

Adaptogens Guide



Adaptogens

The term adaptogen was introduced into scientific literature by Russian toxicologist Nikolay Lazarev in 1957 to refer to 'substances that increase the state of non-specific resistance' in stress. Broadly, an adaptogen must have the four 'Ns'

- ▶ **Nourishing** - bring nutritive strength
- ▶ **Normalising** - raise what is low and lower what is raised
- ▶ **Non specific** - acts on multiple systems
- ▶ **Non toxic** - completely safe in prolonged usage

Adaptogens are unique in the respect that they intelligently rebalance the systems of the body.

For example If you have low energy, liquorice has the effect of raising your energy levels and regulating your hormones. If there are high levels of inflammation then turmeric will act to reduce the inflammation.

Ashwaganda

Ashwagandha provides numerous benefits for your body and brain. For example, it can lower blood sugar levels, reduce cortisol, boost brain function, help fight Cancer & symptoms of anxiety and depression.



Turmeric

Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.

Unfortunately, curcumin is poorly absorbed into the bloodstream. It helps to consume black pepper with it, which contains piperine, a natural substance that enhances the absorption of curcumin by 2,000%.

Scientists now believe that chronic, low-level inflammation plays a major role in almost every chronic, Western disease. This includes heart disease, cancer, metabolic syndrome, Alzheimer's and various degenerative conditions.

- Powerful Anti oxidant
- Boosts brain hormone BDNF
- Arthritis
- Depression



Holy Basil

It has a history within Indian medicine as a treatment for many conditions, from eye diseases to ringworms.

Holy basil has been shown to boost your body's health in a variety of ways. It can help protect against infection, lower your blood sugar, lower your cholesterol, ease joint pain, and protect your stomach. With antidepressant and anti-anxiety properties comparable to diazepam and antidepressant drugs.

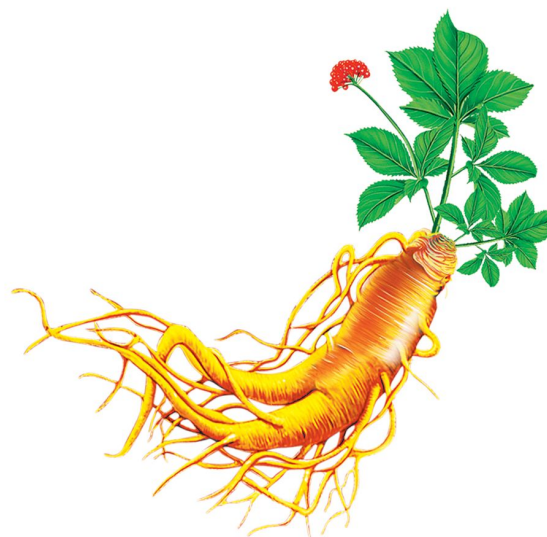


Ginseng

Ginseng has been used for centuries in Chinese medicine and been shown to help reduce inflammatory markers and help protect against oxidative stress.

It can also improve energy levels or have a sedentary effect dependant upon Chinese or American variety.

Ginseng, particularly fermented red ginseng, may help increase insulin production, enhance blood sugar uptake in cells and provide antioxidant protection.



Licorice Root

Licorice root is used to soothe gastrointestinal problems. In cases of food poisoning, stomach ulcers, and heartburn, licorice root extract can speed the repair of stomach lining and restore balance.



Licorice is recommended to treat respiratory problems. Taking licorice as an oral supplement can help the body produce healthy mucus.

Over time, stress can leave the adrenal glands exhausted by constantly producing adrenaline and cortisol. Licorice supplements can give the adrenal gland some relief.

Topical gels containing licorice are recommended for treating eczema. Licorice can be a successful dermatological treatment due to its antibacterial properties, applying licorice to tooth decay to kill bacteria.



Essential Fatty Acids

Not normally considered to be an adaptogen but has many of the characteristics, the benefits are numerous. Reducing stress and inflammation, providing nutrition for the brain, a pre-cursor for cholesterol which makes healthy happy hormonal system.

Caution not all fish oils are equal unfortunately due to our polluted oceans the fish and therefore the oil can have contamination so source an oil that has been cleaned of toxins





Cannabis

Cannabis is not officially an adaptogen, but it meets all the 4 N's requirement. There is the psychoactive THC compound and the non psychoactive CBD oil which is ever growing in popularity. Both have benefits if used correctly.

We are now seeing pairings of traditional adaptogens with cannabis to enhance the effects of both.

Like adaptogens, CBD helps to maintain homeostasis in the body. It can help boost focus and clarity, or have a relaxing effect. There are many health benefits of CBD oil including decreased anxiety, more restful sleep, lower blood pressure and relief from pain and inflammation.

Summary

The health secrets of these plants are truly amazing, Adaptogens are gifts from nature, the wisdom instilled in these unique plants allows us to benefit from natural side effect free alternatives to synthetic medical drugs.

You can choose to buy the supplement form which may be more beneficial in certain circumstances or simply include a variety of them fresh into your weekly diet.

**“Let food be thy medicine”
Hippocrates**

As with everything in life you have to find what works for you as an individual - we are all different, so pay attention to the bodies signs and signals when taking supplements and adaptogens.

Remember that you can not supplement an unhealthy lifestyle get your foundational principles in place first, then add supplements and adaptogens second...

What would you rather a bathroom cabinet full of prescription drugs or a kitchen full of natural adaptogens?



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