



Top Adaptogenic Plants for Stress Resilience

NATURAL SUPPORT FOR BALANCE, ENERGY & WELL-BEING

What Are Adaptogens?

Adaptogens help the body adapt to stress.
They support body metabolic balance, energy, and overall vitality.

Here are some commonly used adaptogens:

Ashwagandha

Adaptogenic Action: Regulates stress response

- Calms the mind
- Improves sleep
- Balances energy

Rhodiola

Adaptogenic Action: Boosts stress resistance

- Reduces fatigue
- Sharpens focus
- Enhances endurance

Holy Basil (Tulsi)

Adaptogenic Action: Balances stress hormones

- Relaxation
- Immunity
- Respiratory support

Panax Ginseng

Adaptogenic Action: Supports physical & mental vitality

- Boosts cognitive function
- Enhances physical performance
- Supports immune func

Some Additional Adaptogens that boost our health

1. **Schisandra Berry:**

- Benefits:
 - a. Enhances mental performance,
 - b. reduces fatigue, and
 - c. promotes liver health.

2. **Maca Root:**

- Benefits:
 - a. Increases stamina,
 - b. boosts libido, and
 - c. supports hormonal balance.

3. **Eleuthero (Siberian Ginseng):**

- Benefits:
 - a. Improves energy levels,
 - b. enhances athletic performance, and
 - c. supports immune function.

Each of these adaptogens has unique properties that can contribute to better stress management and overall health. Consider exploring these options to find the best fit for your needs.

Summary

Adaptogens are plant substances called phytochemicals that offer natural support for managing stress and promoting overall well-being.

Consider incorporating these powerful plants into your daily routine to enhance resilience and vitality after consultation with your doctor.