

Herbal Innovations for Mental Well-Being: Scientific Insights and Clinical Advances

Online Research Conference

May 15, 2025 • 18:00 – 19:00 (CET)

Mental health challenges are reaching unprecedented levels in today's fast-paced world. Chronic stress and poor sleep contribute to mental fatigue, anxiety, and cognitive decline. Conventional treatments often come with side effects or fail to address underlying neurobiological imbalances.

Herbal plants have been used for centuries across various cultures to promote mental wellbeing, yet their potential is often overlooked in contemporary medicine. A.Vogel pioneers clinically proven herbal remedies, integrating state-of-the-art clinical research to develop evidence-based botanical solutions.

In this webinar, discover the latest scientific findings on two herbal ingredients in innovative formulations:

- *Lactuca sativa* – A traditional herb, rediscovered to promote a restful sleep.
- *Scutellaria baicalensis* – A Far Eastern remedy with potential to support mood and cognition.



Webinar: Herbal Innovations for Mental Well-Being by A.Vogel

Program

Mental Wellbeing Today:

The Cultural & Scientific Use of Herbal Plants over Time

Dr. Berit Nordstrand, Clinical Pharmacology, Toxicology, and Addiction Medicine Specialist, St. Olavs University Hospital, Norway

Exploring the Therapeutic Benefits of a Scutellaria Formulation: Impact on Well-Being and Cognition

Dr. Fiona Dodd, Lecturer in Psychology, Faculty of Health and Life Sciences, Northumbria University, UK

Better Nights – Brighter Days:

How a Lactuca Formulation Optimizes Sleep and Daytime Recovery

Dr. Juliane Hellhammer, Psychoneuroendocrinologist, Author & Speaker, DAaCRO Institute, Trier, Germany

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Dr. Berit Nordstrand

Clinical Pharmacology, Toxicology, and Addiction Medicine Specialist, St. Olavs University Hospital, Norway

Dr. Berit Nordstrand, is a Clinical Pharmacology, Toxicology, and Addiction Medicine specialist with over 25 years of experience, 17 bestselling books, and numerous lectures. She is a recognized authority in nutrition, lifestyle medicine, and gut health and hosted the TV show Food as Medicine. Dr. Nordstrand combines medical expertise with preventive strategies, offering science-based insights for sustainable lifestyle medicine to enhance metabolic and inflammatory health.



Dr. Fiona Dodd

Lecturer in Psychology, Faculty of Health and Life Sciences, Northumbria University, UK

Fiona Dodd is an affiliate of the Brain Performance Nutrition Research Centre at Northumbria University, UK and has over 15 years of experience in assessing the cognitive effects of nutritional interventions. Her research focuses on the impact of plant extracts on cognitive performance and mood, as well as the methodologies used to evaluate these effects.



Dr. Juliane Hellhammer

Psychoneuroendocrinologist, Author & Speaker, DAACRO Institute, Trier, Germany

Juliane Hellhammer is a psychoneuroendocrinologist specialized in the effects of psychotropic ingredients and stress related health impairments. She initially worked at the Research Center for Psychobiology and Psychosomatics at the University of Trier. In 2006, she founded the contract research institute DAACRO based in Trier's Science Park. She consults and performs clinical trials for international sponsors and in various fields of application. Dr. Juliane Hellhammer authors scientific publications and serves as a speaker at international conferences.

