

Adaptogen Advice

Adaptogens are a health practitioners medicine, and they help the body adapt, adjust, and recalibrate to emotional and physical situations.

They are herbal remedies that calm the body in times of stress, bring peace to a racing mind, give clarity, and provide energy when we are tired.

Broadly, an adaptogen is

1. Nourishing - bring nutritive strength
2. Normalising - raise what is low and lower what is high
3. Non-specific - act on multiple parts of the body at the same time
4. Non-toxic - be completely safe when used over extended periods of time

Adaptogens relieve stress by modulating the release of stress hormones from the adrenal glands.

As biological response modifiers (BRMs) adaptogens restore the body's innate immune function and help the body adapt to different stressors. They are preventative and protective as well as remedies.

Please do not take adaptogens if you are pregnant or breastfeeding. And if you have blood pressure issues or are taking blood pressure medication, please check the adaptogen is suitable for you by messaging us.

[Click here to find the best adaptogen for you.](#)