



What's the Scoop on Adaptogens?

The term adaptogen refers to substances that theoretically “adapt” to what your body needs and helps to protect against various stressors. Purported benefits include supporting the body’s adrenal glands, reducing stress levels, supporting the immune system and regulating hormone responses for an overall sense of homeostasis, or balance.

Adaptogens are usually talked about in combination with traditional Chinese medical herbs, Ayurvedic herbs, medicinal mushrooms, and beneficial algae. A few examples include: astragalus, cordyceps, ashwagandha, reishi, chaga, spirulina and cholera.

Many of these have been around for centuries. What is new is that they are being combined together in “tonic” like formulas, heavily marketed and sold at pretty steep prices. While they are fantastic herbs with a plethora of amazing properties, not all the blends you see out there are specifically suitable for you. There are definitely some conscious healthy products out there, however it would be wise to consult with a holistic health practitioner with herbal knowledge. We understand their properties, actions, and uses.

For questions on adaptagens and to see if they are right for you, please give us a call and schedule a console!