



## STAYING HEALTHY: Adaptogens Keep Us On Track

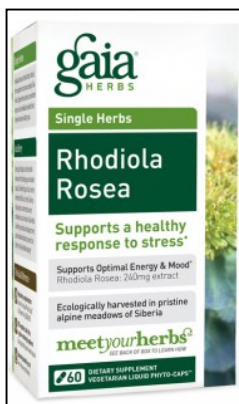
It is hard work to stay healthy and active, eating well and creating a balanced feeling of well-being.

When we fall out of balance using “adaptogenic” herbs is one way to get ourselves back on track.

**Adaptogens** are the herbal medicines, derived from specific plants that are reputed to increase our resistance to stress, anxiety and fatigue...as well as rejuvenate our athletic and work performances. These adaptogenic herbs contain active plant constituents known as phyto-chemicals.

Examples of these phyto-chemicals that contribute to our well-being are triterpenes, phenylpropanes, oxylipins and polysaccharides. They help to stimulate the immune system and increase overall vital energy.

**The most widely used and well-researched adaptogens are Rhodiola Rosea, Holy Basil, Eleuthero, Schizandra and Ashwagandha.**



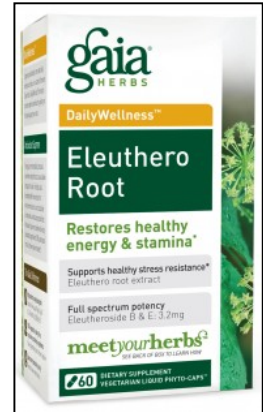
**Rhodiola Rosea** is native to Europe and parts of Asia. It has been used since ancient times for stimulating both mental alertness and overcoming physical fatigue. A powerful antioxidant, it is well researched and used today to increase energy, improve athletic performance, stimulate the nervous system and address mood disorders (mainly depression). Typical recommended dose is 200-600 mg/daily (not to exceed 1,000 mg/daily).

**Holy Basil** (*Ocimum Tenuiflorum*, or Tulsi), also known as '*The Elixir of Life*', is native to India and has been used in Ayurvedic medicine for thousands of years. This herb is a strong antioxidant and may be used for physical health and well-being, regulating blood glucose, increasing immune function and for overall stress. As an adaptogen, Holy Basil works to decrease cortisol levels (the stress hormone released when we feel threatened or stressed). Due to the high impact



stress environment that we live in, cortisol is often released unnecessarily and stored as belly fat in the body (nature's way to protect our organs). Holy Basil helps to reduce these hormone levels and, true to the nature of adaptogens, keeps our body in balance. Recommended dose is 300-600 mg/daily.

**Eleuthero Root** (Siberian Ginseng, Eleutherococcus Senticosus, Devil's Root), also native to the East, strengthens immune function as well as improves circulation (qi, 'chee') to the brain (addressing concentration and energy), regulating blood sugar, stimulating appetite and reducing inflammation. This particular adaptogen is most known/used in the Western world for improving energy or fatigue from 'adrenal burnout'. Recommended dose is 200-300 mg/daily.



**Schisandra** (*Schisandra sinensis*, Magnolia Vine, Five Flavor Fruit) is native to East Asia and its berries are used medicinally. Similar to Ginseng, Schisandra is believed to increase stamina, enhance immunity and fight fatigue. It was most widely used in China, as a youth tonic and female sexual enhancer. Other uses include dry cough, asthma, night sweats and chronic irritable bowel symptoms. Recommended dose is 100-600 mg/daily.

**Ashwagandha** (*Withania Somnifera*, aka Indian Winter Cherry) is native to India and parts of North America. For hundreds of years, it has been considered one of the most important herbs in Ayurvedic medicine. In addition to standard adaptogenic actions, it works as an analgesic (pain-reliever), anti-inflammatory, wound-healer, stress reducer, sexual aphrodisiac, diuretic and cardiac tonic. Recommended dose is 300-600 mg/daily.



Regarding the great and powerful herbal remedy Ashwagandha, **Nate Clifford, (Customer-Service Specialist Extraordinaire here at Cambridge Naturals)** is quoted best by saying:

"I was looking for a way to combat stress and anxiety naturally, a fellow yogi suggested I try taking Ashwagandha. Huzzah! I have been taking 1200mg in the morning for four month's and my personal results have been great. I

find it energizing during my morning practice and throughout the day. The weight of stressful situations is lifted and a clear path through presents itself. Recently I have added Maca to my morning routine and this has proved a dynamic duo for me! I am energized, emotionally balanced and comforted by the thought that this help came to me naturally! I love adaptogens!"

**All of these supplements may be taken in tincture, tea or capsule form.** While liquid tincture may be much more potent and faster acting, tea decoctions (in water) are also extremely powerful. The capsule forms (We highly recommend Gaia Herbs™ for herb capsule use) are incredibly beneficial, and may be more convenient, when used on a daily basis.

*\*\*\*Adaptogens may cause mild side effects in some persons, if the dose is too large for you, there may be an increase in heart rate, nausea or headaches. Consult your doctor or midwife if you are pregnant or nursing. While they do not contain caffeine, adaptogens should be avoided late in the day/evening as they may be stimulating. The statements above are for information use only and have not be evaluated by the Food and Drug Administration and is not to be construed as diagnosis, cure, treatment or prevention of any disease.*