

## ADAPTOGENICS & TONICS

*Helping our Bodies Adapt to the Stresses of Modern Day Life  
With Rosemary Gladstar*

Russian researcher, Dr. Brekhman, used this term in the 1950's while researching a group of herbs that improved energy, stamina and endurance.

An Adaptogenic must meet three criteria:

- 1) Must lack marked toxicity and cause minimal disturbances in the physiological functions of an organism
- 2) Non-specific in action but has a more generalized action in the body. In other words, it is not used for one specific or condition but rather tonifies and builds the entire system
- 3) Normalizing effect on body; i.e. helps the body restore balance and homeostasis.

### **How Adaptogenics work:**

Scientists have tried to pin point exactly how Adaptogenics work. Some theories included:

- Enhance the ability of enzymes to transform glucose into energy
- Activate the synthesis of proteins and nucleic acids
- May possess antioxidant powers limiting pathways of free radicals in the system
- May work in part by positively influencing the secretions of hormones and other chemicals produced by the pituitary, hypothalamus, and adrenal glands

However, despite hundreds of scientific studies published since the 1950's that have tried to define how adaptogens work, the 'hows' are still poorly understood. But there is no question that they do work!

### **Adaptogens help the body:**

- Restore balance
- Increase energy
- Increase immune response
- Improve homeostasis
- Improve brain and memory function
- Balance and normalize over all body energy and health

\* The term is very closely related to the Western category of 'tonic herb's and, also, to herbs termed 'superior medicine' in Traditional Chinese Medicine (TCM).

### **Important Adaptogens & Tonics include:**

Siberian Ginseng	Ginseng Panax	specials
Reishi, sp.	Schizandra berries	
Rodiola	Ashwagandha	
Holy Basil	Astragalus	
Ho Shou Wu (Fo Ti)	Gota Kola	
Hawthorn Crataegus spp.	Licorice	
Lycii Lycium chinesis	Gingko	
Dandelion Root/Leaf	Burdock Root	

\* There are many others found throughout the world

\* Recommended reading:

- *Adaptogens, Herbs for Stress, Stamina, & Stress Relief* by D. Winston & S. Maimes;
- *Herbs for Long Lasting Health* by Rosemary Gladstar (Storey Publications);
- *Herbal Tonic Therapies* by D. Mowrey (out of print, but widely available)
- *Chinese Tonic Therapies* by R. Teeguarden