

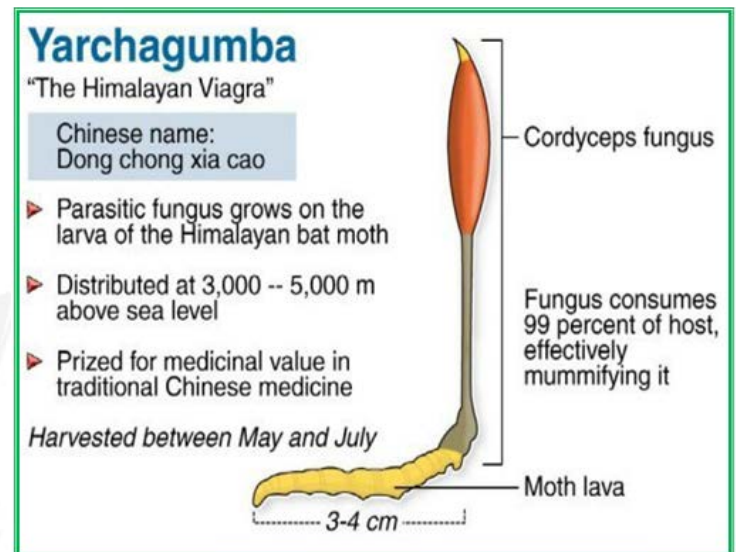
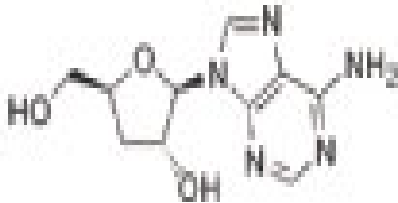
Adaptogen for your Health

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. Well-known adaptogens are **Ginseng, Ashwagandha, Holy Basil, Licorice, Rhodiola, Eleuthero root, Astragalus and Cordyceps Mushrooms**

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. All have stabilizing effects on the Hypothalamus-Pituitary-Adrenal (HPA) axis.

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 and
- Supports adrenal function



Cordyceps Sinensis (Yarchagumba)

Health Benefits

- Respiratory infections like chronic bronchitis
- **Cancer cell death**
- Coughs, colds and the flu
- Reproductive problems and sexual dysfunction
- Kidney disorders
- Bladder infections and urination problems
- Sexual dysfunctions
- Asthma
- Hepatitis B
- Poor circulation and irregular heartbeats. Heart disease and high cholesterol
- Liver disorders
- Muscle weakness
- Chronic Fatigue Syndrome and low energy and dizziness

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