

Adaptogen Information Sheet

The idea of using tonic remedies to restore balance and health in a person is a concept that comes from ancient Chinese and Ayurvedic traditions, as well as from Tibetan, African and Cherokee herbal medicine. The term "Adaptogen" was applied to this concept only recently by Soviet scientists, who was researching ways to improve productivity and stress tolerance of soldiers and workers, without using stimulants. In 1969 the ideal properties of an adaptogenic substance were published by Brekhman and Dardymov and included these important features:

- a.) The substance is relatively non-toxic to the recipient.
- b.) An adaptogen has "non-specific" activity and acts by increasing resistance of the person to a broad spectrum of adverse biological, chemical, and physical factors.
- c.) These substances tend to help regulate or normalize organ and system function within the body. (can include liver, brain, immune system enhancement)
- d.) Generally they act by "tightening" the adrenalin response and balancing the diurnal cortisol pattern.

It was discovered that many plants, herbs and roots across a diverse spectrum of plant life offered these properties. It is theorized that these benefits are obtained by affecting the Hypothalamic/Pituitary/Adrenal Axis and the Sympathetic Nervous System and help as antioxidants. This theory is partially accurate, but doesn't explain all the benefits observed.

Below are listed some Adaptogen supplements we use, and the purposes and components of each:

WTS Adrenal Balance Px (Contains a high concentration of Eleuthero root, 28:1, Hawthorne berry, 4:1 Rose hips, 2:1 Sarsaparilla root, 2:1 and Alfalfa leaf and stem 2.5:1) Good for long term use, **for chronic stress** and cortisol depletion or phase 1-3 adrenal stress. It has neither a direct stimulating nor sedating effect but modulates energy in the direction of normalization.

Dosage: 1/4 to 1 tsp in am and after lunch, sometimes a 3rd dose is appropriate in late afternoon in cases of severe fatigue. Titrate dose to response. Recheck Adrenal stress test after a few months, but chronic use is not usually a problem. Rarely, a side effect of stimulation or insomnia may occur, which is easily remedied by a decrease in dosage.

Metagenics Adreset (Contains Cordyceps mycelium extract 400 mg, Panax ginseng root 200mg, and Rhodeola rosea, standardized to 1% rosavins) This adaptogen combination is ideal for someone with **high stress who is very tired**, has low libido and low enthusiasm. It has some stimulating properties in addition to its adaptogenic properties, improves cardiac function, sexual function, blood pressure (low or high) and mild depression. It can also improve the immune system function.

Dosage: 1 to 3 capsules twice a day, in the earlier part of the day to avoid insomnia. This is an herb that should be cycled on and off, and it's recommended in a four month cycle typically, followed by a break.

Metagenics Serenagen (Contains 1000 mg of a 4:1 extract of the following adaptogens: Rehmannia root, Schisandra fruit, Jujube fruit, Dong Quai root, Chinese Asparagus root, Ophiopogon root, Panax ginseng root, Chinese Salvia root, Poria Fungus root, and Platycodon root. This is equivalent to 4 grams of raw dried unprocessed herbs) This adaptogen is indicated for someone who feels **stressed and wired or anxious**. It will help improve and conserve energy, while it calms adrenalin surges and restores inner calm. It can improve memory and help with feelings of panic and disorientation. This also has beneficial effects on the heart, lungs and immune system, acts as an antioxidant. This is most helpful in two types of stress responses: the type caused by acute stress with high anxiety and the

chronic depleted type with a deficiency related to dietary and lifestyle indiscretions.

Dosage: 2 tablets 2 to 3 times daily. (vegetarian capsules) Rarely a side effect of sedation may occur, but generally this is not seen.

Metagenics Exhilarin (Contains 615mg of the following: Holy Basil leaf, 10:1 extract, Ashwaganda root extract, 5:1 extract, Amla Fruit, 4:1 extract, and Bacopa leaf 4:1 extract) This adaptogen formula is made up of Ayurvedic herbs and is best suited to those experiencing mental strain and finding it difficult to multi-task at work, maintain focus or adapt to a hectic work environment. This formula helps keep the mind sharp and energy levels stable. It also rebalances the immune system, decreasing the intensity of allergic reactions and improving response to infections. It can improve energy while helping prevent worry and over-focus or obsessing.

Dosage: 1 tablet 2 or 3 times daily (vegetarian caplet)

Jarrow Brand Rhodiola Rosea: (Contains 500 mg of a 30:1 extract of Rhodiola rosea, containing 5% rosavins. This is a strong concentration) Rhodiola has been found in research to have the classic adaptogen properties, to be energizing, helpful with libido and has an antidepressant effect in mild to moderate depression. Dosage: Can be combined with other adaptogens (even Adreset, which has a small amount of rhodiola) for additional energizing effects or mood enhancing effects. Dosages of 1-2, once or twice daily (in the 1st half of the day) are reasonable, but dosage should be increased slowly.

If you do have side effects to these supplements, or are not getting the response you were told to expect, please call the office to discuss your concerns, or email us at TMRinker@aol.com