

A wooden frame containing a dark chalkboard with text and fresh herbs. The frame is made of light-colored wood and is set against a rustic wooden background. The chalkboard is dark grey or black. The text is white and centered. There are fresh herbs around the chalkboard, including green leafy herbs, purple lavender flowers, and green chives. A green rectangular box is positioned above the title.

ADAPTOGENIC HERBS

Presented by Dr. Adelena Izold N.D.

What is an adaptogenic herb?

Brekhman and Dardymov in 1960's defined "adaptogen":

- Relatively non-toxic
- Non-specific activity and acts by broadly increasing resistance of the organism to a broad spectrum of adverse biological, chemical and physical factors
- Regulate or normalize organ and system function



The background of the slide features a variety of fresh herbs. In the upper left, there are green, feathery herbs. In the center and right, there are sprigs of lavender with small purple flowers. In the lower right, there are sprigs of thyme with small green leaves. At the bottom, there are chamomile flowers with bright yellow centers and white petals. The overall composition is clean and natural, set against a plain white background.

GENERAL ACTIONS OF ADAPTOGENIC HERBS

- Normalize stress response & decrease the harmful effects from stress
- Increase sense of well being, improve mood, and endocrine systems
- Immune modulation
- Improve energy, endurance, recovery
- Improve sleep
- Mild effects to balance blood sugars
- Antioxidant: Prevents cell damage

COMMON ADAPTOGENIC HERBS



Ashwaganda



Rhodiola



Cordyceps



Licorice Root



Eleutherococcus



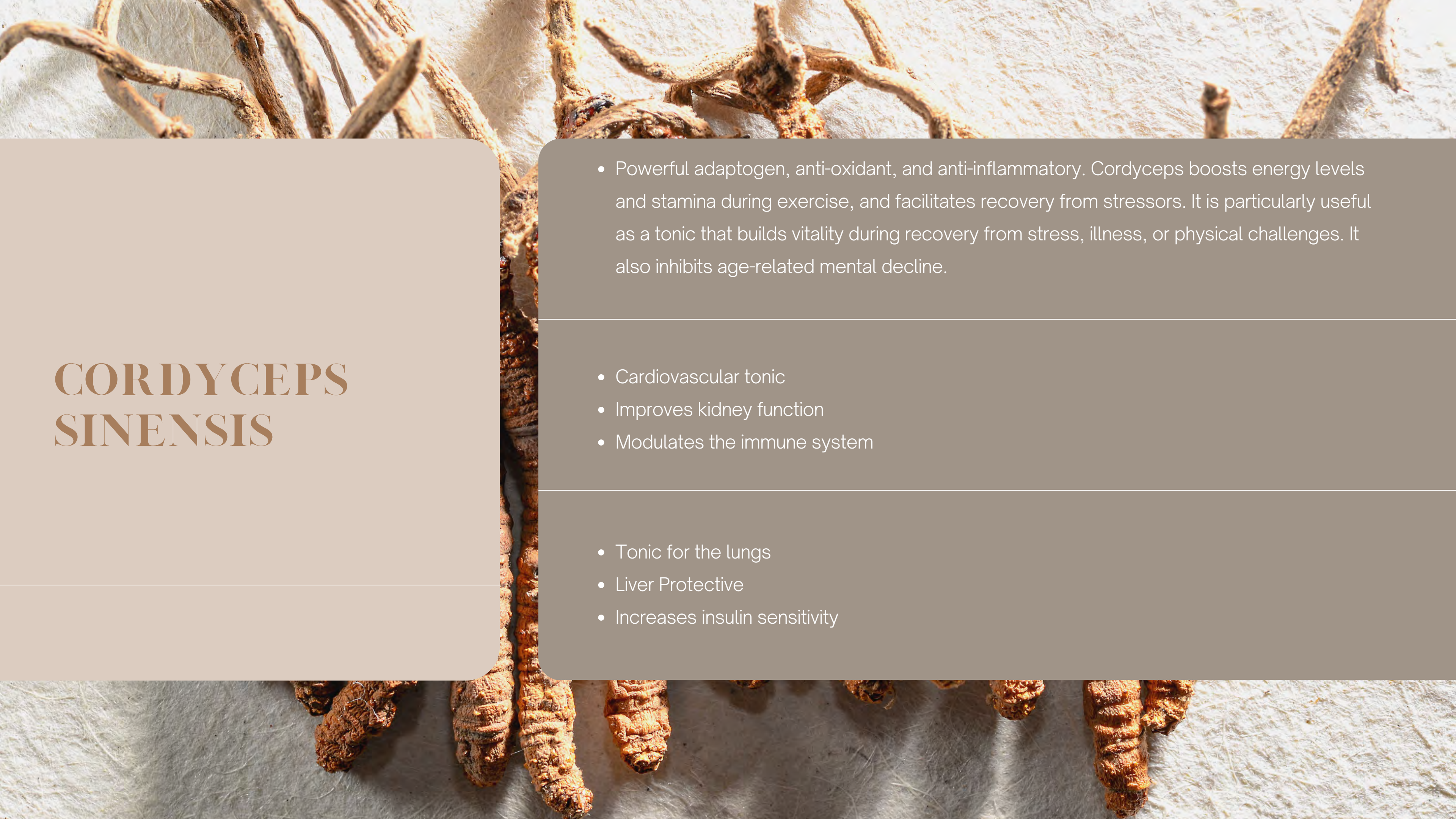
Ashwaganda

Major Indications

- Withania exerts a calming effect and thereby rests and restores the health of the nervous system and person overall. Withania is a relaxing adaptogen. It is effective for anxiety, insomnia, cloudy thinking and nervous exhaustion. It helps to restore normal sleep patterns in those who experience insomnia as a result of stress maladaptation. Ayurvedic herbalists use the herb to reestablish long-term sleep rhythms.

RHODIOLA ROSEA

- Rhodiola is an adaptogen which also has antioxidant and cardioprotective properties. It is a popular plant in Eastern Europe and Asia, used to increase physical endurance, combat fatigue, improve immunity, increase work productivity, enhance longevity, increase resistance to high altitude sickness, and treat depression.
- Provides dual action:
 - cognitive stimulation (antioxidant effect)
 - emotional calming



CORDYCEPS SINENSIS

- Powerful adaptogen, anti-oxidant, and anti-inflammatory. Cordyceps boosts energy levels and stamina during exercise, and facilitates recovery from stressors. It is particularly useful as a tonic that builds vitality during recovery from stress, illness, or physical challenges. It also inhibits age-related mental decline.

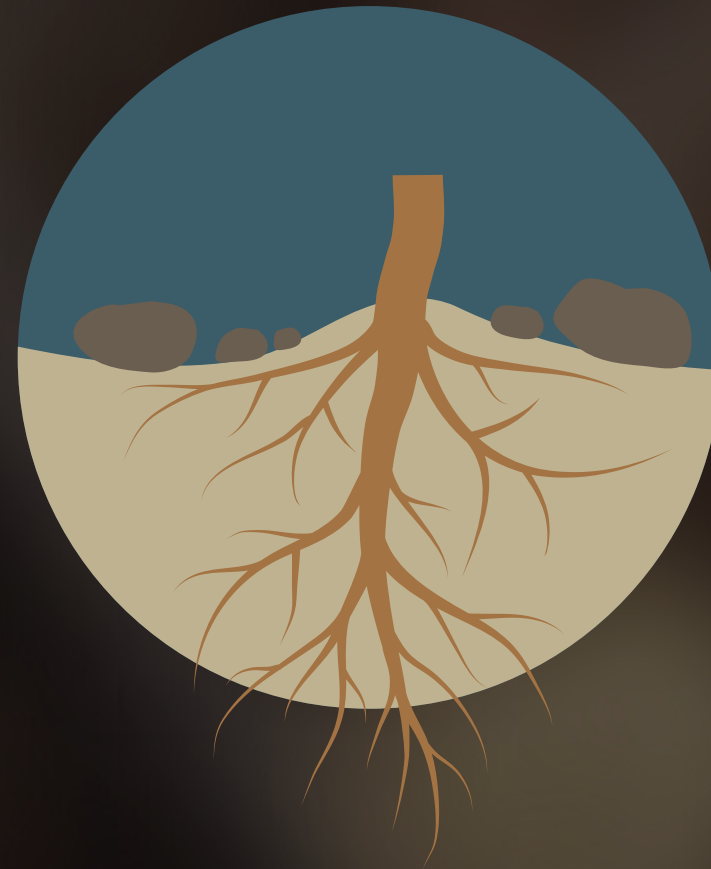
- Cardiovascular tonic
- Improves kidney function
- Modulates the immune system

- Tonic for the lungs
- Liver Protective
- Increases insulin sensitivity

LICORICE ROOT

Versatile!

- Inflammation modulation
- Demulcent
- Anti-viral
- Allergies....



- The adrenal cortex responds to stress by secreting glucocorticoids (cortisol). Glycyrrhiza spares cortisol by inhibiting its breakdown, prolonging its half-life.
- Utilize Glycyrrhiza as an adaptogen after a long period of illness/stress to aid recovery.

Eleutherococcus Senticosus

- Chronic stress
 - Eleutherococcus increases our ability to withstand stressful conditions such as extreme temperatures, noise, overwork, and exhaustion. It also improves quality and quantity of work performance.
- Chronic illness
- Enhance stamina
- Lowers bad lipids



Conclusions

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Mental Calming

Adaptogenic herbs have been widely used to aid with getting people to sleep, calming their nervous system down and if you had the opportunity to listen to our Nervine Webinar you saw that these herbs pair well together for this exact purpose.

Performance enhancement

With the olympics coming up it is only fitting to discuss how beneficial these herbs are because when you are pushing your limits you need something to help you stabilize but also find footing with the new "normal".

Adrenal Support

No surprise we are utilizing these herbs to aid with exhaustion of some sort and aid with rebuilding but exhaustion appears different in everyone! Some people are wired others are lethargic!

Balance

These herbs are wonderful in addition to your current program because it aids with finding your own body's rhythm! But also as you heard: there are additional support (liver, lung, kidney etc).

THANK YOU FOR YOUR TIME!



QUESTIONS?