



Herbs and Cognition

Tools for comfortable aging

Annie Bazinet Hta, 2026

Bonjour!

- Clinical Herbalist, accredited by RITMA and la Guilde des Herboristes
- Very Nerdy,
- Teaching phytochemistry at EESNQ since 2018 and at École les Âmes Fleurs since 2023
- 8 years on the BOD of la Guilde des herboristes
- B. Sc. Pharmacology Major and Chemistry Minor at McGill U in progress
- I love plants, and I think everyone should consume at least one daily.

Annie Bazinet, HTA



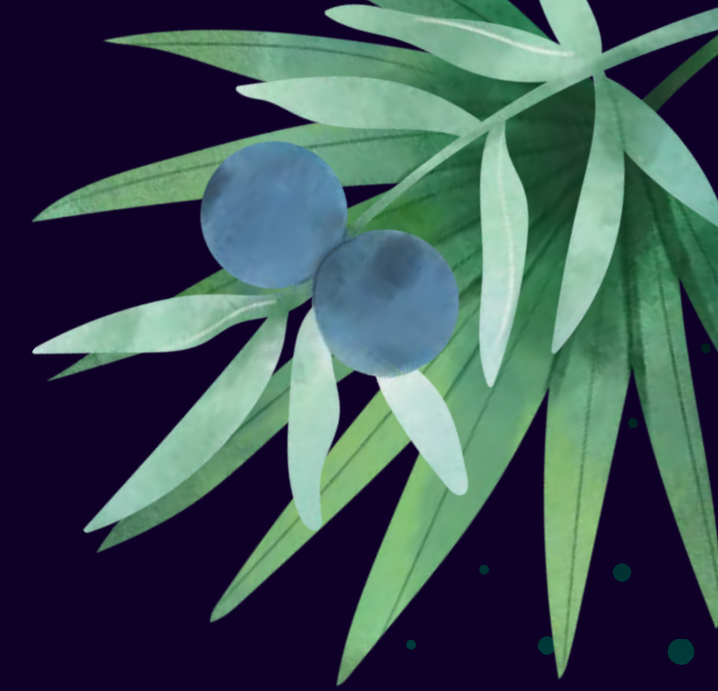
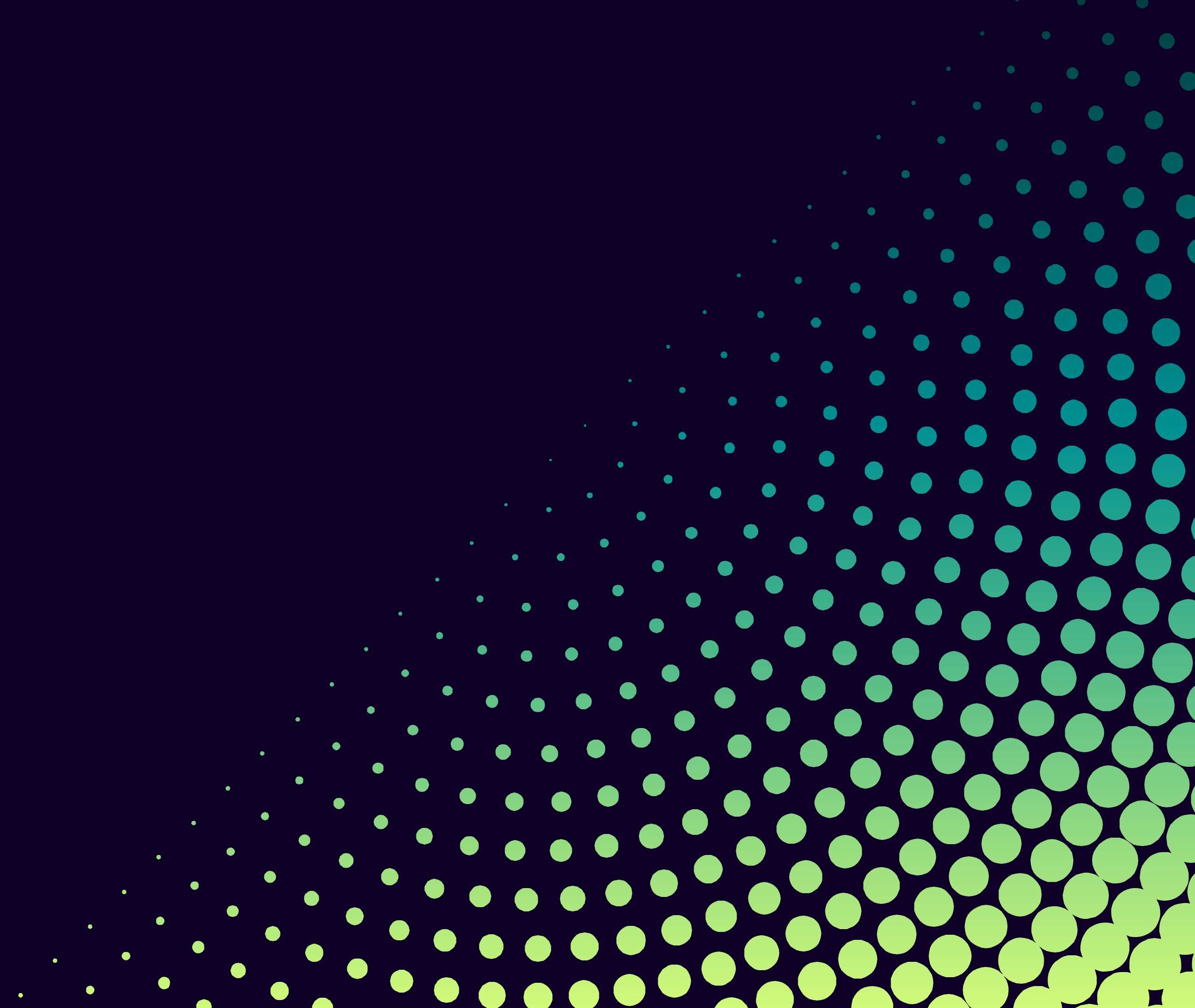


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What we will talk about

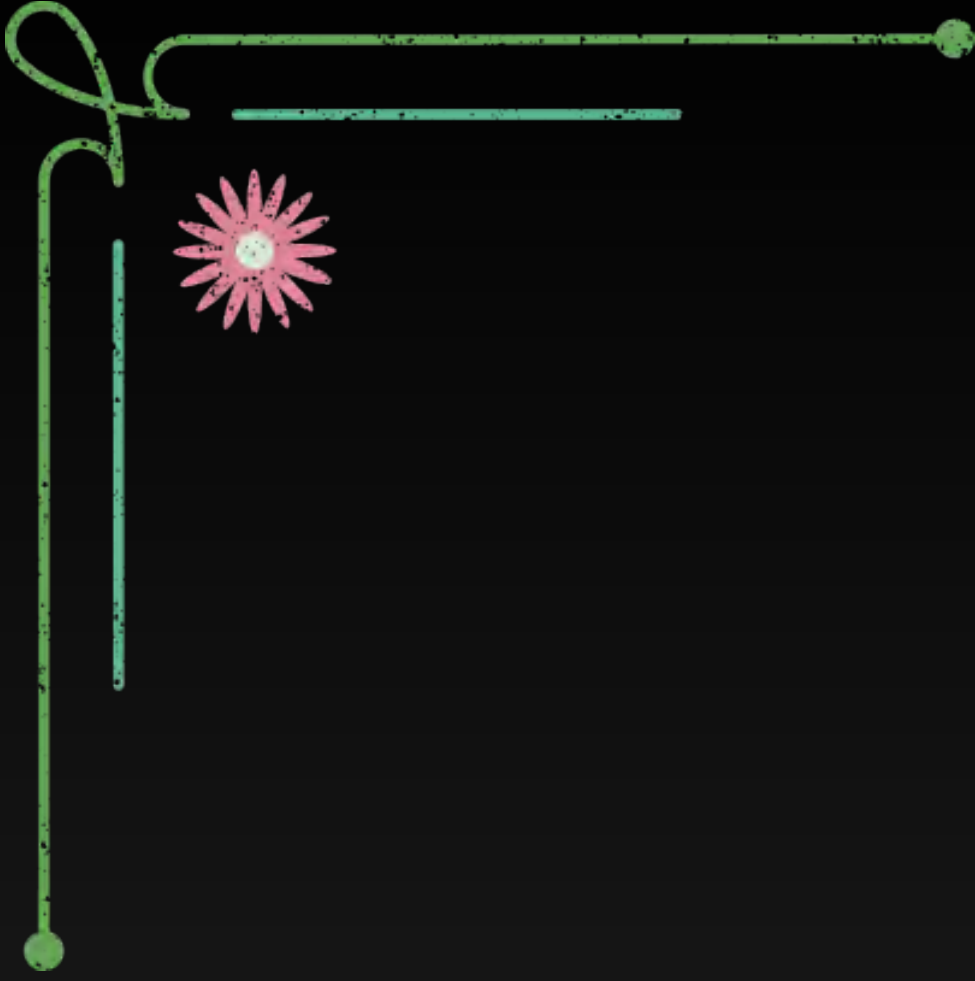
- ♣ Safety: General and Interactions with medication.
 - ♣ Preparation guidelines
 - ♣ Medicinal Herbs that favour cognitive health
 - ♣ Cardiovascular health
 - ♣ Nootropics: Basic preparation,
 - ♣ Some herbal blends suggestions
 - ♣ Lifestyle suggestions
 - ♣ Address book.
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Medicinal Plants are much closer to food than to medication,
and their consumption favours the body's optimal functioning.

We say they are « Tonics » .



Safety

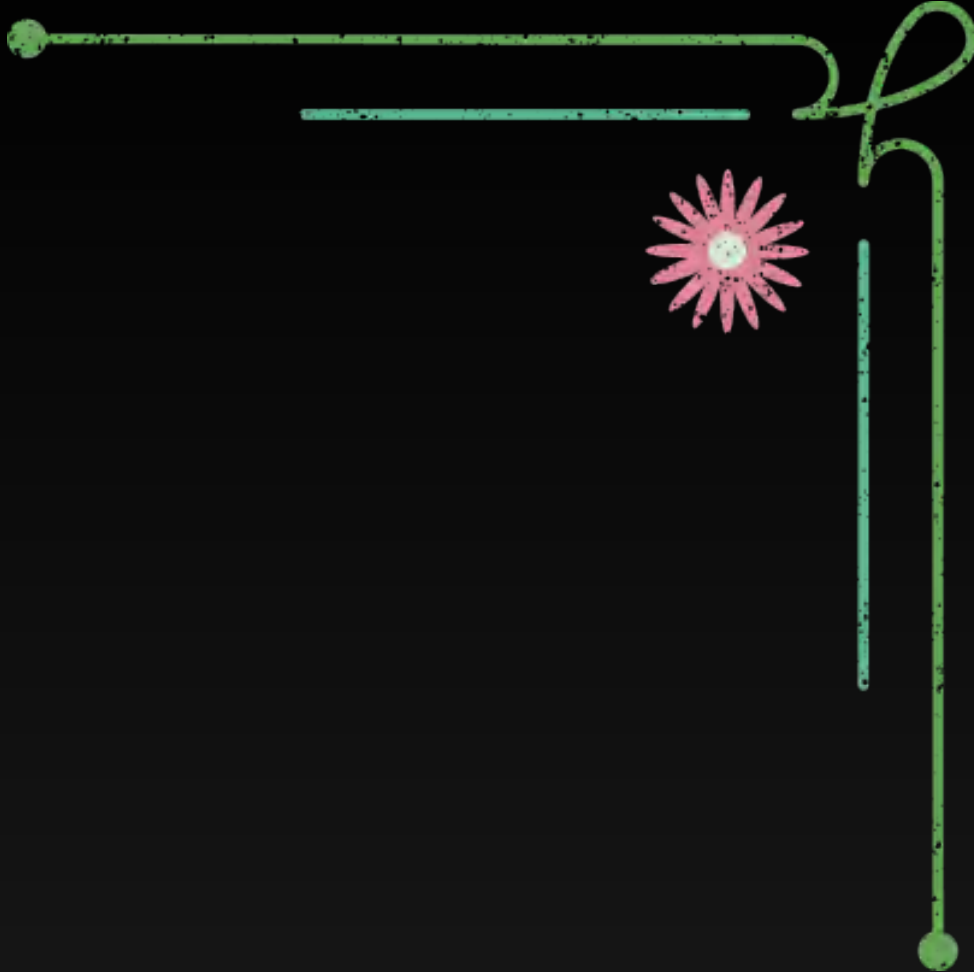


Safety

An educative presentation

- No information shared in this presentation is intended to replace the advice of a medical doctor, pharmacist, or any other healthcare professional.
- Any person experimenting with herbs does so while accepting responsibility for their actions and acknowledging the risks associated.





Safety

Blood Pressure Issues? Be proactive! Monitor your blood pressure.

If you want to experiment with plants.

If you have a diagnosis, family history or any doubt,

Use the machine at the pharmacy, or have one at home,

Measure the pressure every day/ every few days,





Drug Interactions



Blood thinners

Some herbs, taken in a THERAPEUTIC manner, contribute to decreasing blood viscosity and coagulation speed.

Beware of: Ginkgo biloba, Turmeric, Garlic

Therapeutic dosage: Daily consumption with a precise dosage.

Occasional food intake does not count.

Mood and Anxiety

Many herbs are suitable, but care must be taken to verify which ones. Consult with your pharmacist or herbalist for guidance.

St-John's wort reacts with many medications.

Most relaxing herbs are case by case.

Cardiovascular/Diuretics

Care must be taken with drugs for blood pressure and steer away from strongly diuretic plants for more than short-term use (3-6 weeks).





Allergies

To herbs or foods...

- Are always possible.
- If you know you are allergic to something, don't take it; there are many herbal options. :)
- Some intolerances diminish when we diminish generalized inflammation. Sensitivities can vary across the lifespan.
- Common Allergens: gluten, bovine proteins, lactose, corn, Asteracea (dandelion, chamomile and sunflower family), peppers (Capsicum genus), all Solanacea (tomatoes, potatoes, eggplant, peppers ++), Mustard family (Brassicacea)





Preparation

Preparing medicinal plants

Infusions

The simplest, least expensive way to benefit from herbs.

In general, 1 teaspoon per 250 mL of water,

Infuse COVERED for 5-10 minutes

Blends: We can easily mix herbs, for their benefits or for taste! Feel confident to explore a dispensary's house blends or make your own.

.1 tablespoon per 250 mL of water

Tinctures and Capsules

Tinctures (hydroalcoholic extracts, glycerine or vinegar extracts) as well as capsules can be a simple way to integrate herbs into your daily routine.

Follow posology on the products

!!Beware of drug interactions!!

Diet

Ensure to have daily recipes that contain colored veggies, fruits and culinary herbs.

+++



Preparing medicinal plants

Drying

Many herbs can be dried as upside-down bouquets, tied and suspended in your home, away from direct light and in a ventilated area.

It is also possible to spread some type of herbs on a tray to air-dry or in a dehydrator at the lowest temperature.

Keep in a hermetic bag away from light and heat.

Decoction

Generally to extract roots.

1 teaspoon of the desired herb per 250mL of water.

Put the herbs and water into a pan.

Bring to a simmer.

Let it cook for 15-60 min, depending on piece size and herb type.

Syrup

Is a reduced decoction to which we added a preservative.

Tincture

Put fresh herbs, cut into small pieces, into a mason jar. Tamp it down. Cover with Vodka or Rhum. Shake once in a while.

After three weeks, the mixture is ready to be filtered.

Use by the teaspoon, or keep a 50ml bottle for ease of use.



The background is a solid dark green. It is decorated with various green foliage elements: fern-like leaves in the top-left and top-right corners, a sprig of small round leaves on the left side, and a sprig of pointed leaves on the right side. There are also four small pink flowers with yellow centers, one in each corner of the central text area. The text is centered and consists of two lines: "Medicinal Herbs:" in a light green color and "Cardiovascular Health" in a light blue color. The text is framed by thin, light green lines that form a rectangular border with decorative corner elements.

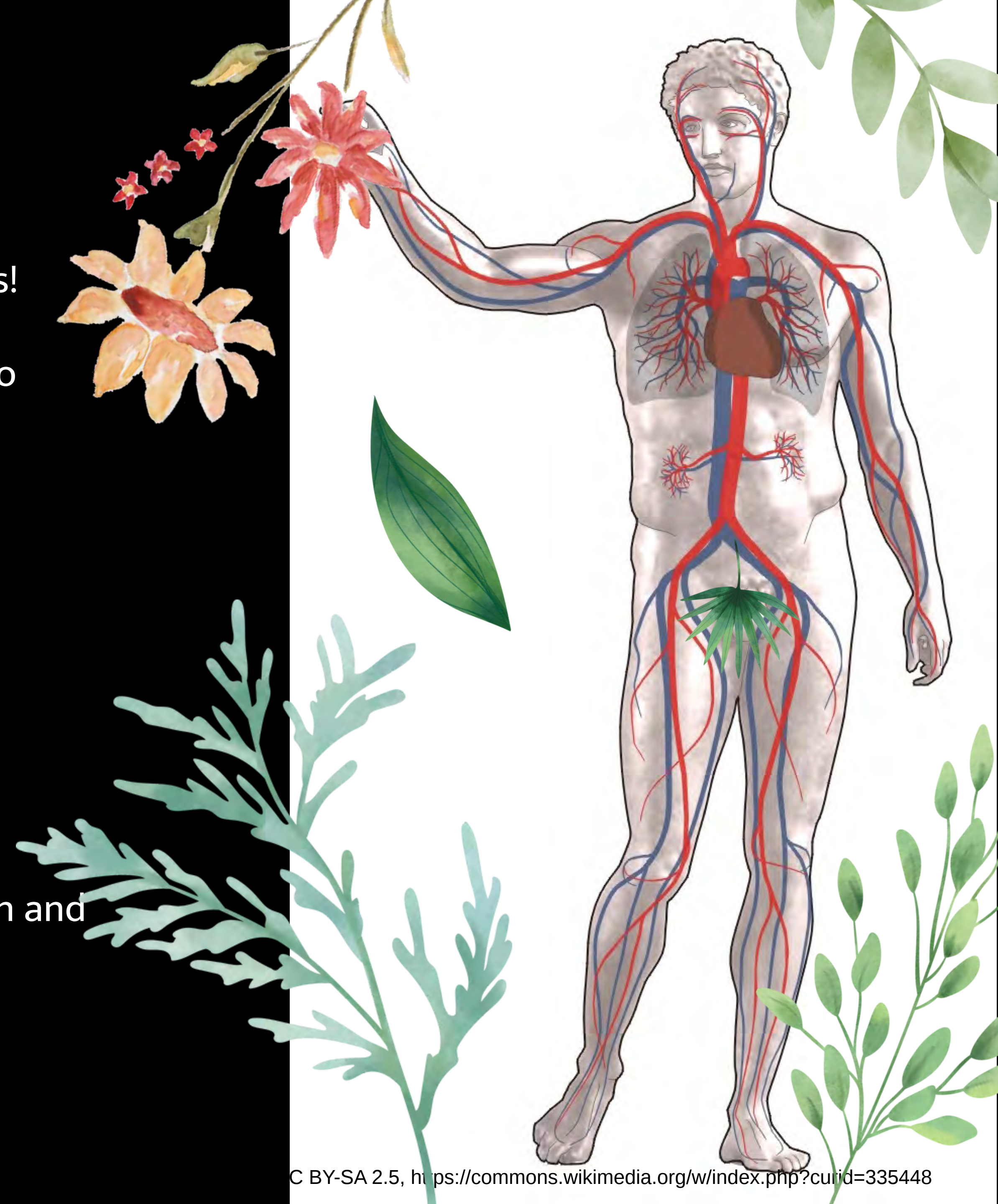
Medicinal Herbs: Cardiovascular Health

Cardiovascular System

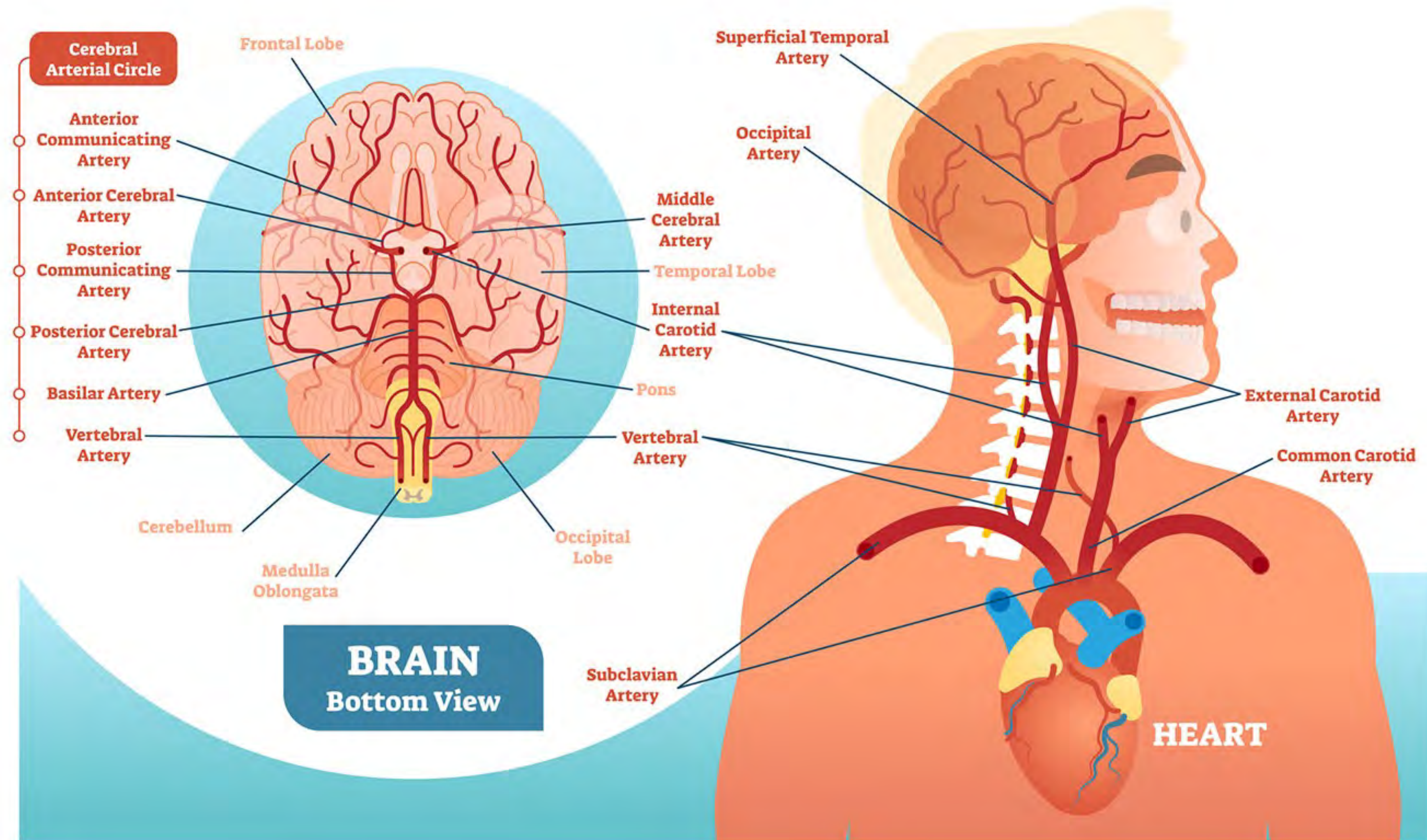
- Irrigates all of your organs, of note: the brain, heart and kidneys!
- Oxidative stress affects the efficiency of nutrient distribution to these important organs by increasing inflammation.

Cognition is associated with good brain irrigation; good brain irrigation is associated with low brain inflammation.

Many herbs help consolidate blood vessels, control inflammation and favour the irrigation of the brain.

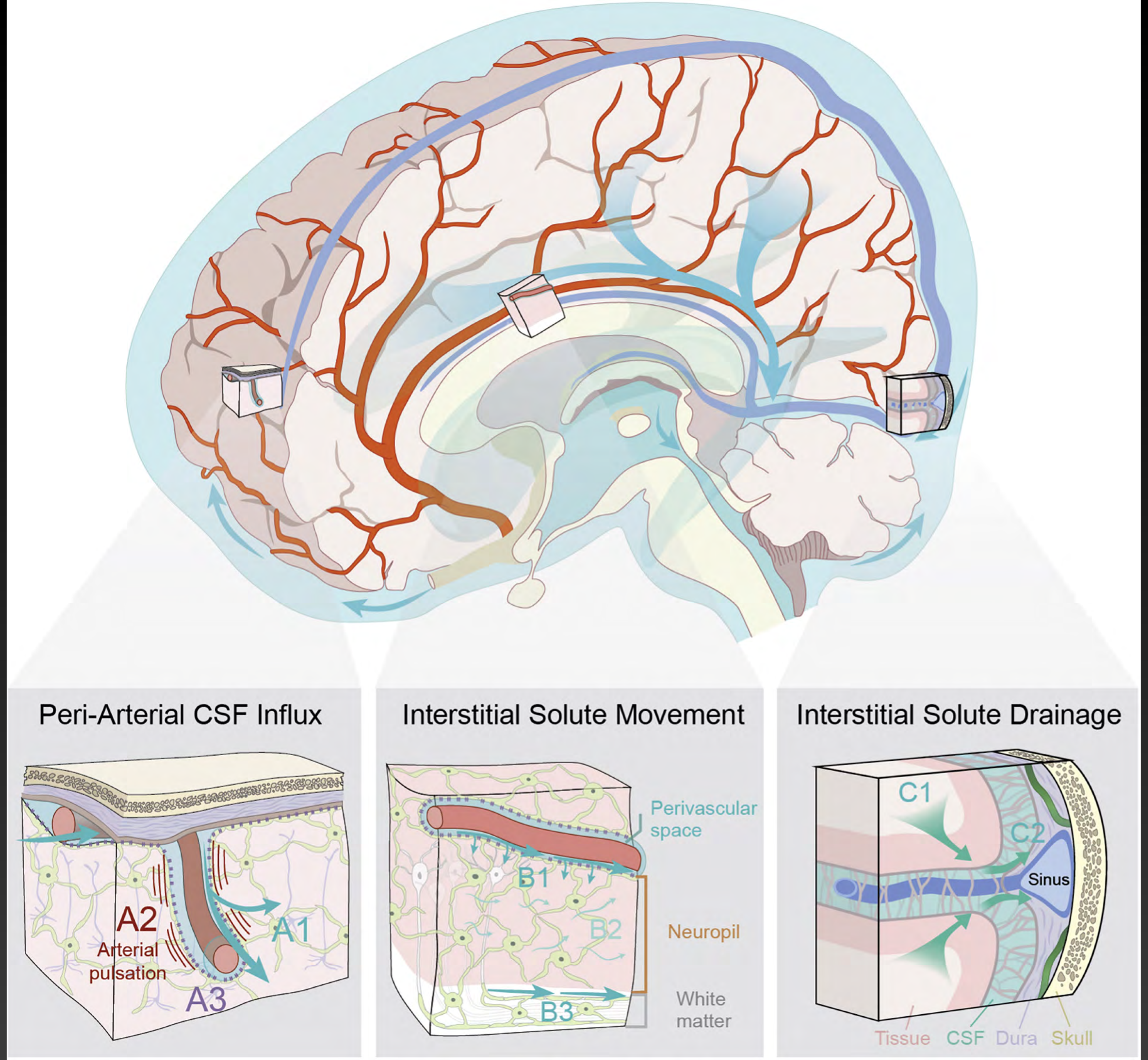


BRAIN CIRCULATORY SYSTEM



The Glymphatic system

- Hydration is very important to keep the Cerebrospinal fluid flowing
- Sleep is paramount to allow the brain to cycle through its cleaning cycle.





Circulatory herbs

These herbs favor blood vessel health or proper circulation.

Refreshing

- Mints, Lemonbalm
- Hawthorn, leaves and berries
- Lemongrass
- Hibiscus
- all red, blue, purple berries

Warming

- Rosemary (exclude if high blood pressure)
- Ginger *
- cayenne
- cinnamon*



Hawthorn

Hibiscus

- Deliciously fruity AND contributes to blood vessel integrity.
- The rich colour indicates its antioxidant concentration.
- Quite useful to explore in case of blood pressure issues.
- Taste is sour



Hibiscus

- Agua de Jamaica:

From the National Geographic Guide to Medicinal Herbs

- Bring 4 cups of water to a boil.
- Add 1/2 cup of unrefined cane sugar.
- Add 1/2 cup of hibiscus calices.
- Let it steep covered for 15 minutes.
- Filter in a pitcher
- Add 3 cups of water and orange slices.



Try erythritol instead of sugar
to keep your glycemia balanced.



Medicinal Herbs: Nootropics

Nootropics

Enhanced in-brain communication

General effect of enhanced communication
between brain regions.

Increased Redundancy and Synergy

Better teamwork between brain
regions
Better memorization.

No change in perception of decision making

Just feeling good and functional.
Less mental fatigue.*
Better Mental Performance.

O'Reilly et al. 2025, did a double blind, placebo controlled study, and the
subjects receiving a nootropic supplement had more wave activity in 2
of the 3 items above.

O'Reilly, D. et al. 2025

Docherty et al. 2023



Nootropics

biological activities can include;

- enhancement of blood flow to particular regions of the brain/nervous system
- modulation of neurotransmitters
- Induction of RedOX enzymes (antioxidants)
- Modulation of cell receptors number or activity
- Modulation of transcription factors (gene expression)
- Inhibition of pro-inflammatory compounds
- Supression of mitochondrial damage
- chelation of heavy metals.



Nootropics or Brain tonics

These herbs traditionally are known to support brain function;

- * Gotu kola (*Centella asiatica*) (leaves)
- * Bacopa (*Bacopa monnieri*) (stems before flowers)
- * Blue Pea (*Clitoria ternatea*) (flowers...*)
- * Lavender (*Lavandula angustifolia* or *hybrida*)
- * Rosemary (*Salvia rosmarinus*)
- * Ginkgo biloba (leaves)
- * Holy basil (*Ocimum tenuiflorum*)
- * Lion's Mane (*Hericium erinaceus*)

Nootropics favor blood flow to the brain, in the brain, emotional and mental well-being.

Referencing David Winston's book
Adaptogens + page by page
references

Gotu kola

Centella asiatica, Apiaceae



← you can cultivate it!



Medhya Rasayana = intellect enhancer, ayurvedic brain tonic

Powerful nervine, calming,
favor concentration, memory and recovery post head injury or illness,
improves mental fatigue, irritability,

Also useful to favor tissue healing, especially in case of inflammation,
digestive or musculoskeletal .

Favors neural growth in hippocampus (prenatal rat cells)

Use as tea or tincture; follow general indications

Bacopa

Bacopa monnieri, Plantaginaceae



Medhya Rasayana = intellect enhancer

Nervine, Mild anticonvulsivant, antispasmodic, neuroprotective

Promote memory and focus, calm stress

Improvement in ADD, Autism

Neuroprotection: Slowing degeneration in other pathologies such as Alzheimer's Disease

Favor recovery for any kind of issue with the encephalon (brain)

Use as tea; tincture, present in many supplements for cognition

Neluwa-Liyanage et al. 2025

Pallohati, Akhina et al. 2024

Blue Butterfly Pea

Clitoria ternatea, Fabaceae



Medhya Rasayana (Ayurvedic intellect enhancer)

Traditionally the root is used under the name

« Shankpushpi ».

While we cannot extrapolate all the root's benefits to the flower, the chemical composition is related, mild remedy.

- Extremely rich in Anthocyanins, also found in Hibiscus, a very positive effect on blood vessels can be expected

- Strong Redox Modulation activity

Infusion of dried flowers.

Lavender

Lavendula angustifolia or *hydlbrida*, Lamiaceae



Favors digestion ++ warming and relaxing, to consider when digestion stalls and ferments. Relieves « feeling blue » because of the digestion.

Nervine, favors good mood, calm, restful sleep, calms spasms, may help in stress induced headaches.

Infusion, tincture, essential oil*.

*Essential oils have their own safety guidelines which are not covered here.

Rosemary

Salvia rosmarinus, Lamiaceae



very antioxidant, anti-inflammatory

Mild Nervine, Digestive, Liver Tonic

-Rosemary for remembrance-

Help resolve brain fog, reduce stress, and
favour more restful sleep

Infusion, tincture, essential oil*.

*Essential oils have their own safety guidelines which are not covered here.

Holy Basil

Ocimum tenuiflorum, Lamiaceae



Nervine, digestive

Hormonal harmonizer (insulin/stress)

neuroprotective

pain management

antioxydant/anti-inflammatory

Favors adequate lipid environment in braincells. Observed post stroke in mice.

Enhancement of cholinergic system.

Infusion (delicious), tinctures, extracts

Yadav I. et al. 2023

Le, Xoan Thi et al. 2023

Rhodiola

Rhodiola rosea, Crassulacées



adaptogen (Yang); chronic fatigue and burn out.

Neuroprotective

Mood enhancer, Stress reducer (decrease of CRH)

Increases physical performance

Cardioprotective

Increases neurotransmitters (iMAO A and B)

Protects neurons from oxydative stress by inducing detox enzymes; TRX, HO-1, PRX-1

++

Ivanova Stojcheva E et al. 2022

Concerto C. et al. 2018

Zhuang w. et al. 2019

Lion's Mane

Hericium erinaceus, *Hericiaceae*



Mild and rejuvenating tonic

Edible mushroom,

neuroprotective/neuroregenerative?

favors neuronal differentiation and synaptic plasticity

contribute to prevent malignant mutations

immunostimulant for tumor suppression.

Chronic use reduces stress perception.

Eat, decoctions, tinctures -> double extract is most interesting with mushrooms.

Docherty et al. 2023

Brandalise F. et al. 2025

Nervines (tonics for nerves)

Herbs that favour the calm and normal function of the nervous system include some that also promote sleep.

- Oatstraw (*Avena sativa*)
- Nettle (*Urtica dioica*)
- Lemonbalm (*Melissa officinalis*)
- Skullcap (*Scutellaria lateriflora*)
- St-John's Wort** (*Hypericum perforatum*)
- Hawthorn, leaves and flowers (*Crataegus* spp.)
- Valerian (*Valeriana officinalis*)



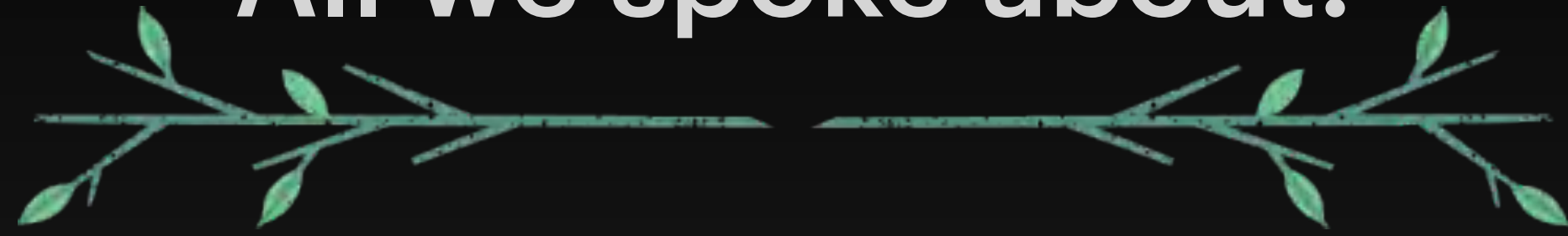


Recipes!

Tea blends to drink hot or cold

Wisdom blend

All we spoke about!

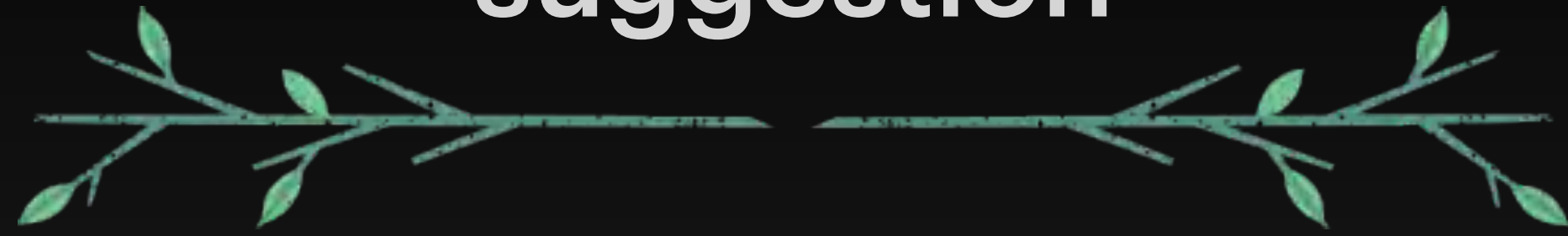


- Fireweed, Vitex, Dandelion, Sage, Lavender, Lemonbalm, Horsetail, Willow, Gynostemma, Hawthorn, Chickweed.
- This blend is available at T-Guru and addresses many needs of mature adults. It is digestive, fortifying for bones, tonic for the cardiovascular system, calming and anti-inflammatory.

Image par T-Guru



Blood vessel health suggestion



- hibiscus 15%
- Sweet Clover/Sweet Woodruff 15%
- Blueberry leaves 15%
- Yarrow 15%
- Fireweed 20%
- Ginger 10%
- Carvi 10%

Photo par la Colline aux bleuets





Lifestyle; habits to consider

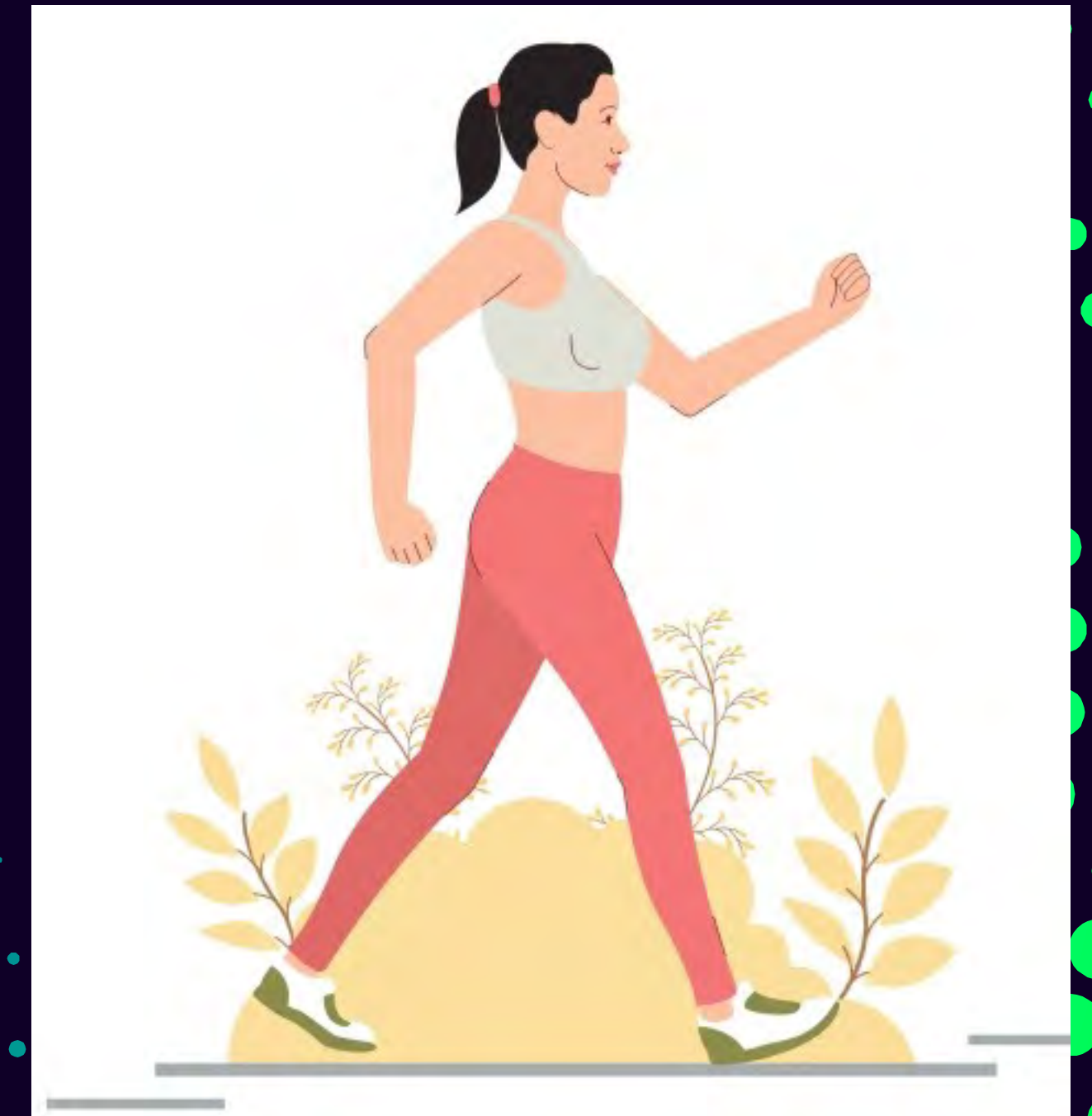
Movement and Stress Management

Mild and regular exercise favours good blood circulation and reinforces your muscles and bones. Walking, social dancing, yoga, Pilates, and some muscle toning series.

These activities also stimulate your sense of balance and coordination, which keeps your brain and core muscles efficient. It also helps to deal with stress.

If joint pain affects mobility, it should definitely be taken into account. Herbs can be used to find comfort, but this goes beyond the scope of this presentation.

Stress management also goes beyond the scope of this presentation, but some Nervines will be mentioned briefly.



Brain-xercise

A good way to keep your brain active is to continually stimulate it with learning.

- Learn a language,
- New game or hobby, apps to train the brain!
- Resolve problems
- Experiment in the kitchen.

<https://www.sciencealert.com/brain-training-app-reverses-10-years-of-decline-in-a-key-brain-system>

[https://www.mcgill.ca/newsroom/channels/news/researchers-neuro-show-brain-exercise-yields-](https://www.mcgill.ca/newsroom/channels/news/researchers-neuro-show-brain-exercise-yields-benefits-368265)

[benefits-368265](https://www.mcgill.ca/newsroom/channels/news/researchers-neuro-show-brain-exercise-yields-benefits-368265)

Use it,
or
Lose it.

Photo de David Vilches sur Unsplash



Photo de Praveen Thirumurugan sur Unsplash



Lifestyle;
introducing herbs in routine

What is the best way to take antioxydants?

Through food!

The following pages suggest recipes to facilitate the integration of antioxidant herbs.

Food doses allow variety, are inexpensive and are generally very safe.

Smoothies

- ✱ 2 cups of mixed berries (fresh or frozen)
- ✱ 4 tablespoons of hemp seeds.
- ✱ Possibility to add medicinal herbs or spices, like cinnamon, turmeric, ginger or vanilla.
- ✱ Cover with local, fresh apple juice, blend.

Explore Quebec berries: blueberries, Chokeberries, Raspberries, Strawberries, and sea buckthorn berries.

Favor organic harvests.





Culinary Herbs

- Pesto: green or red on your pasta, on your toasts, in your soups.
 - Parsley; as a salad, persillades on your roasted potatoes.
 - Greek-style salads, generously sprinkled with herbes de Provence or oregano.
 - Zaatar/Thyme on a traditional cream cheese toast, or vegan cream cheese toast.
 - Tapenades; black or green olives, red peppers, same use as pesto.
- Favor plant based sauces (tomatoes, peppers) or culinary herbs to give taste and numerous antioxydants.
- 





Green Goddess Salad Dressing

Finger-licking herb-based salad dressing.



Green Goddess dressing

Green Goddess sauce

- 1 small bunch each of dill, cilantro, and green basil
- 1 jalapeño (spicy) OR 1/2 green bell pepper (mild)
- 1 lime, cut into 8 wedges
- 1/2 cup mayonnaise (vegan or traditional)
- 1/2 cup sour cream (vegan or traditional)
- 1/4 cup nutritional yeast
- 1 pinch of salt (adjust to taste)

Blend all ingredients together until smooth.
Serve over salads or alongside tacos.

Good Fats

Your brain is wrapped in fat; myelin!

Olive Extra Virgin; associated with beneficial cardiovascular (CV) effects.

Cameline (Quebec grown), omega 3 source; adequate for cooking, rich in vitamin E, salads, green herbaceous taste, also has CV benefits

Hemp seed (Quebec grown), omega 3 source; no cooking; chlorophyll, nutty taste, best omega 3:6:9 for humans



Photo found on Freepik

Oil!

« Let thy food be thy medicine »

Hippocrates



**-Any use of quality
herbs will yield
benefits-**

Explore!

Where to buy

Dispensaries and natural food stores...

- Claire e. Herboristerie et Magasin Général; 2156 rue Mackay. Montréal.
- Alchimiste en herbe, 4567 St-Denis, Montréal, fait les commandes postales.
- Rose et Racine, (Rosemont), 2541 rue Beaubien
- Thés Guru, 1289 rue Beaubien E, Montréal, commandes web
- La Branche d'Olivier, Avril, Rachelle Berry

Where to buy

Medicinal plant seeds

- Les jardins Vie-la-Joie
- Semences du Portage
- Richters (Ontario)
- Strictly Medicinals (USA)



Where to buy

extracts and supplements

- Rachelle Berry, Avril, La Branche d'Olivier...independent stores
- Follow the Guilde des Herboristes Facebook pages for more herbalism content.
- Recommended book: 40 plantes médicinales et aromatiques par Diane Mackay



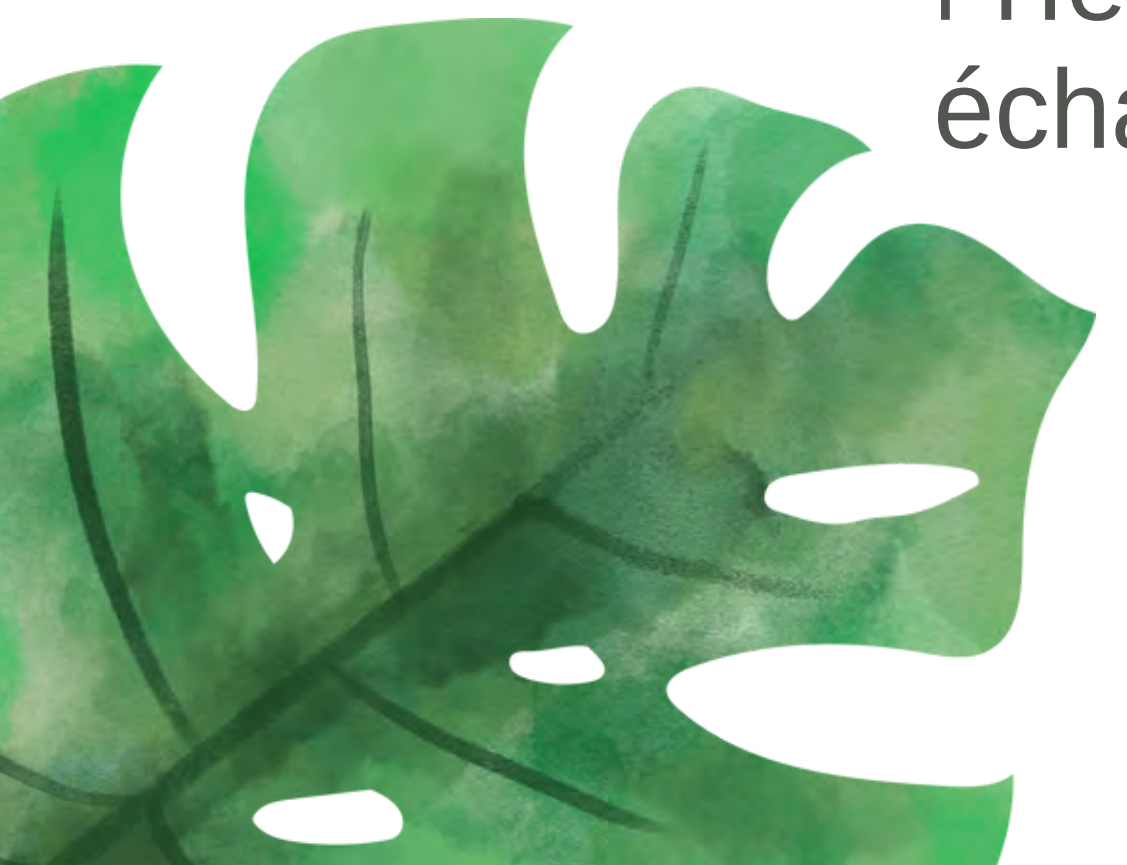
Merci!
for your attention

a.bazinet.herboriste@gmail.com



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 - Prière de respecter la valeur du travail mis ici! Contactez moi pour échanges... info@dryadeherbo.com
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