

# Rebalance & Rebuild with Adaptogens



What is an adaptogen? You may already be turning to them to relieve stress, improve stamina and increase strength. Perhaps you're growing them in your garden, brewing them in your tea or washing them down in capsule form each day. Adaptogens are herbs, but not all herbs are adaptogens. Their most simplistic definition? Adaptogens are used to help our bodies and minds "adapt" to external factors that may throw us off balance.

Before modern pharmaceutical drugs were mainstreamed, antioxidant-rich adaptogens were used in indigenous cultures for thousands of years to prevent and treat a broad spectrum of ailments. It wasn't until 1947 that Russian scientist Nikolai Lazarev conducted formal scientific experiments on the healing properties of these powerful plants. Later on, his protégé I.I. Brekhman fine-tuned the definition of the term adaptogen to meet the following specific criteria:

1). An adaptogen is non-toxic, safe and does not disturb natural body functions. It has no negative side effects when taken in proper doses.

2). An adaptogen has a normalizing effect on the body's physiological systems, stabilizing them and returning them to optimal function, particularly ones strained from internal and external stressors.

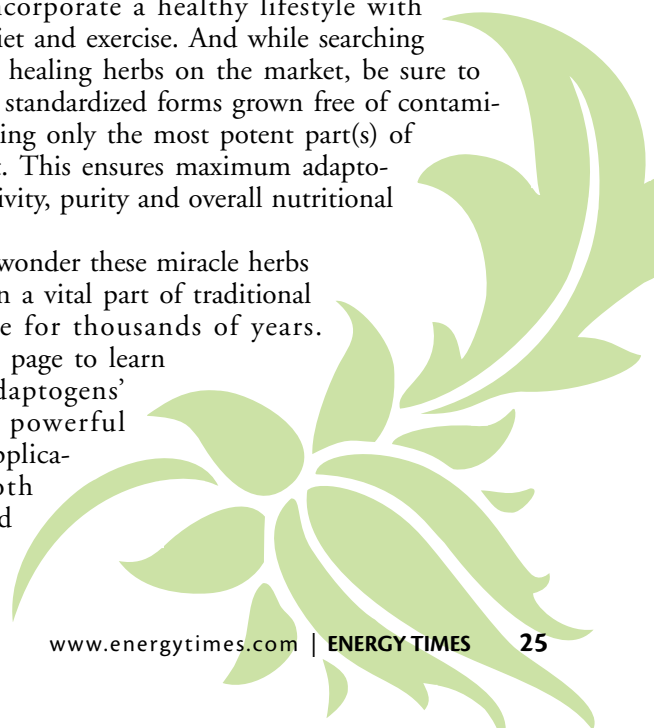
3). An adaptogen protects the body against internal and external trauma, whether caused by mental, physical, biological or chemical means. Adaptogens act like a protective shield against these harmful agents.

Pharmaceuticals often mask symptoms and can fall short in normalizing overstressed bodies, perpetuating a vicious cycle in which increasing doses are required. It's

no wonder adaptogens are making a welcome resurgence within traditional Western medicine. Herbal experts agree that adaptogenic herbs can safely nourish weak organs and rejuvenate healthy cells while normalizing and protecting the body; by turning toward adaptogens, we're literally returning to our ancient "roots." This combined with modern tools and methodology may help us purge our bodies from disease and redeliver them to their normal, balanced rejuvenated states.

Each adaptogen performs specific functions—so it pays to do your homework before deciding which ones to take. Although all adaptogens share common immunity-boosting, energy-increasing and stabilizing denominators, each is unique and covers a wide range of ailments. In order to reap the most adaptogenic benefits, be mindful to incorporate a healthy lifestyle with proper diet and exercise. And while searching for these healing herbs on the market, be sure to purchase standardized forms grown free of contaminants, using only the most potent part(s) of the plant. This ensures maximum adaptogenic activity, purity and overall nutritional integrity.

It's no wonder these miracle herbs have been a vital part of traditional medicine for thousands of years. Turn the page to learn about adaptogens' many powerful health applications both past and present!



AMERICAN GINSENG



*Name*

**AMERICAN GINSENG**  
(*PANAX QUINQUEFOLIUS*)

LICORICE



**ASIAN (RED) GINSENG**  
(*PANAX GINSENG*)

**LICORICE**  
(*GLYCYRRHIZA*  
*GLABRA, G. URALENSIS*)

**RHODIOLA**  
(*RHODIOLA ROSEA*)

RHODIOLA



**SCHISANDRA**  
(*SCHISANDRA CHINENSIS*)

NOTE: Always speak to a trained practitioner before starting a supplementation program. Do *not* stop prescription medications without professional advice.

# All-Star Adaptogens

<i>Part(s) Used</i>	<i>Historical Uses</i>	<i>Modern Uses</i>
Generally the root, occasionally the leaf as well	Used by Native Americans as a stimulant, mental strengthener, spiritual protector and ceremonial medicine, as well as a “love potion” and fertility booster. Valued as an overall health tonic.	Boosts energy and counteracts stress; enhances sexual function, fertility and digestion; eases premenstrual and menopausal symptoms; may help fight high blood pressure and diabetes.
The root	Considered a “kingly” herb in Asia, where it is still used to lengthen lifespan and stimulate mental capacity. Koreans used it to help rebound from serious illness, the Japanese for digestive problems.	Used to promote vitality, prevent respiratory ailments and strengthen weak adrenal systems; helps to regulate cholesterol and blood pressure, and to counteract erectile dysfunction.
The root; now available in DGL form for people with high blood pressure	Used by Chinese healers to balance all of the body’s energy systems. Also employed to strengthen the bones, enhance muscle strength and growth, and heal wounds and skin disorders.	Helps balance the reproductive system during menopause; used to treat stomach and respiratory ailments, and to increase appetite; boosts viral immunity and is used as an anti-inflammatory agent.
The root	Tibetans used the “golden root” to improve circulation and enhance energy; Chinese, to lengthen life; Siberians, to strengthen immunity and fertility; Vikings, to enhance mental and physical endurance.	Combats fatigue and depression; increases attention span, memory and productivity, especially under stress; shortens recovery between bouts of heavy physical activity; enhances thyroid function.
The fruit and the seed	So highly valued that it was once sent to the Chinese emperor as a gift. The Koreans and Japanese used it for coughs, excess phlegm and head congestion, and for weakness.	Stimulates work performance and mental activity, yet reduces depression and anxiety; stabilizes blood pressure; acts against inflammation and allergies; enhances endocrine function.

{ SOURCES:  
*Adaptogens: Herbs for Strength Stamina and Stress Relief*  
 by David Winston and Steven Maimes (Healing Arts Press 2007) }