

Wellness At Work - Simple Habits For A Happy Workplace

April 2016 - How To Use Adaptogens To Reduce Stress

It's likely that you've heard about the detrimental effects of the stress hormone cortisol on your physical and mental wellbeing. Elevated cortisol levels and chronic stress can affect every physiological system in your body, including your thyroid and adrenal glands. It can make you anxious and irritable, lead to weight gain and bone loss, contribute to diabetes and heart disease risk, and deplete your energy levels.

Are you also aware that there are a plethora of herbs, supplements and natural preparations that can give you the same effects as coffee, alcohol, sugar and cigarettes, but without the negative side effects and detrimental results for your nervous and immune systems? Adaptogenic herbs are nature's miracle workers. Adaptogens are a unique group of herbal ingredients used to improve the health of your adrenal system, the system that's in charge of managing your body's hormonal response to stress (aka your cortisol levels).



Cortisol is also known as the aging hormone. When cortisol gets too high, it puts you into a 'fight or flight' response, which stimulates your sympathetic nervous system and your adrenal glands. When this occurs, there is a decrease in your digestive secretions and an increase in blood pressure. This puts your body in a state of constant stress, which will burn out your adrenal glands, stress your digestive tract and cause you to age more rapidly.

So if you want to look younger, feel younger, be healthier, reduce your stress levels — and heal adrenal fatigue — you must get your cortisol levels balanced.



Top 7 Adaptogenic herbs that will help balance your adrenal glands and beat stress the natural way:

1. Ginseng
2. Holy basil
3. Ashwaganda
4. Astragalus root
5. Licorice root
6. Rhodiola
7. Cordycep mushrooms



These adaptogens don't just help your body manage stress, they also help reduce cortisol levels. High cortisol levels are a major contributing factor in most major diseases including:

- Anxiety
- Autoimmune diseases
- Cancer
- Chronic fatigue syndrome
- Common Colds
- Hormone imbalance
- Irritable bowel disease
- Thyroid conditions
- Weight loss resistance



Of course, the best way to get the right mix to suit your individual needs is to visit a registered practitioner for an assessment and the right herbal preparation. If you would like to learn more about how to overcome stress using Adaptogens, try this book [Adaptogens: Herbs for Strength, Stamina and Stress Relief](#).

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