stress level lately has been:**

High  Moderate  Low

**One area where I notice depletion or fatigue:**

## Personal Reflection

**\*One way nourishment (food, rest, herbs, or regulation) could support me right now is:**

## **Closing Thought**

**Supporting the body often begins with nourishment, safety, and consistency —not force.**

**\*Educational use only. Not a substitute for medical or nutritional care.\***