

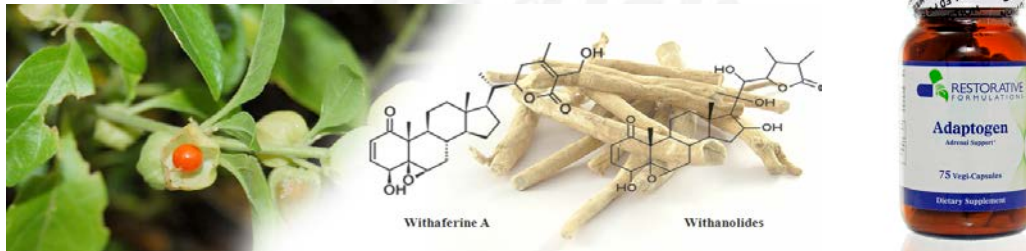
Adaptogen for your Health

What are adaptogen: Adaptogens are group of natural herbs that work with a person's body and help them adapt; most notably, to stress and fatigue because they help in regulating important hormones. Well-known adaptogens are: ginseng, **Ashwagandha**, Holy Basil, Licorice, **Rhodiola**, **Eleuthero root**, **Astragalus**—all have stabilizing effects on the Hypothalamus-Pituitary-Adrenal (HPA) axis.

Mechanism of action: Adaptogens are designed to support endocrine and immune functions as well as to defend the body from the ravaging effects of chronic stress Helps maintain energy, vitality and physical stamina. Gently and calm the nervous system. Support healthy mental performance, fatigue, and many physiological functions including energy generation and immune response and reinforces the entire endocrine system including both the adrenal and pituitary glands.

Your health Benefits: Adaptogenic herbs, often referred to as tonics. Healthy adrenal gland function is essential to a boost for the immune system

- Support for managing a healthy weight
- Increased physical endurance and mental focus
- Reduction in discomfort caused by poor health
- Encouraging a balanced mood
- Supports adrenal function



Rhodiola sometimes called Arctic root or golden root, is considered an adaptogenic herb, meaning that it acts in non-specific ways to increase resistance to stress, without disturbing normal biological functions As for rhodiola extract benefits, a 2002 review in *HerbalGram*, the journal of the American Botanical Council, reported that numerous studies of rhodiola in both humans and animals have indicated that it helps prevent fatigue, stress, and the damaging effects of oxygen deprivation. Evidence also suggests that it acts as an antioxidant, enhances immune system function, and can increase sexual energy.

(Prepared by Zahida Chaudhary, MD)

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