



Superfoods and Adaptogens for Urban Stress

By Olga Vita, NC, Health Coach

www.olgavita.com

Urban life can be very dynamic, vibrant, cool, yet hectic, polluted and stressful. How can we enjoy the great opportunities of the city life and minimize the risks?

Are you “tired & wired” (exhausted, yet can’t have deep restorative sleep)? Is it getting harder to focus and lift brain fog? Or maybe you have little children and still need to work hard. Do you notice that the poor air quality is taking its toll of your well-being and energy levels?

Any of these issues sound familiar?

SLEEP

- Difficulty falling asleep (you feel “tired and wired”)
- Restless sleep
- Waking up tired in the morning

ENERGY

- Feeling stuck in the “on” position – overwhelmed and overdrive
- Fatigue, Chronic Fatigue Syndrome

MENTAL

- Brain fog, concentration problems

EMOTIONAL

- Irritability, anxiety, or depression

DIGESTION

- Digestive symptoms
- Blood sugar problems, insulin resistance
- Weight gain (especially that “spare tire” or those “muffin tops”)
- High blood pressure, high cholesterol, diabetes
- Food cravings, especially for sugar, carbs, or fatty foods

IMMUNE

- Frequent colds, infections

HORMONAL

- Hormonal imbalances, PMS, fertility problems, menopause symptoms

PAIN

- Inflammation, joint pain, fibromyalgia

There are lots of ways to think about it and improve the situation. I normally use my signature **3 VITA-lity Pillar** analysis: (Think of your own examples for each category to personalize)

1. **TOXICITY** (what is too much?) – Junk food, chemicals, plastic, social media...?
2. **DEFICIENCY** (what lacks?) – Nutrients, ferments/probiotics, social support, self-love?
3. **STAGNATION** (what is stuck?) – Constipation, unexpressed feelings, sitting too long...?

Once we understand the problems, it is easier to decide on the most efficient strategies to decrease unwanted and increase the desired. You just flip them. The solutions are the exact opposite of the problems identified:

1. **DETOX** (let go, decrease) – bring home only healthy organic foods, do regular “digital detox”
2. **NOURISHMENT** (add, increase) – superfood, meeting friends, self-compassion, laughter...
3. **FLOW** (move, circulate) - drink spring water, notice and allow your emotions, kick your shoes off in a park, hop on the chair often, twist to look behind every 15 min at the computer...

These 3 Pillars can touch absolutely any area of your life (Body, Mind and Spirit) from quality of food to quality of air or quality of social interactions. Whatever comes to your mind – explore.

There are many things to address to help those who want to be stronger than the stresses of a modern city. Right now I would like to limit our focus to only on 2 nutritional strategies:

1. **Superfoods** – help to satisfy increased demand for nutrients in stressful situations
2. **Adaptogens** – help to become more resilient to any type of stressors, improve immunity

From the very beginning I would like to point out that if someone decides to lead destructive lifestyle I would not recommend using these supportive bio hacks. Why? Well, when you do not sleep, abuse yourself physically and psychologically, exaggerate the time spend with technology, eat junk... the use of Adaptogens, Superfoods, Nootropics and other supplements will mask the negative effects and delay the inevitable crash that will hit harder.

Instead I would use Supplements, exactly as the name suggests, to supplement. You create a solid base of healthy lifestyle: minimize the destructive elements, maximize the beneficial ones, and create a healthy flow. Then, as a cherry on top, you enhance that solid base with all the extra cool hacks.

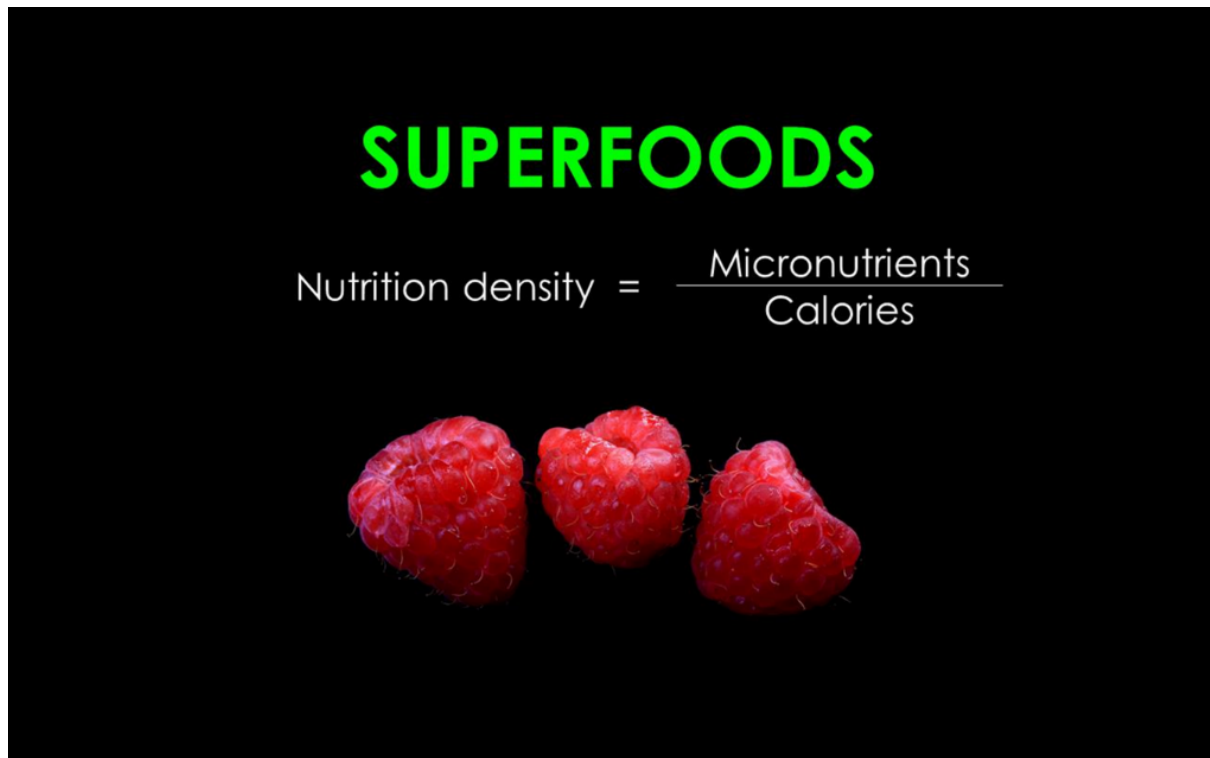
DITCH UNNECESSARY STRESS

“No category of herbs holds more potential for overworked, overstressed Americans than adaptogens,” says David Winston, RH (AHG), herbalist, ethnobotanist, and coauthor of *Adaptogens: Herbs for Strength, Stamina, and Stress Relief* (Healing Arts Press, 2007). “They are a bridge that can carry us over stressful situations with our health intact.”

We are going to become stress proof. So let's define “STRESS”. I don't mean only emotional type. Stresses come in various shapes and forms: physical (exercise/movement, temperature extremes), chemical (pesticides in food, air fresheners and perfume), and biological (bacteria, virus, and mold).

Not enough stress leads to atrophy, too much to exhaustion and break down. It is great when we can regulate the stress amount and choose the Goldie Locks' just right dose. Unfortunately, often we cannot lower the levels of toxins and stress, cannot escape the stress overdose. For those moments it is important to up our ability to deal with the stressors. Superfood and Adaptogens to the rescue!

SUPERFOODS



SUPERFOOD is super when it is dense with micronutrients (minerals, vitamins, flavonoids, enzymes).

They are the answer to the common urban 2 directional problem:

1. need for nutrients increase
2. availability of nutrients decrease

It does not have to be something exotic and expensive. In fact, you can take normal everyday food and turn it into superfood right in your kitchen.

The **magic techniques to turn FOOD into SUPERFOOD** are called:

1. **JUICE**
2. **FERMENT**
3. **SPROUT**

These simple methods decrease toxicity, increase nutritional density and bioavailability of the food.

BONUS TIP: Dusting with Superfoods and Adaptogens



Dusting—it's not just another household chore but a new buzzword circulating on social media, with practical applications in real life.

Dust Your Next Smoothie or Cup of Coffee! Dusting in this context refers to powdered products, labeled as 'dust,' that are mixed with liquids, such as coffee, smoothies, yogurt, cereals, dips, sauce...





SUPERFOOD GROUPS (some you will see in the Adaptogen list too):

Greens:

- Sprouts
- Micro greens
- Moringa

Raw Green Juices: (preferably made with a slow masticating or a hydraulic juicer)

- Greens, vegetables, sprouts, roots, herbs and no more than 20% of fruit

Algae:

- Spirulina
- Chlorella,
- AFA Blue-Green Algae
- Marine Plankton

Seaweeds:

- Kelp/Kombu,
- Nori/Laver
- Wakame,
- Arame
- Dulse
- Hijiki

Fruits & Berries

- Noni
- Amla
- Avocado
- Berries (wild, small, bright)

Seeds & Nuts (RAW):

- Coconut
- Cacao
- Hemp
- Flaxseed
- Chia
- Nigella Sativa
- Sesame



Roots:

- Maca
- Ginseng
- Dandelion
- Turmeric

Herbs:

- Nettle
- Aloe Vera
-

Medicinal mushrooms:

- Shiitake
- Reishi
- Cordyceps
- Chaga
- Maitake
- Agaricus blazei
- Lion's mane
- Turkey tail

Fermented Foods (RAW):

- Kombucha
- Sauerkraut
- Kefir
- Miso



Bee products:

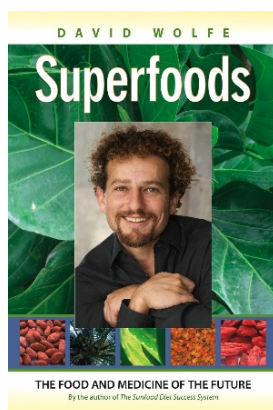
- Raw Local Honey
- Pollen
- Propolis
- Royal jelly

Animal: (wild and pasture raised)

- Caviar
- Liver
- Egg Yolk (fertile)
- Raw cultured dairy
- Ghee
- Bone Broth

One of my favorite superfood books:

Superfoods the Food and Medicine of the Future by David Wolfe



ADAPTOGENS



This elite class of super herbs is a food group in its own right. They are restorative, rejuvenating, balancing in nature, basically not pushing you in any specific direction, but supporting you instead in any of your body and mind need.

Historically they were eaten as food as taken as tea in many cultures and pretty much always were described in superlative forms like “Queen of Ayurveda” (Tulsi), “immortality elixir” (Jiaogulan), “she who outlived 100 husbands” (Shatavari), “The Mushroom of God”/“The Sun Mushroom of Aztecs”(Agaricus Blazei mushroom)

“How do they perceive what a particular person requires to be in balance? How extreme is the imbalance and to what extent quantitatively is a given adaptive response required? Rita Elkins, M.H., in her book “The Noni Revolution” uses the term “intuitive” when referring to adaptogens.

David Winston and Steven Maimes in their groundbreaking book “Adaptogens” acknowledge, “We are humbled by the innate power and wisdom of these herbs...” we read in a very intriguing book “Adaptogens: Ancient Mysticism, Universal Intelligence Quantum Field by Dan Foxman and Bob Fickes.

Their intelligence is yet to be fully understood. For now I can only say that they work! Incredible safety and efficacy record won my heart (and brain) over long time ago. Their gentle action, yet powerful results are the reason I am so confident recommending this class of botanicals to you.

The concept of adaptogens was originally created in 1947 in the USSR to describe a substance that may increase resistance to stress. It was used by the Soviet Union as a secret weapon in winning the space race and the Olympics.

Adaptogens are used by healthy persons as stimulants or tonics in states of fatigue and stress. They are also used in sports medicine for preventing and treating injuries and other somatic conditions.

Another use of these four herbs is in occupational medicine, such as for protection against adverse environmental factors, including exposure to low temperature in Polar Regions and to high noise levels and mechanical vibration in heavy industrial work; in mining; and in medicine for treating acute hepatic poisoning, ischemia from oxygen deprivation, and for accelerating recovery after surgery.

Adaptogens are used as curative agents in treating some neurologic and psychiatric disorders, such as asthenia, neurosis, depression, and alcoholism, and in a number of other conditions, as well as being prescribed as adjuvants to other medicines in diseases such as tuberculosis and in conventional cancer therapy.

Even before the name was coined Adaptogens were widely used and highly revered all over the world.

In **India** they are known as Rasayanas to balance 3 doshas: Vata, Pita and Kapha. Although not any Rasayana qualifies to be called an Adaptogen.

In **China** they are used as Tonics (usually Yang Kidney) to balance 3 Energy Treasures: Jing, Chi and Shen.

Adaptogens are used and highly respected throughout **Asia**, including **Siberia**, in **South America**, **Africa**, **the Pacific Islands**, and **Native American** cultures.

Another definition for an herb to be considered an adaptogen requires that it must be **nontoxic, nonspecific, and normalizing/balancing**.

Adaptogens assist the body to adapt to stress by normalizing our physiological functions thereby allowing our natural internal processes to achieve homeostasis (natural equilibrium) and, in doing so, allow the body to produce its own balanced cure thanks to the affinity to HPA axis (Hypothalamus, Pituitary gland, Adrenal glands) that control reactions to stress, regulates various body processes (digestion, immune, mood, sexuality, energy usage).

“Homeostasis” is the natural tendency of the body to adjust so as to maintain a state of overall balance or equilibrium. In homeostasis the body performs with maximum efficiency.

Adaptogens both decrease and increase various biological functions as needed to normalize them. This **bi-directional function** of adaptogens has no equivalent in conventional medicine. If you’re lacking energy (lethargic) adaptogens will increase your energy level. If

you're hyperactive they will produce a calming effect. If your blood sugar level is too high, an adaptogen will lower it, and if it's low it will raise your blood sugar level. Likewise, blood pressure will be raised or lowered. Your natural systems adjust to come into proper balance.

Adaptogens can help:

- Combat Your Stress
- Cut Your Brain Fog
- Reduce Your Inflammation
- Boost Your Energy
- Support Your Hormone Balance
- Increase Your Stamina
- Elevate Your Mood
- Strengthen Your Immune Function
- Increase muscle output
- Increase endurance
- Elevate enzyme synthesis
- Protects mitochondrial function
- Enhance mental focus and concentration
- Increase physical capacity, endurance, and performance
- Improve cardio and respiratory capacity
- Promote longevity
- Increase resistance and ability to handle stress
- Encourage better sleep
- Help normalize body functions

Adaptogens and Superfoods:



Common Name: American Ginseng

Botanical Name: *Panax quinquefolius*

Personality: American ginseng is Asian ginseng's less-stimulating cousin, corrects imbalances in the endocrine system, including the adrenal glands, improve pancreatic function. In general, American ginseng is ideal for people in their 40s and 50s who are still healthy but want a nourishing herb that will enhance strength and boost vitality, good for allergic asthma and for inhibiting inflammation.



Common Name: Asian White Ginseng

Botanical Name: Panax ginseng

Chinese Name: Sheng shai shen

Personality: Asian ginseng is considered one of the most stimulating of adaptogens. With the ability to restore moisture to the body, Asian white ginseng is ideal for someone who has a lot of “dry” symptoms, such as dry mouth, dry cough, or dry asthma. Generally, Asian white ginseng is best for people in their 50s and 60s who have a good level of energy and vitality. It can also be used to relieve jet lag and enhance immune function.



Common Name: Asian Red Ginseng

Botanical Name: Panax ginseng

Chinese Name: Ren shen

Personality: When Asian white ginseng is steamed, it turns red and becomes more stimulating. Red ginseng is best for people whose vitality is depleted. It balances the immune system, bolstering it when a person is fighting cancer and downshifting it when someone’s immune system is in overdrive, such as with autoimmune diseases and allergies. Red ginseng can, however, exacerbate anxiety and insomnia.



Common Name: Rhodiola

Botanical Name: Rhodiola rosea

Personality: Rhodiola has broad-reaching effects including restoring immune function, balancing blood sugar, and enhancing fertility. It also boosts alertness, lessens fatigue, and combats depression. It is great for people who feel depleted and fatigued due to a stressful lifestyle or rigorous physical work. It can also be used to support people with cancer, fibromyalgia, chronic fatigue syndrome, type 2 diabetes, and heart issues.

Rhodiola is a stimulating adaptogen and can cause insomnia in sensitive people. It can be drying and, therefore, worsen dry mouth or constipation. It promotes physical strength and endurance, stimulates nervous system, enhance serotonin levels, normalize blood sugar.

It is a stimulating adaptogen; boosts mood, brainpower, endurance, & stamina. Clinical research has found nature's 'chill pill' Rhodiola Rosea has anti-inflammatory and anti-depression benefits. Studies show that the Rhodiola Rosea SHR-5 improves attention,

cognitive function and mental performance in chronic fatigue syndrome, hence why this has become so popular with cramming students.



Common Name: Holy Basil, Tulsi

Botanical Name: *Ocimum tenuiflorum*, *Ocimum sanctum*

Personality: Holy basil is one of the mildest adaptogens, in terms of stimulants, but it has a far reach. Studies show it enhances health due to its antioxidant and anti-inflammatory properties. Additionally, holy basil strengthens memory and concentration. One quality that sets it apart, says Winston, is its ability to improve digestion and eliminate gas and bloating. Holy basil also reinforces the body's ability to control blood-sugar levels, making it an excellent choice for people with type 2 diabetes or pre-diabetes.



Common Name: Eleuthero

Botanical Name: *Eleutherococcus senticosus*

Personality: In the same family as ginseng but a distant relative, eleuthero relaxes the arteries, strengthens the immune system, and increases endurance and stamina. This adaptogen is ideal for people in their teens, 20s, and early 30s, for stressed-out, type A personalities who work long hours and skimp on sleep. It can be used during a time of chronic stress, such as finals week or a big work project; it is extremely safe and rarely over stimulating.



Common Name: Ashwagandha

Botanical Name: *Withania somnifera*

Personality: Ashwagandha is a calming adaptogen, making it ideal for people with anxiety, insomnia, or nervous tension. It can relieve muscle spasms and, therefore, is helpful in treating fibromyalgia. The herb also stimulates the thyroid, so it can be helpful for hypothyroidism.



SCHISANDRA

Schisandra (*Schisandra chinensis*): anti-aging properties, normalizes blood sugar and blood pressure, liver detoxification, may improve PMS, etc...



JIAOGULAN

Jiaogulan (*Gynostemma pentaphyllum*): immune function, detoxification, promotes normal cholesterol, normalizes blood pressure, builds stamina/endurance, etc...



GOJI

Goji (*Lycium barbarum*): potent antioxidant, anti-disease and anti-cancer compounds, protects liver and kidney, regulates blood lipids, improves eye health, etc...



MACA

Maca (*Lepidium meyenii*): enhances libido, improves fertility, reduces fatigue, may help with osteoporosis, may help with resistance to cold, etc...



LICORICE

Licorice (*Glycyrrhiza uralensis*): promotes adrenal health, promotes healing, encourages respiratory health, etc...



REISHI

Reishi (*Ganoderma lucidum*): antioxidant, may benefit those with asthma, anti-inflammatory, normalizes cholesterol levels, etc... Once reserved for Chinese royalty, this fungus can help with stress, sleep, and immune functions, and has the nickname “the mushroom of immortality.”



ASTRAGALUS

Astragalus (*Astragalus membranaceus*): immunity-enhancing, complementary chemotherapy treatment, cardiovascular protection. Next time you're feeling sneezy and flu-y reach for astragalus as this adaptogen helps fight the common cold. For centuries, it has been employed in Chinese medicine as it is rich in antioxidants, which protect the cells against oxidative damage.

It also contains anti-inflammatory and antibacterial properties and can strengthen immune function and protect the liver. It's a winner. Used medicinally for centuries, astragalus is used for treating symptoms of the common cold, gastrointestinal issues, and to improve heart function.

Shilajit (pitch) (or mumia) is often mixed with honey. Anti-aging, including cell and tissue regeneration, Metabolic enhancer, providing boosts of energy , Blood sugar regulation, helping normalize insulin-resistant cells, Aphrodisiac, increasing libido and blood flow to the genitals, Immune system booster and adaptogen, Cognitive aid, helping heal and protect the brain, Increased muscular strength, Maximized oxygen uptake, Enhanced work capacity, Fuel homeostasis, Improved serum lactate, Reduced heart rate, Improved visual and auditory reaction/ psychomotor skills.



CATUABA (*Erythroxylum vacciniifolium*): calms the nerves, may improve memory, increases libido, etc...



GUARANA (*Paullinia cupana*): boost energy, improve memory and alertness, possible mood enhancement, promote satiety, etc.



HORNY GOAT WEED (*Epimedium*): increase parasympathetic nervous activity, mitigate osteoporosis, improve libido, enhance smooth muscle tissue function, etc...



CHASTE TREE BERRY (*Vitex agnus castus*): improve female libido, mitigate PMS, reproductive health, etc.



GOLDEN ANGELICA (*Angelica Archangelica*): mitigate menopausal symptoms, reducing cramps, boost female sexual desire, relieve shingles and sciatica, etc...



TRIBULUS (*tribulus terrestris*, aka Bindii): enhance athletic performance, improve circulation, and improve sexual performance.



Burdock (*Arctium*) Cleanses lymph, vitalizes all organs of elimination, nourishes skin



Chaga (*Inonotus obliquus*) Rich in antioxidants, chaga can reduce inflammation, stimulate the immune system, and support liver health.



He Shou Wu (*Reynoutria multiflora*) rejuvenating adaptogen; encourages sharp cognition; restores vital reserve



Codonopsis (*Codonopsis pilosula*) nourishing & strengthening energizing adaptogen; helps build blood

Jujube (*Ziziphus jujube*) This Chinese herb is little-known here, but deserves wider appreciation. Of particular use where sleep is disturbed by stress or an over-active mind, jujube date, also known as ziziphus, is generally used in tandem with other herbs, to great effectiveness.

Cordyceps (*Cordyceps militaris*) A cornerstone of Chinese medicine for centuries, cordyceps mushrooms are used for vascular and immune health, and energy.

Lion's Mane (*Hericium erinaceus*) Studies have indicated Lion's Mane to have high levels of antioxidant activity and be used to treat anxiety, depression, and to improve cognitive health.

Maitake (*Grifola frondosa*) Rich in antioxidants, vitamins, and minerals, maitake are associated with immune function, regulating blood pressure, and lowering cholesterol (vascular health).

Chaga (*Inonotus obliquus*) Rich in antioxidants, chaga can reduce inflammation, stimulate the immune system, and support liver health.

Shiitake (*Lentinula edodes*) Common in the grocery store and menus everywhere, shiitake contain all eight essential amino acids, and can boost brain function and energy.

Turkey tail (*Coriolus versicolor*) Growing on dead logs worldwide and named for its resemblance to yes, a turkey tail, this mushroom is full of antioxidants and is commonly used for gut health as they contain prebiotics, which nourish good gut bacteria.

Agaricus Blazei “The Mushroom of God”, “The Sun Mushroom of Aztecs”, the Agaricus Blazei Murill mushroom. Immune boosting properties of Agaricus Blazei come from the various beneficial polysaccharides in the form of highly structured beta-glucans they contain. These compounds are known for their amazing ability to modulate the body's immune response and provide protection against disease. According to various studies, the

polysaccharides found in this mushroom regulate the production of antibodies and work as "biological response modifiers".

Turmeric (*Curcuma longa*) Also part of the ginger family, turmeric supports cell health and has long been used to combat fatigue, breathing problems, and inflammation.

Maca (*Lepidium meyenii*) In traditional Andean medicine maca has a 2,000-year history of use for energy, libido, and stamina. Also considered to regulate hormones.

Ginger (*Zingiber officinale*) Often called a companion adaptogen because of its specific utility in cell health, ginger is used for issues from digestion to cognition, as well as inflammation.

Rehmannia (*Rehmannia glutinosa*) A primary herb in traditional Chinese medicine, Rehmannia inhibits allergic responses and modulates immune functions. It is thought to be valuable for reducing autoimmune responses (lupus, rheumatoid arthritis, psoriatic arthritis, Sjogren's, and eczema). Considered an adrenal tonic, it supports adrenal function and relieves stress (adaptogenic). Rehmannia also demonstrates potent anti-inflammatory properties.

Cacao (*Theobroma cacao*) Cacao is antioxidant-rich and supports cardiovascular health and circulation. As a natural energy booster, it can also help with mood and symptoms of depression.

Amla (*Phyllanthus emblica*) the primary ingredient in an ancient herbal rasayana called Chyawanprash. Preventing and/or treating connective tissue disorders (like rheumatoid arthritis) Preventing and/or treating autoimmune disorders, Nourishing the eyes, including age-related and diabetes-related eye problems, Nourish and strengthen capillary health, Prevent tooth decay, Speed up the healing of broken bones, Improves strength of hair and nails, Protects against radiation damage, Supports healthy blood sugar levels, Aids in liver detoxification, Protects against carcinogen damage, Protects against certain toxins, Lower LDL cholesterol levels, Enhances digestion, Enhances immune function (based on animal studies), Supports adrenal health

Noni (*Morinda Citrifolia*) contain organic acids, linoleic acid, xeronine, vitamins, minerals, iron and calcium – all critical for healthy, de-stressed skin. Used as an adaptogen, it possesses the ability to increase the body's capacity to adapt to stressful conditions, specifically helping to relax the skin and smooth wrinkles caused by stress and tension.

Ginkgo (*Ginkgo biloba*) One of the most well-known herbal supplements, ginkgo is commonly used to improve memory, cognitive function, and increase energy levels.

Suma "Brazilian Ginseng", is not ginseng; improves the immune system and may have benefits for tumors, cancer, diabetes, sexual arousal for men and women, and sexual performance in men.

Thai black ginger-Krachai dum (*Kaempferia parviflora*), "Thai ginseng", is not ginseng enhance sexual performance by increasing blood-flow to the testis and stimulating dopaminergic functions in the hypothalamus, can increase sperm density and promote health through its Adaptogenic activity, reducing triglycerides, preventing diabetes and so on. Anti-

inflammatory and adaptogenic activity. Anti-allergic and antioxidant activity. Antifungal and antimycobacterial activity. It improves erectile function. Increasing sperm density. According to a research it increases physical fitness performance and muscular endurance. It stops psoriasis flares. Thai doctors are using black ginger for the prevention of strokes. It helps to lower blood glucose levels and to improve blood flow. Reducing triglycerides, It helps with gastric ulcers, natural antidepressant.

Adaptogens: Herbs for Strength, Stamina, and Stress Relief

By David Winston, with Steven Maimes, Materia Medica Monographs on Adaptogens

Well-Researched Adaptogens

- American Ginseng
- Ashwagandha
- Asian Ginseng
- Cordyceps
- Eleuthero
- Rhaponticum
- Rhodiola
- Schisandra
- Shilajit

Probable Adaptogens

- Cistanche
- Cynomorium
- Holy Basil, Tulsi
- Morinda, Noni
- Shatavari

Possible Adaptogens

- Codonopsis
- Guduchi
- Horny Goat Weed
- Jiaogulan
- Licorice
- Maca
- Manchurian Aralia
- Prince Seng
- Reishi
- Russian Devil's Club
- White Bryony

Nervines: Complementary Herbs for Adaptogens

- Betony
- Blue Vervain
- Chamomile
- Fresh Milky Oat
- Hawthorn
- Lemon Balm
- Linden
- Mimosa
- Motherwort
- Passionflower
- Skullcap
- St. John's Wort

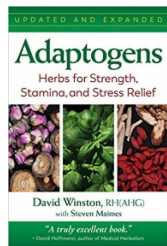
Nootropics: Complementary Herbs for Adaptogens

- Bacopa
- Bhringraj
- Chinese Polygala
- Ginkgo
- Gotu Kola
- Lavender
- Rosemary
- Shankhpushpi
- White Peony

Restorative Tonics: Complementary Herbs for Adaptogens

- Amla
- Astragalus
- Bee Pollen
- Chyawanprash
- Goji Berry
- Nettle Seed
- Processed Rehmannia
- Saw Palmetto
- Suma

My favorite books about Adaptogens:



Adaptogens: Herbs for Strength, Stamina, and Stress Relief Updated and

Expanded – 2nd Edition, By David Winston, with Steven Maimes,

This great book is both very easy to use for the lay reader and extremely comprehensive in how many adaptogens it covers and how they can be used individually or in combination.

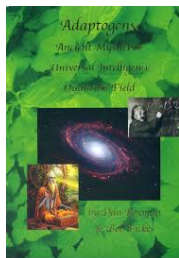
ADAPTOGENS in Medical Herbalism



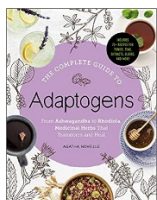
Elite Herbs and Natural Compounds
for Mastering Stress,
Aging, and Chronic Disease

Donald R. Yance, CN, MH, RH (AHG)

Adaptogens in Medical Herbalism: Elite Herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Disease This is more like a textbook, not an easy read, it is the most comprehensive book on adaptogens I know of.



ADAPTOGENS: Ancient Mystery, Universal Intelligence, Quantum Field by Dan Foxman and Bob Fickes. This book unravels the mystery of their ancient secrets and provides an amazing understanding of the universe as seen through the eyes of quantum field. Deep yet easy read.



The Complete Guide to Adaptogens from Ashwagandha to Rhodiola, Medicinal Herbs That Transform and Heal by Agatha Noveille. This book has nice recipes. It uses the term Adaptogen loosely and includes herbs that are more tonic in nature.

Adaptogens. Tonic Herbs for Fatigue and Stress By Alexander G. Panossian, Ph.D.

He is a heavy weight authority on Adaptogens. I recommend any of his many papers on the topic.

Table 1. Plants Described in the Literature as Adaptogens By Alexander G. Panossian, Ph.D.

Plant Family Author(s)/year

Acanthopanax sessiliflorum Rupr. et Maxim. Araliaceae Brekhman and Dardimov, 1969
Albizia julibrissin Durazz. Fabaceae Kinjo et al., 1991
Aralia elata (Miq) Seem. Araliaceae Hernandez et al., 1988
Aralia manshurica Rupr. et Maxim Araliaceae Baranov, 1982
Aralia schmidtii Araliaceae Baranov, 1982
Asparagus racemosus Liliaceae Rege et al., 1999
Atragea sibirica L. Ranunculaceae Shilova et al., 2001
Azadirachta indica (Al, Neem) Melaceae Koner et al., 1997
Bergenia crassifolia (Fritsch) Saxifragaceae Suslov et al., 2002
Bryonia alba L.* Cucurbitaceae Panossian et al., 199
Cicer arietinum L. Fabiaceae Singh et al., 1983
Codonopsis pilosula (Franch.) Nannf. Campanulaceae Lin, 1991
Cordyceps sinensis (Berk.) Pyrenomycetales —
Echinopanax elatum Nakai Araliaceae Baranov, 1982
Eleutherococcus senticosus Maxim.* Araliaceae Brekhman and Dardimov, 1969
Emblica officinalis (Phyllanthus emblica L.) Euphorbiaceae Xia et al., 1997; Rege et al., 1999
Eucommia ulmoides Oliver Eucommiaceae Oshima et al., 1988
Hoppea dichoroma Willd. Gentianaceae Ghosal et al., 1985
Ocimum sanctum L. Lamiaceae Bhargava and Singh, 1981
Panax ginseng C.A. Meyer Araliaceae Brekhman and Dardimov, 1969
Pfaffia paniculata (Marius) Kuntze Amarantaceae De Oliveira, 1986
Rhaponticum carthamoides (Willd.) Iljin Asteraceae Brekhman and Dardimov, 1969
Rhodiola crenulata (Hook, f. et Thoms) H. Ohba Crassulaceae Wang and Wang, 1992
Rhodiola rosea L.* Crassulaceae Saratikov et al., 1968
Scutellaria baicalensis (Georgi). Lamiaceae Suslov et al., 2002
Schisandra chinensis (Turcz.) Bail.* Magnoliaceae Brekhman, 1980
Sterculia plantanifolia L. Sterculiaceae Brekhman, 1980
Terminalia chebula Combretaceae Rege et al., 1999
Tinospora cordiflora Miers Menispermaceae Parel et al., 1978; Rege et al., 1999
Trichopus zeylanicus Gaerten. Trichopodaceae Singh et al., 2001
Withania somnifera L. Solanaceae Singh et al., 1982

*Well-established adaptogen.