

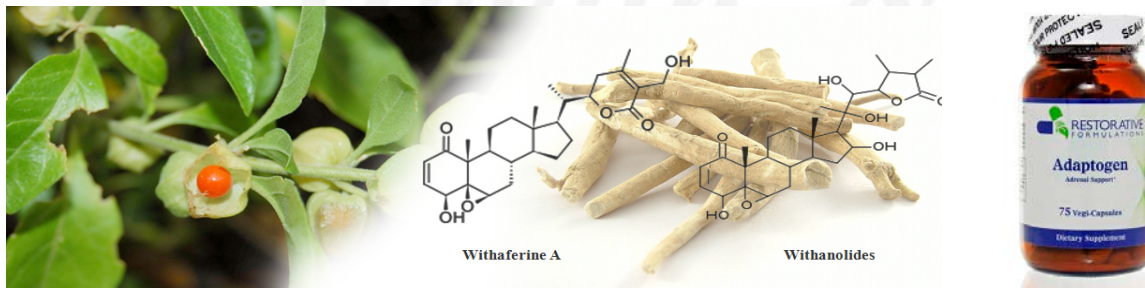
Adaptogen for your Health

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. Adaptogens are designed to support endocrine and immune functions as well as to defend the body from the ravaging effects of chronic stress 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: Helps maintain energy, vitality and physical stamina. Gently supports adrenal function and calm the nervous system. Support healthy mental performance and fatigue.

Your health Benefits: Adaptogenic herbs, often referred to as tonics. Healthy adrenal gland function is essential to many physiological functions including energy generation and immune response and reinforces the entire endocrine system including both the adrenal and pituitary glands.

- 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



Ashwagandha: is an adaptogenic herb from the roots of *Withania somnifera*, a plant in the nightshade family. It has long been prized for its ability to help the body deal with stress, fight fatigue, and boost energy levels. It has also been used traditionally for pain relief and to treat skin diseases, diabetes, gastrointestinal disease, rheumatoid arthritis, and epilepsy.

(Prepared by Zahida Chaudhary, MD)

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