



Blue Ridge School Of Herbal Medicine

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Adaptogens: Herbs for Stressful Times

Adaptogens are:

- 1) Non-toxic
- 2) Produces a non-specific response against multiple stressors
- 3) Has a normalizing influence on physiology

HPA axis = Hypothalamic-Pituitary-Adrenal Axis

Three stages of stress response (General Adaptation Response):
Alarm, Resistance, and Exhaustion

<u>Name</u>	<u>Secondary Action</u>
Ashwagandha (<i>Withania somnifera</i>)	Relaxing, nourishing
Astragalus (<i>Astragalus membranaceus</i>)	Immune tonic
Eleuthero (<i>Eleutherococcus senticosus</i>)	Gentle enough for anyone
Ginseng, American (<i>Panax quinquefolius</i>)	Nourishing
Ginseng, Chinese (<i>Panax ginseng</i>)	Warming, energizing
Goji berries, Gou Qi Zi (<i>Lycium chinensis</i>)	Moistening, building
Gotu Kola (<i>Centella asiatica</i>)	Brain tonic
Holy Basil (<i>Ocimum sanctum</i>)	Harmonizes emotions
Jiao Gu Lan (<i>Gynostemma pentaphyllum</i>)	Antioxidant
Maca (<i>Lepidium meyenii</i>)	Generative and hormonal tonic
Reishi (<i>Ganoderma lucidum</i>)	Immune and heart tonic
Rhodiola (<i>Rhodiola rosea</i>)	Heart tonic
Schizandra (<i>Schisandra chinensis</i>)	Liver and kidney protective
Wild Sarsparilla (<i>Aralia nudicaulis</i>)	Nourishing, building

Adaptogen Treats

CoreyPine's Basic Recipe

- 1) Combine 1 jar (16 oz) of Tahini or Almond Butter with about 8 oz of honey (more or less to taste). During winter you can add some coconut oil, but in the summer this will make it too runny.
- 2) Mix well in a bowl until uniform consistency (you can use your hands!)
- 3) Separately, mix up equal parts of powdered Eleuthero Root, Maca, and Ashwagandha; about a half cup each is usually good.
- 4) Combine the herb blend to the base and mix well, then roll into balls by hand – a lot of fun!
- 5) Roll them in coconut flakes to keep them separate. Refrigerate.

Improvise!!

Try things like:

- Dried fruit like raisins, apricots, or goji berries
- Extra “treats” either inside or rolled on outside:
 - o Coconut flakes
 - o Cacao nibs
 - o Cocoa powder
- Can play with flavor, for example using
 - o Digestive herb powders: Cardamom, Cinnamon, Ginger
 - o Vanilla extract
 - o Rosewater
- Use maple syrup instead of honey, or use Licorice powder and reduce the amount of sweetener