



STRESS-FIGHTING ADAPTOGENS

THESE HERBS HELP YOU MAINTAIN A
HEALTHFUL BALANCE IN A HECTIC WORLD.

One of the best ways to stay healthy is to adapt to whatever curveballs life throws at you, including stress. And while we think of stress as a modern phenomenon it's really not, especially if you consider that extreme temperatures, fatigue and other physical stressors have been with us for thousands of years.

This helps explain why Traditional Chinese Medicine (TCM), India's Ayurveda and other time-honored healing systems have long relied on *adaptogens*, plant-based remedies that help the body cope with physical and mental

stress, including the stress-related symptoms that accumulate over time. "In an ever-changing world, herbal adaptogens enable us to adapt and delay the ill effects of aging," says master herbalist Donald Yance,

author of *Adaptogens in Medical Herbalism* (Healing Arts Press).

The faith traditional healers have put in adaptogens is now backed by the results of studies, including the identification of each herb's main active components. This has led to the availability of herbs in standardized form, which helps ensure consistency and potency.



NAME	WHAT IT IS
American Ginseng	<i>Panax quinquefolius</i> , in the same plant family as the better-known Asian ginseng; native to eastern North America
Ashwagandha	<i>Withania somnifera</i> , native to India, Pakistan and Sri Lanka, as well as parts of Africa; also known as winter cherry or Indian ginseng
Asian Ginseng	<i>Panax ginseng</i> , native to northern China and Korea and now under large-scale cultivation in both countries; also known as Korean ginseng
Astragalus	<i>Astragalus membranaceus</i> , native to China; also known as milk vetch
Cordyceps	<i>Cordyceps sinensis</i> , a rare fungus found in the Himalayan foothills; now cultivated commercially
Eleuthero	<i>Eleutherococcus senticosus</i> , found in Siberia, northern China, Korea and Japan
Holy Basil	<i>Ocimum sanctum</i> , a close relative of the common kitchen herb; also known as tulsi
Maca	<i>Lepidium meyenii</i> , a root vegetable native to the Peruvian Andes
Rhodiola	<i>Rhodiola rosea</i> , native to cold mountainous regions of the Northern Hemisphere
Schisandra	<i>Schisandra chinensis</i> , native to eastern Russia and northern China; also known as five flavor berry
Tongkat Ali	<i>Eurycoma longifolia</i> Jack, a tree native to Malaysia; also known as long jack
Tribulus	<i>Tribulus terrestris</i> , found in parts of Africa, eastern Europe and India; also known as cat's head, devil's thorn and puncture vine

For more adaptogens, visit www.energytimes.com.



WHAT IT DOES

Long history of usage in Native American medicine; used in TCM as a cooling tonic for low-grade fever and general weakness; has reduced cancer-related fatigue and improved cognitive function in controlled studies

Used by Ayurvedic practitioners to promote stamina, longevity and mental acuity; Western usages include easing stress, fatigue and anxiety; has shown anti-cancer and detox capacities in studies (see page 48)

Has been regarded by TCM for 5,000 years as a “kingly” herb capable of prolonging life; used today to restore vitality, normalize immune function, enhance exercise effectiveness and improve circulation

Used in TCM for chronic sores, poor appetite and symptoms associated with upper respiratory infection; modern usages include immunity support, adjunct cancer therapy and kidney protection

Long used as a tonic and erectile dysfunction remedy in China and Tibet; now used to fight aging and cancer, improve athletic performance and lung function, and support kidney and sexual health

Used as a folk remedy before Soviet scientists started employing it to combat physical and emotional stress, and as a training aid for athletes; also used to bolster immunity, reduce cold and flu occurrence and fight fatigue

Seen as a holy herb in its native India, where it is used to promote longevity; also used to fight inflammation, support circulation and ease depression; has shown antioxidant and anti-cancer properties

Used in Peruvian cooking and as a folk remedy to improve energy and stamina; modern usages include promoting healthy sexual function and improved mood during menopause

Long history of use in Scandinavia, Siberia and Tibet to promote energy and protect against respiratory disorders; also used today to improve immunity, enhance exercise and protect the heart against stress-induced damage

Valued in TCM and other eastern medicine traditions as an energy tonic; modern usages include immune regulation and liver protection, and for recovery from heavy physical exertion; has shown antioxidant and anti-cancer properties

Traditionally used in Malaysia for a wide variety of purposes; best known today as an aphrodisiac in men; in studies, has shown an ability to counteract male infertility

Has been used traditionally as an aphrodisiac and infertility treatment; used today to promote healthy testosterone levels, improve mood and reduce cholesterol; in studies, has eased symptoms linked to prostate enlargement

NOTE: Always consult with your healthcare practitioner for help in designing a supplementation program, especially if you have a pre-existing condition.