

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, and Astragalus.**

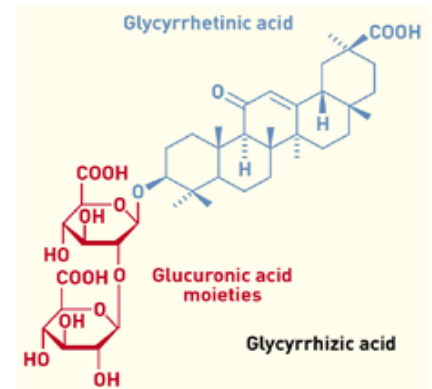
Mechanism of action: Adaptogens are designed to support endocrine and immune functions as well as to defend the body from the ravaging effects of chronic stress. Helps maintain energy, vitality and physical stamina gently, and calm the nervous system. Support healthy mental performance, fatigue, and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



(Prepared by Zahida Chaudhary, MD)
For more information and Consultation
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What Is Licorice Root Good For?

- ✓ Relieve Stomach Ulcers
- ✓ Sore Throat, Cough and Cold Remedy
- ✓ Acid Reflux and Digestive Support
- ✓ Anti-Inflammatory and Immune System Support
- ✓ Relieve Constipation
- ✓ Fight Viral Infections
- ✓ Adrenal Support
- ✓ PMS and Menopausal Support

