



traceyhayes.



ADAPTOGENS

Nature's Fatigue Fighters

Your adrenal glands are each no bigger than a walnut and weigh less than a grape, yet are responsible for one of the most important functions in your body: managing stress. Ironically, although your adrenal glands are there, in large part, to help you cope with stress, too much of it is actually what causes their function to break down, leading to adrenal fatigue.

As the names implies, the most common symptom of adrenal fatigue is unrelenting fatigue, a feeling of being run down or not able to keep up with your daily demands. Tiredness (even despite a good night's sleep), nervous exhaustion and physical weakness are typical symptoms of adrenal fatigue. While quick fixes like energy drinks, coffee & sugary snacks are tempting, they will just deplete your energy further.

Here, Go Vita Coffs Central Naturopath Tracey Hayes explains how herbs can help prevent adrenal fatigue and burnout, and ultimately replenish your energy levels.

Enter Herbal Adaptogens, a unique class of healing plants that help strengthen your body's response to stress, enhance its ability to cope with anxiety and help to maintain normal body functioning during stress. They powerfully but gently help balance, restore and protect the body.

So here are just a few of these herbal gems...

Ashwagandha (also known as Withania) has been used for thousands of years in Ayurvedic medicine. It increases vitality, energy, endurance and stamina, promotes longevity and improves low libido associated with anxiety or exhaustion. It is best known as a rejuvenative herb with profound anti-stress activity together with mild sedative and cognitive enhancing properties (helps you think clearer). It's a gentle, nourishing herb that can give your morning exercise routine a boost, or, when taken prior to bed, it can

help you get a good night's sleep. Ayurvedic healers have long prescribed the herb to treat exhaustion brought on by both physical and mental strain.

Rhodiola (rhodiola rosea), or golden root, is a potent adaptogen that has been the focus of much research. Rhodiola increases the oxygen-carrying capacity of our red blood cells, making it particularly effective at increasing energy, vitality and stamina during times of stress. Research has also revealed that Rhodiola helps mild to moderate depression, improves mental performance, concentration and memory when under stress. It has a calming effect on your body and mental state because of its ability to reduce cortisol, one of our major stress hormones. Some cortisol is absolutely necessary to live but you need to keep it at appropriate levels throughout the day.

Siberian Ginseng (not to be confused with other Ginsengs...they are all very different) is considered to be a medicinal treasure trove in Chinese Medicine. Siberian Ginseng is traditionally used as an invigorating tonic during times of stress, convalescence, fatigue, debility and also assists in maintaining a healthy nervous and immune system. In Traditional Chinese medicine it is prescribed to reinforce the qi (life force) and calm the nerves. Studies conclude that Siberian Ginseng improves the body's stress response and is a very effective herb to treat nervous exhaustion due to chronic stress exposure.

The plant world is incredible and is forever supplying us with what we need in order to thrive on this planet. Incorporating adaptogenic herbs into your daily regime can help you cope during stressful times....times like now.

Need to know more? Just ask the Naturopaths and Medical Herbalists in store at Coffs Central.