

PEAK PERFORMANCE

with

ADAPTOGENS




herbworks

by Roger Drummer

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As a nutritionist-herbalist of over 30 years, Roger Drummer is a NCCAOM Diplomate of Chinese Herbology and a U.S. Patent holder.

Utilizing the energetic principles of herbs and nutrition, Roger helps people learn how to bring their bodies back in balance in order to lower stress and build “*Life Force*.”

As a product formulator, Roger’s primary focus is on humanity’s health of Mind, Body and Spirit. He currently formulates products for several companies, including HerbWorks, as well as for scientific trials studying the effects of herbs.

Roger Drummer is a world-renowned educator who lectures extensively on the healing quality of herbs and nutrition. He is highly respected for his ability to impart his wisdom and knowledge into a format that everyone can understand.



Disclaimer

Statements made in this book have not been evaluated by the Food and Drug Administration. Any products mentioned are not intended to diagnose, treat, cure or prevent any disease.

Contents of this book are based upon the opinions of Roger Drummer, unless otherwise noted.

The information in this book is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Roger Drummer.

We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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WHAT'S BEHIND PEAK PERFORMANCE?



High performance, peak performance - you hear about it all the time. Everybody wants it, but how do you get it? **What's really behind peak performance?**

It has been described as a state of mind - the ability to **transcend** the moment. It is not just for athletes, leaders in all fields do it. Its the ability to zone out everything around them and seize the moment. Its been called:

- Being In The Zone
- Peak Experience
- Experiencing The State of Flow
- Being in the Moment
- Peaking
- Zen Mind
- Altered States
- Bliss

They all describe the state of mind of high achievers, optimizing their day in a zone of peak performance few humans have access to. People chase this state of mind - the 'Holy Grail' - with drugs, alcohol, supplements and seminars, all while failing to grasp that the secret lies within them.

This inner state we often attribute to monks or magic is actually a common feeling we all can access. It just requires some basic knowledge on how the body and brain works. Once you position yourself for these experiences, then you can begin to welcome these states of high performance into your life on a regular basis.

What if I told you, you could access peak performance immediately by following a few simple steps? It's all about your putting your brain into a position to experience flow states instantaneously. It is as simple as using **adaptogenic herbs and nutrients** to make sure your brain is primed and ready to flow.

Adaptogens deal with stress, which is the real reason you're blocked from these flow states. Stress creates a brain that lacks communication. For peak performance you need a brain with maximum coherence - a state of full brain communication.

Stress drops you down into survival mode, the opposite of the flow state your craving. If you're taking adaptogens, you can flip the switch and move into a whole different state of being.

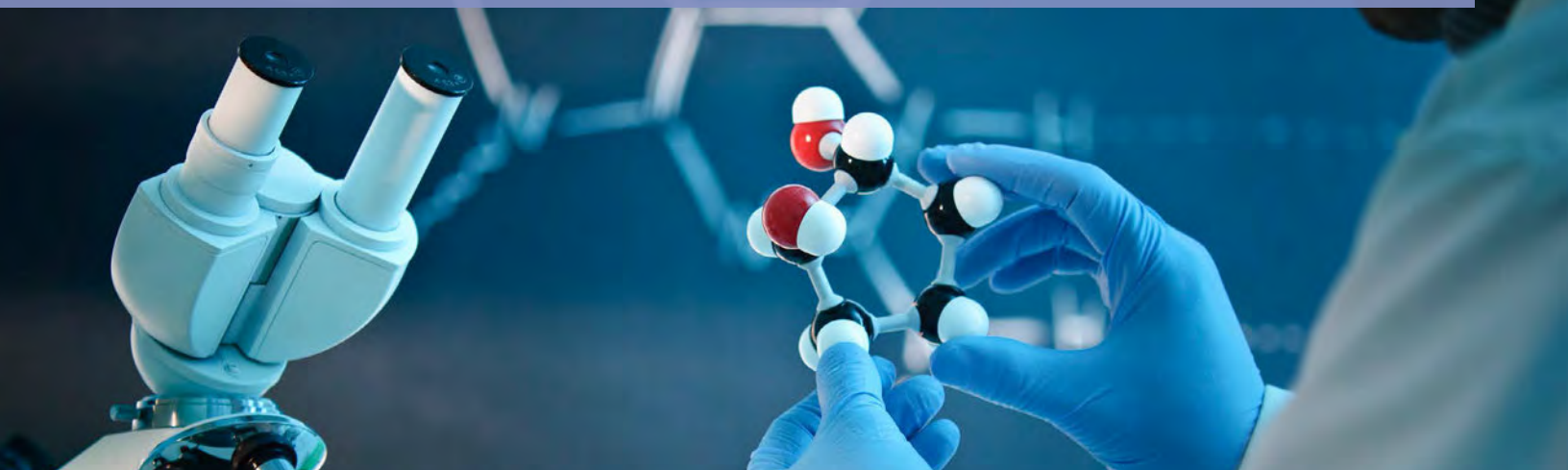
You don't just want to deal with stress, you want to beat it, dominate it, transform it to their own advantage. In order to perform at your highest level, you must add adaptogens to your lifestyle.

By controlling your nervous system and stress response with adaptogens, you're **creating the energy** to perform in situations that give you the winning edge.

“

You can create
REAL Energy
and gain the
competitive
edge”

YOUR CELLS ARE PROGRAMMED FOR SUCCESS



I would like to ask you a simple question ...

Do you know how intelligent your body actually is?

The fact is, your body has this amazing internal regulating energy and a “life force” capable of healing most anything**only if it's ALLOWED to work!**

This regulating energy is called homeostasis. Your body has the natural ability to regulate itself to keep you healthy. Every cell in your entire being is always trying to move toward a perfect state of health.

So what prevents this from happening?

STRESS! ...this includes:

- **Emotional Stress**
- **Nutritional Stress**
- **Environmental Stress**

Stress is the #1 cause of loss of homeostasis. The governing mechanisms in your body in charge of

homeostasis are also directly involved in the stress response.

The higher your levels of stress, the more energy your body exerts to regulate itself, and the less energy you have available for staying healthy.

Homeostasis is adjusting every cell in your body, at all times, to keep you as healthy as possible at any given moment. Homeostasis is only concerned about the present moment; it will rob from currently available nutrients in an effort to keep you in a state of balance so that you don't become sick, or die.

As an example, drinking soda pop, which is very acidic, is buffered by stealing minerals from your skeletal system. Over time, this may contribute to osteoporosis. **By putting something in your body that shouldn't be there, the body has to compensate for it to keep you balanced.** Short term it may not kill you, but it definitely makes your body work harder to keep you healthy.

“ Eventually, the system breaks down, and in the case of the human body, we see the development of chronic disease. ”

Unfortunately, you can't continue to “rob Peter to pay Paul” without it eventually catching up with you. It's like paying off your credit card with another credit card.

Most of this additional cellular stress comes in the form of added inflammation, a major cause of disease. Because of poor nutrition, your body then requires even more nutrients to deal with it. This is in addition to the added inflammation already being caused by your emotional stress. This is how things begin to spiral out of control.

You have to realize that if you don't supplement and feed your body properly, homeostasis will work overtime trying to regulate the different processes in your system to make up for the lack of proper nutrients needed to do the job in the first place.

This is the process that leads to all chronic disease.

“

The choice is simple ... with every bite you can either build “Life Force”, or take it away.”



Are you currently putting good nutrients into your body that allow it to work more efficiently? Or are you eating nutritionally deficient junk food that makes your system work harder in order to keep you healthy?

Do you realize that every single moment of every single day **your body is continuously adjusting** to what you put into it and what you do to it?

The fact is if you choose to put nutrient rich food into your body all of the time, or at least most of the time, it will **make it much easier for your body to regulate itself** and be continually moving toward a state of health. Your body reacts very quickly to whatever you consume.

Science has proven that health improves or declines with each meal.

When I lecture about herbs and nutrition, I always talk about eating healthy foods, supplementing and **making sure you make the correct choices for your body**. If you understand that the food you put into your body can have such an immediate effect on you, then doesn't it make sense for you to choose to put things in your mouth that cause your health to improve?

The modern diet is loaded with empty calories and also laden with chemicals, most of which are not even fit for animals.

Think about it - **would you give your dog a diet soda?**

It is important to understand that over the long term, nutrient deficient food choices will cause inflammation, which will then cause your body to overuse its stored energy. When this happens, your body tries to compensate to keep you healthy in the moment so that everything in your system doesn't fail.

Chronic health issues, or degenerative diseases, are usually **conditions of long-term nutrient deficiency and stress**. This is why chronic issues appear to be and are generally accepted as a part of aging.

It's also important to realize that it is not only emotional and physical stress that can wreak havoc on your nervous system, but also the food you eat. Nutritional stress caused by your food choices play a crucial role in determining whether an additional burden is placed on your body.

SAD ACCELERATES THE DAMAGE

When you factor in all of the negative aspects related to stress and excessive levels of stress hormone, **you begin to realize how stress can destroy your health.** It can get worse, however, simply as a result of what you eat.

There is something we all tend to succumb to during times of stress, which makes everything I've discussed much worse. It's called the **Standard American Diet (SAD)**. SAD accelerates the damage. The combination of poor diet and stress is similar to adding gasoline to a fire.

Diet can certainly be a loaded word.

At any given moment in the USA, 80 million people are dieting. There are more diets than models of cars, and the average dieter will try dozens of them. Much of the weight lost in a diet typically returns in a few months, and then the cycle begins again.

Why? It's because diets miss an important point.

You have to understand the reason that most people are overweight is typically due to a poor diet, which is loaded with sugar and lacks nutrition. Eating less to lose weight does not really make you much healthier, it just makes you thinner. As soon as you get tired of restricting your calories, the weight returns.



“ Just remember, every time you eat, you are either adding to, or subtracting from your “Life Force” ”

Once you accept the idea that your diet is something that makes you thrive, and not just stay alive, you start to focus on nutrition. **Eating nutritious food is not a diet, however, it is a lifestyle.**

Eating is simply the act of nourishing your cells. If you are not accomplishing this, then you are doing something negative to your body. If you are not properly nourishing your body, you are making it harder for your body to perform, and adding to your inflammation.

You need to be aware of one of the biggest killers in America today, which is refined sugar. In the midst of excessive inflammation, it is extremely harmful to your brain. Sugar itself is toxic, which is odd because sugar is one of the fuels for your brain.

Excessive sugar (refined sugar) is a common problem because the Standard American Diet (SAD) consists of excessive sugar and refined carbohydrates. **When your brain is constantly exposed to excessive sugar, it causes something called accelerated glycation end product, or AGE.**

This is a very long name addressing the simple idea that excessive sugar causes proteins in your brain to become burnt, similar to overcooked fat on a beef roast in the oven. The proteins burn, stick together and then cease to function. When this is happening in your brain, the added burden of excessive stress hormone accelerates the inflammation and damage.

THE CURSE OF MODERN LIVING



Everyone encounters stressful situations, some mild and some extreme. **The state of energy you are in at a particular moment determines how you handle a stressful situation.** How quickly you have a stress response, recover from it and return to normal functioning, are all dependent upon your HPA axis (Hypothalamus/Pituitary/Adrenal).

The part of your brain wired for stress response is a million years old. The stress response, or “**fight or flight**”, is part of the hardware we all inherit through evolution. It is wired into a part of your glandular system called the HPA axis.

The HPA axis is what rules your internal regulating energy (homeostasis), and goes into action every single moment you experience a stressor. It may be emotional, nutritional or environmental.

If you are an average person, you are experiencing stressful situations multiple times a day (for example - being stuck in traffic, kids screaming, work overload, running late, feeling tired, financial worries or even watching an action movie). Your body never really has a chance to recover before it encounters another stressor.

After 30 days of being bombarded with constant stressors without letting your body recover, **you WILL get locked into chronic stress!!!** However, you can balance all of this with a high quality blend of adaptogenic herbs that will allow the HPA axis to function properly.

If you are constantly aware of how you take care of your body and don't allow the energetic state of your HPA axis to be thrown into a state of chaos, you will have a much better chance of recovering quickly from any stressful situation.

My goal is to show you how to allow your body to be in a balanced state to minimize the negative effects of stress.

ARE YOU STUCK IN OVERDRIVE?

I know people who take care of their cars better than they take care of their own body. In many ways, **your body is similar to a finely tuned car.** It doesn't matter if you feel like a run down taxicab; you are actually designed to be a Rolls Royce.

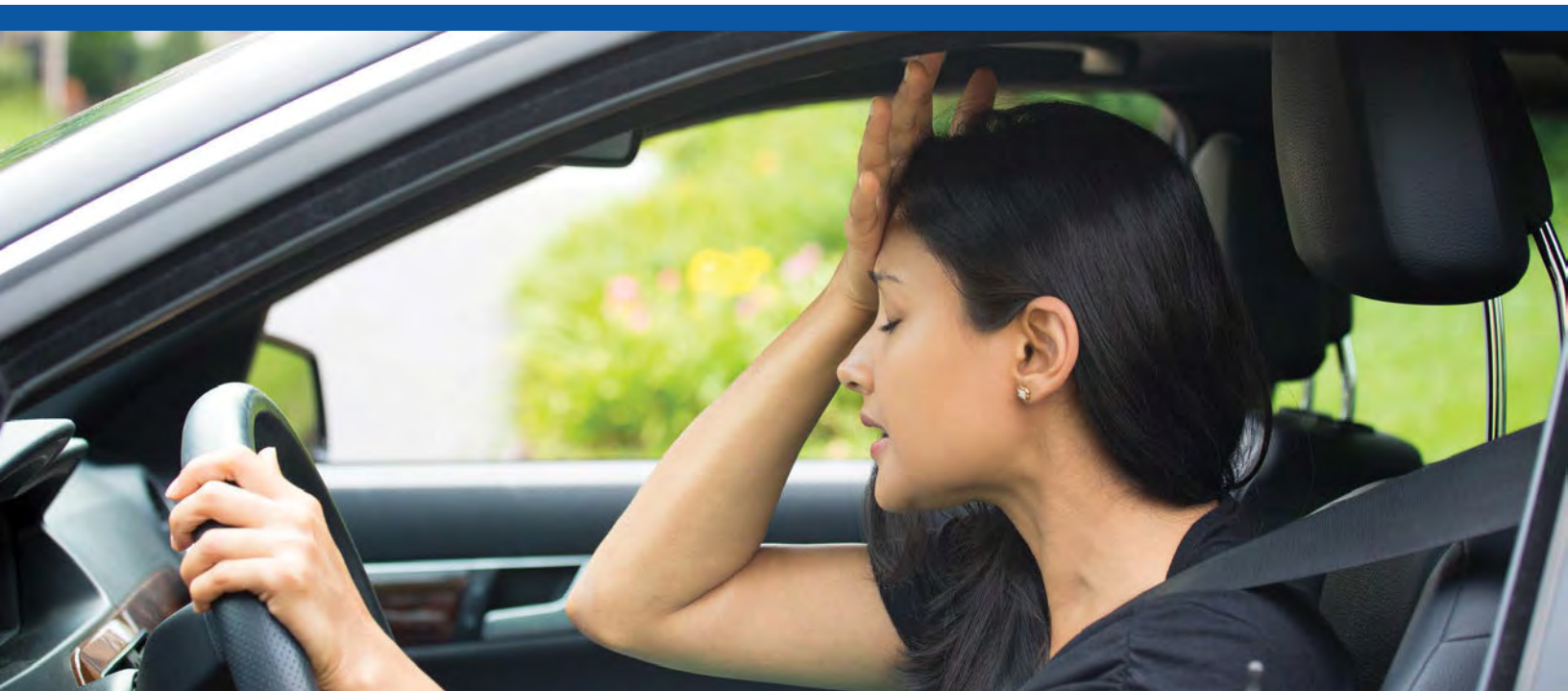
It's like this...

A car has an idling speed at which it runs when warming up or sitting still, humming along at about 2 mph. When we push down on the gas, the car runs faster and accelerates.

Your body is the same way. It also has an idling speed, a rate at which it normally hums along. This

can be measured in pulse rate or even blood pressure. At rest, it is easy for homeostasis to keep everything in balance.

However, **as soon as you experience stress, your body's natural response is to flood itself with adrenaline and hormones.** Blood pressure goes up, and your heart rate and circulation increase. The body is flooded with extra glucose and fat for instant energy. It's just like pressing on the accelerator of your car; everything speeds up. **The problem is, you're just sitting still.** Nothing is being done to consume this release of hormone and energy.



Before your body has a chance to secrete the hormones needed to clean up this mess and bring you back to your resting rate, you will most likely experience another stressor. Your body may stay in this state of heightened response all day, and sometimes all night.

When you experience stress, your body also shuts off insulin response and immune activity as your body prepares you for "fight or flight". Unless you break the cycle of chronic stress **you'll find yourself in a state of impaired immunity and glucose control all day long.**

Now back to the car analogy...

Stress as discussed above would be like popping open the hood and cranking up the idle to 60 mph. Your car is now running way too fast for sitting at stoplights or warming up. **It's burning a huge amount of fuel doing nothing,** because the idle is set to high. The car, similar to your body in stress response, is expending an inappropriate amount of energy for the activity that is occurring.

It should come as no surprise that both the car and **you will experience accelerated aging due to excessive inflammation caused by the accelerated use of energy.** Although the human stress response is much more complex than the idling speed of the car, I think the comparison is clear.

The goal is not to completely eliminate stress; that would be impossible. The real solution is to feed your body the proper food it needs to run the process of homeostasis, and have a healthy stress response. This limits the damage and allows your body to conserve energy.

90% OF ALL DISEASE IS STRESS RELATED

It's important to understand that stress is involved in every chronic condition. It doesn't matter what it is, stress plays a part. I believe **stress is the most misunderstood part of health**. In fact, everybody thinks they know what stress is; they are experiencing it, but they don't really understand it.

Most of us associate stress with having shoulder or neck tension, getting upset in traffic or being overwhelmed at work. These are all great examples of emotional stress, but it is not the whole picture of what is actually happening inside of your body. You may not be aware of it, but there is actually an internal process occurring that could be initiating the accumulation of disease in your body.



I use the word accumulation because almost all chronic health conditions are a slow accumulation of poor health. An example is heart disease. Heart disease is associated with poor diet and lack of exercise, but the reality is that the level of stress in your life accelerates the damage.

Any condition in which poor nutrition and lack of exercise play a role is magnified when stress is introduced. In fact, every single aspect of stress causes an increased need for nutrition.

Excessive stress hormone leads to increased inflammation, or cellular damage. Your cells have a repair mechanism designed to fix the damage, but it requires nutrition to run the process. Obviously, if the cell is under constant attack, it will use the body's reserves of nutrients to repair itself.

To better understand how all of this affects you, I now want to discuss some specific conditions and examine how stress is a common denominator.

INSOMNIA IS NOT YOUR NATURAL RHYTHM



A case may be made that the majority of people in this country have chronic stress syndrome, which means that your body is locked in a 24-hour chronic stress response.

People don't realize that if they can't fall asleep, or if they wake up tired, it is probably due to **being locked into stress response**. If you have too much stress hormone, your body will not enter into its natural phase of shutting down and relaxing.

Your body has a natural rhythm that it has followed since humans began walking the planet, which is

being alert during the day and gently winding down with the sun. It's only within the last 150 years that humans have begun interrupting this cycle.

Artificial light was the first wave of attack on natural living, followed by the modern epidemic of stress. When the two are combined, the body struggles to return to its evolutionary groove. Unfortunately, this situation is promoting the **serious abuse of sleeping medications**, which contributes to the primary problem – chronic stress.


“ Lack of sleep is a problem facing most people, with their bodies losing the ability to adapt to daily stress. ”

You have to realize that if you have too much stress hormone and you don't shut off stress response, your body becomes agitated 24/7. When this happens, **your adrenals do not have a chance to repair themselves** and they don't recover from the stress experienced from the previous day.

Your body can't recover because it has lost its feedback mechanism, which is a signal from your adrenals telling your brain that you are no longer stressed. You wake up tired and your low energy makes you more susceptible to daily stressors.

Even worse, if you don't fall into a deep sleep, your body misses its **ONLY** opportunity to heal for the entire day. The first hour and a half of sleep is when your body releases human growth hormone and initiates the healing process. **This window of opportunity is crucial to maintaining vibrant health.**

If you don't do something to repair this process, you can be assured that stress will contribute to poor health and play a role in any chronic condition you may experience.



YOUR HEART'S WORST ENEMY

Do you realize that **stress damages your heart every single day?**

This is because the nutrients used to combat stress could have been otherwise used to keep your heart healthy. Stress accelerates the loss of nutrition due to too much sugar, bad fats and environmental toxins.

The fact is that **excessive stress hormone makes the heart beat harder** causing shear stress throughout the entire cardiovascular system. Shear stress describes the type of physical stress experienced by the circulatory system due to the accelerated force of blood flow.

Elevated cortisol, or stress hormone, makes the heart beat harder, pushing blood through the entire vascular system much more forcefully than is needed. With each beat, this extra force **puts more strain on every part of the vascular system**, with the surrounding tissue becoming tenser to support it.

When this happens, the blood is also forced back to the heart at an elevated rate causing it to be more stressed. This leads to a heightened need for the right nutrition to repair and to help deal with the subsequent inflammation.

Not only does this condition contribute to the complex syndrome of heart disease, but it is also a **huge contributor to the development of high blood pressure.**

As with all chronic diseases that share the common component of inflammation, it is only a matter of time before one disease expands into another. It's not that you are developing another disease; it is merely a symptom that the body is continuously losing control.

Reducing stress hormone levels is one of the most natural ways to make a positive impact on your heart health and is essential, considering that sudden death occurs in over 50% of all heart attacks.

When you consider that the first symptom of heart disease is a heart attack, it is very important that you deal with this situation now.

“ It's like forcing water from a fire hose through a garden hose. ”

This spiraling into multiple chronic syndromes is merely a symptom of a loss of homeostasis, the body's innate ability to regulate the internal processes needed to maintain vibrant health.

So, what can you do?

In order to get to the root of the problem, you have to reduce excessive stress hormone. This is why I formulate with adaptogenic herbs, as they have historically been found to reduce stress hormone.



Is Diabetes Really a Disease?

“ The way to control sugar cravings is to control the stress response. ”

I want to address diabetes, since nearly everyone with diabetes develops heart disease. All of the issues discussed regarding heart disease also relate to diabetes, but, unfortunately, you get some additional complications when diabetes becomes part of the equation.

Do you realize that **diabetes is considered a disease of accelerated aging** because the abundance of oxidative stress continually damages your entire system? Diabetes is related to many debilitating conditions including obesity, cardiovascular disease, high blood pressure and cancer. Also, we are now discovering that diabetes is a precursor to Alzheimer's disease and dementia.

Type 2 diabetes, which represents 90% of all cases of diabetes, is **caused by excessive calories and lifestyle choices**. I question why it is actually called a disease, since it is often caused by poor diet and lack of exercise. If it goes away by changing your diet and exercising, is it a disease or a lifestyle choice?

Diabetes is simply too much blood sugar remaining in the bloodstream, causing inflammation to the vascular system and kidneys. Basically, it is insulin resistance, where the **cells stop responding to the signals from insulin**. With this lack of response, sugar stays in the bloodstream because there is nowhere for it to go.

Let me explain in simple terms how stress affects diabetes.

Let's say you wake up and you already have elevated blood sugar. If you're like most people, you're stressing about going to work, which puts you in "fight or flight" mode. When this happens, your body

floods your system with glucose, fatty acids and adrenaline, adding to the sugar you are already dumping into your body with donuts, bagels and juice.

At the same time, your body reduces insulin production because it thinks it is in danger and needs the sugar to fuel your muscles for fight or flight. Additional hormones tell your cells not to listen to the little bit of insulin left over in your system.

What has just happened?

Essentially, you have doubled the load of sugar and fat circulating in your blood. All of this is happening simply while you are walking out to the car to go to work!

If this is your situation, you are placing yourself at risk since research shows that **stressful eating doubles the chances of having a heart attack** for at least two hours. For many people, this occurs at least three times a day.

When you find yourself in this situation, and you start your day with sugar instead of protein, you will **be on a sugar roller coaster** for the entire day. This also makes you more susceptible to overreacting to your next stressor, and the nightmarish cycle continues.

When your stress turns into anxiety, you go searching for an instant serotonin fix and sugar is the fastest way to get there. Being locked into stress mode makes it nearly impossible to avoid sugar.

All of the **extra sugar, fat, adrenaline, insulin and stress hormone feed inflammation** and lead to another bonus most people in this situation experience, which is obesity.

All of the issues I've discussed regarding heart disease and diabetes apply to obese individuals, as most will eventually develop these conditions. However, obesity creates its own inflammatory chemicals to add to the mix.

STRESS CHANGES YOUR EATING HABITS

Research isn't necessary to realize that **we are in the midst of an obesity crisis** in this country. There seems to be a new diet program launched every day.

Approximately one third of the country is considered obese, with two thirds being overweight. In trying to determine a solution, the primary focus has been on diet and exercise. In my opinion, however, chronic stress is often being ignored as an important component.

Stress changes your eating habits. The first thing you want to do when you are stressed is to change the way you feel. At this point, there isn't any conscious decision making involved; you are now merely grabbing something to alter the way you feel. The easiest way to do this is to grab one of **"The Big Four" - sugar, cigarettes, alcohol or drugs.**

Excessive sugar starts the process of accelerating the storage of fat and creates a brain that becomes a slave to cravings. Eating a diet dominated by sugar and simple carbohydrates creates a dopamine deficient brain incapable of curbing the cravings for sugar. This is the cruel reality of the usual approach to stress.



A lack of dopamine also affects your willpower and your ability to experience pleasure. Because of this, sugar leads to cravings for alcohol and drugs simply to experience some temporary pleasure. This may then be followed by the need for a cigarette to stimulate your brain a bit more. Giving into these cravings is the beginning of a full-fledged habit of poor choices.

By negatively affecting your adrenals, sugar allows you to be stressed and overreact to the situation at hand. When that happens, you just can't wait to change the way you feel, and the vicious cycle continues.

Unfortunately, there is an additional problem. The sugar and poor food choices made while under the influence amplifies the dangers of excessive stress hormone. This **creates the kind of toxic abdominal fat and inflammation** that guarantees a life of disease and early death.

There is a positive and important point to be made here regarding this seemingly endless pattern. Adaptogens and good food can return your brain and your willpower, and help you to **control your cravings simply by establishing proper rhythms in your body and brain.**

IS YOUR BRAIN TURNING INTO TOXIC SOUP?



Cancer may no longer be the most feared disease in the world. Quite possibly, it may be accelerated aging of the brain.

If you develop heart disease, diabetes or some other debilitating disease, it may be painful and inconvenient. However, **if you lose your brain, you lose everything.**

Currently, nobody knows for sure what causes accelerated aging of the brain. There seems to be no solid information on how to treat it. It does make sense, however, to do everything now to protect against it. To have any chance of preventing Alzheimer's or dementia, you have to look at the one factor everyone agrees is involved in the development of this horrible disease, and that is inflammation.

You must take steps to give your brain what it needs to perform at its best. Every cell in your body requires nutrition to function properly, and that includes your brain. Without proper nutrition, inflammation begins to develop.

Inflammation in your brain may be caused from chemicals in the environment, lack of nutrition, excess sugar, food additives or even dehydration. All of these things play a role, although nothing can be identified as the main culprit. Most likely, it is all of the above.

Where does stress enter the picture?

You can't overlook the fact that both stress and toxic chemicals play a role in deteriorating your brain. You have to realize, **excessive stress hormone causes your brain to soak up environmental toxins at an accelerated rate.**

If you are drinking tap water, you are absorbing chlorine, fluoride and aluminum. If you are suffering from chronic stress, this also increases inflammation in your brain. Food additives, pesticides and toxins, as well as alcohol and tobacco, also cause inflammation. With all of these things, your brain will experience more damage due to excessive stress hormone.

Here is the reason why...

The part of your brain called the hippocampus is essentially the center of memory retention and recall. Under certain conditions, this part of your brain becomes open to attack from a varied assortment of chemicals, causing the hippocampus to absorb the chemicals like a sponge.

Obviously, this concentrated amount of inflammatory chemicals in the memory center of your brain is not a good thing. Chronic stress and excessive levels of stress hormone cause this to happen. I'm sure you can see why it is so important to protect your brain.



Fueling The Fire in Your Brain

“By taking adaptogens daily, and by doing something every day that relieves your stress, you’ll become proactive in the fight to save your brain.”

Let’s take a further look at how stress affects your brain and how you can protect yourself from its harmful effects.

Your brain is under the influence of different neurotransmitters working synergistically to **keep it moving in perfect harmony**. Dopamine provides the power, acetylcholine the speed, and serotonin the calm. Adaptogenic herbs influence them all.

My main focus has been to comprehensively study adaptogens and how they regulate everything in your body. For the past ten years, I’ve studied the effects of adaptogens on stress and inflammation in the body, with an emphasis on how **adaptogens directly impact inflammation in the brain**.

It’s important to focus on inflammation in your brain, as degenerative brain disease is quickly becoming a worldwide epidemic.

Often, it is long-term stress and the inability of the body to regulate itself that causes an initial chronic condition. If you let stress get the best of you, it’s like throwing gasoline on a fire, particularly with your brain.

There is a center in your brain called the hippocampus. I have mentioned it before, but this is important, so I want to emphasize it. The hippocampus is the memory center controlling the storage and access to memory and affects the production of acetylcholine.

Unfortunately, when the hippocampus is exposed to long-term excessive stress hormone, this part of your brain becomes a sponge that absorbs toxins at an accelerated level. In my opinion, this is the worst part of excessive stress hormone. It doesn’t directly damage the hippocampus area of your brain, but turns it into a toxic waste dump allowing it to absorb more toxins.

The average person is exposed to far too many chemicals causing excessive inflammation in the brain. Excessive stress adds fuel to the fire. The exposure to chemicals is vast. As I mentioned earlier, MSG and aspartame in your food, the excessive consumption of alcohol, pharmaceutical drugs, fluoride and chlorine in your water, and mercury in your teeth...the list goes on and on.



A question you might ask yourself is, “How can I reduce accelerated inflammation in my brain?” The answer to this involves two simple things:

1. Reduce the amount of harmful chemicals that make it into your brain; and
2. Regulate stress response with the daily use of adaptogens.

You may already be health conscious and focused on nutrition, exercise and drinking clean water. By adding adaptogens to your program, you are **now providing one of the simplest things to help your body regain homeostasis**.

With the ability to shut off excessive stress hormones, you can protect your body, particularly your brain, from the harmful chemicals making it in into your system.

FINE TUNING YOUR STRESS RESPONSE

Being in the field of nutrition and herbology for over 30 years, I have placed tens of thousands of people on programs to help improve their health. In the process, I have realized that stress was the main factor contributing to poor health.

All nutrition is important, and eating a healthier diet will certainly boost the effectiveness of the nutritional supplements you may be taking. In this book, I want to focus on a special type of herbal food called adaptogens. I believe these are **the most important group of herbal supplements** you can use in your program.

These special herbs are considered foods and directly feed the process of homeostasis. Adaptogenic herbs can have a direct impact on how your body regulates itself with respect to all types of stress.

Adaptogens are nature's perfect answer to our present day stress crisis. They directly feed the glands involved in the stress response, allowing your body to have the best chance to recover quickly with minimal damage. Over time, adaptogens may also allow you to respond differently to stressors and actually prevent you from falling into the repetitive pattern of overreaction to life experiences.



Once I discovered how effective adaptogens were in helping with stress response, I made it part of my life's study. There is nothing better to begin the healing process than a formula based on adaptogenic herbs. This is the main reason why I teach about adaptogens.

This small class of herbs are the ONLY substances I trust to have a direct effect on your hypothalamus/pituitary/adrenal complex and the human stress response. Adaptogens can impact every single aspect of your health, while allowing the rest of your health program to have a better and lasting effect.

By taking specific adaptogenic herbs every day, you are fine tuning your own stress response and making sure that all of the glands involved are healthy. Your body will have the energy to move in and out of stress in a normal flow and not get locked into "fight or flight".

GIVE YOUR BODY A CHANCE

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The beauty of adaptogenic herbs is the multi-layered effects they have on the body. ”

There's not one thing you can pinpoint as the cause of any chronic condition. There are many different factors, including stress, which eventually lead to poor health. I believe the picture is clear; **you have to be proactive with your health.**

As an herbalist, I want you to know that taking adaptogens is not a cure for any disease, just as eating a good diet isn't guaranteed to keep you from becoming ill. I can tell you, however, that **adaptogens allow your body to work in a way that promotes proper stress response**, which lowers your chances of having elevated stress hormone.

By reducing stress hormone, you are helping to remove a chemical responsible for excessive inflammation and loss of homeostasis. Elevated stress hormone increases inflammation, which can lead to the worsening of most chronic conditions. Adaptogens make it easier for the body to maintain its proper resting state or homeostasis, and places it in a position to heal itself.

Adaptogenic herbs **have a balancing effect on particular glands and organs, promoting an optimum level of health.** For example, Rhodiola is one of the best herbs for stress. Not only does it reduce stress hormone, but also it has an added bonus of balancing the level of dopamine and serotonin in your brain. Rhodiola actually helps your brain make the neurotransmitters needed to allow it to relax.

This is the reason I use a blend of adaptogens in my formulas. They all work on stress, but **they each add their own unique energy.** I will be covering individual herbs later in the book explaining how this actually works.

If you are similar to others locked into a stress response, your body has lost its ability to relax. When this happens, you end up experiencing low-level stress response even when you are sleeping. Since your body is never in a truly relaxed state, it misses the deep healing that it is programmed to have every night.

The result is that your body never gets the deep sleep it needs to heal itself. In addition, you may have another stress response when your alarm clock rings. The process becomes a continual treadmill that repeats day after day, and year after year. I've talked to people where this has been happening for decades.

When you take a high quality blend of adaptogenic herbs, it allows the HPA axis to function properly.

Depending on what state your body is in at the moment, **you may feel the effect of the adaptogens immediately, or it may take several days.** What you will notice over time is that you fall asleep more easily, wake up more rested and find that things simply don't bother you as much as they have in the past. Life flows much smoother and seems a little easier.

Some people are very sensitive to their bodies. They can take adaptogenic herbs and feel them within 10-20 minutes of taking a high quality adaptogen formula. If you are energetically sensitive, **you will feel your nervous system relax.** This is the body's first response when an adaptogen affects the pituitary gland. You will actually feel your shoulders drop as the tension starts to melt.

NATURE'S PERFECT FOOD



Adaptogens adapt! There is no other class of herbs on the planet that can actually do this.

I truly believe adaptogens are the most important herb class you can incorporate into your daily diet due to their **direct effect on your body's stress response**. They make up a small segment of "superior herbs," which are considered foods you should take on a daily basis.

The beauty of Chinese herbology is that it focuses on formulation. Similar to preparing a really good meal with a lot of nutritious foods, when you build a formula of Chinese herbs, you combine a lot of great herbs that assist each other in benefitting the body. Adaptogens, like other great herbs, always work better in combination with other herbs.

I also like adaptogens because of their **multi-layered effect in the body**. Remember, adaptogens are considered to be foods, and foods always have multiple effects in the body.

Even though adaptogens are extremely effective during the day as an energy tonic, they can also be taken toward the end of the day so that you relax and get a great night sleep.

In other words, they supply your body with what it currently needs for regulation and healing, which does not always match your concept of what you think you may need.

Let me explain...

When you have been continuously stressed for a long period of time, you may take a few adaptogens expecting to have renewed energy

and be relaxed. Your body, however, has an internal intelligence, or homeostasis, and it knows **it has to shut down for a while for deep healing to occur**.

When you first start taking adaptogens, you may become relaxed as your body enters a mode of healing. This is a natural healing response and is not a cause for concern. In order for you to restore your adrenal energy (Jing), you must first go through a period of relaxation in order to build real energy...it's part of the rejuvenation process.

If you happen to fall asleep after taking an adaptogen, don't be shocked, as your body is starting to rearrange itself. One of the best things you can do in this situation is to take a nap. Close your eyes, sit back, relax and enjoy your experience while your body is repairing itself. You'll wake up feeling great!

Adaptogenic herbs protect the body and promote its own regulation or homeostasis. However, as with any herbal program, **herb quality, dosing and formulation will determine how quickly your body responds**.

THE MARK OF A TRUE ADAPTOGEN

You may have noticed that adaptogens have become more popular in the marketplace as people become increasingly aware of their health benefits. However, **it is important to pay attention to the quality** of the adaptogen if you want the highest effectiveness.

Information about adaptogenic herbs is growing, with people often listing twenty or thirty different substances as having an adaptogenic effect on the body. In all of my years of experience focusing on these herbs, **I have only found five adaptogens that truly do what they are supposed to do.** An adaptogen must regulate stress response and put the body in a position to experience a greater level of health.

Some people currently use the term adaptogen to describe any type of herb or nutrient that helps the body with its energy. I have seen television shows with famous doctors touting nutrients like n-acetyl-cysteine and theanine as adaptogens, and it is not true. Both are wonderful substances, but they are not adaptogens. Of course, you are not usually questioned if you are a famous doctor on television. I don't know if this is due to a lack of understanding regarding the nature of a true adaptogen, or whether it is simply a matter of marketing. For this reason, **it is important to become educated with respect to how adaptogens work in the body.**

An adaptogen must **directly impact your pituitary gland** and immediately start to calm your nervous system. If this doesn't happen, you are not going to regulate your stress response and allow your kidney adrenal energy to enter a phase allowing the absorption of energy. This effect is the mark of a "true" adaptogen.



A true adaptogen has the ability to directly impact your pituitary gland (part of the HPA axis), and within seconds, it will affect your nervous system. When your nervous system starts to relax, your adrenals actually turn off the outpouring of adrenalin.

Once this happens, your adrenals can return to a state of replenishment and **start to absorb energy and build "Life Force."** A good quality adaptogen can allow your adrenals to change their function by becoming a reservoir for storing energy.

A truly great formula will include herbs designed to **strengthen "Jing."** This is a term used in Chinese herbology to describe an energetic system made up of your kidneys, adrenals, skeletal system, endocrine system, bone marrow and brain. By taking a Jing tonic, there is a

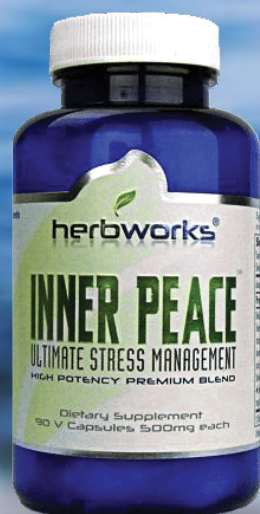
nourishing effect on this entire system.

In my personal study of nutrition and herbs for over thirty years, the only herbs I depend on for a profound effect are: Rhodiola, Reishi, Ashwagandha, Eleuthero and Schizandra. I use these herbs every day in my personal program.

These five herbs can be **extremely effective when used in a stress formula.** In order to be effective, they have to be extracted properly with a concentrate of all of the active plant constituents.

My years of experience and research have enabled me to determine the extract ratios of these herbs in order to be effective. Herbal potency is extremely important to have an immediate effect on the body and how it handles stress.

RESTORE YOUR “LIFE FORCE”



Adaptogens have been my main focus for the past ten years. Prior to that, I had been focusing on the energetic effect of tonic herbs and how they rebuild energy. I had great success with them, however, when I discovered adaptogens an entirely new world of healing was opened to me.

I realized how important relaxation is in building energy. In fact, **you cannot truly build REAL energy unless you relax** - it's impossible. With adaptogens you can do both; relax and rebuild.

What I'm going to share with you next is crucial.

It's the key to restoring your “Life Force.”

It was through years of experience and formulating for thousands of clients that I came to realize that when you take straight tonic herbs without an adaptogen, you may feel better for the moment and also have increased energy. However, **without an adaptogen you're not actually controlling your body's ability to lose or store energy.**

As I became more familiar with adaptogens, I discovered that people required fewer herbs to get healthy. They weren't losing as much energy, and the body was using that energy to repair itself. Through trial and error, I learned which adaptogens were shutting off the body's energy output.

If you get nothing else out of this book, there is an important point to understand. **When you don't have proper regulation of stress response, it's as if you are pouring water into a glass with a small hole.** Eventually, the water runs out and you have to continuously keep pouring more and more into the glass to keep it full.

With adaptogens, you actually plug the hole and stop the leak of energy.

GAINING WISDOM AND INSIGHT

“

These spontaneous moments of awareness start to become part of your awakening.

”



When you begin to take good quality adaptogens, it's likely that you will have some sort of an “*aha*” moment.

This is because adaptogens allow you to relax to a point where **you will be able to see life's bigger picture**. What I mean is that this can be a life changing moment of clarity, where you gain real wisdom and insights that you can put to immediate use.

One of my favorite aspects of adaptogenic herbs is that people often feel their effect right away. It is rare for someone to get an instant response to anything they try; this is not the case with a good adaptogenic herb formula.

I had my “*aha*” moment taking Reishi mushroom, and without that experience, I probably would not have continued on the path of learning about Chinese herbology. The moment for you may be seeing a stressful situation for what it is, without losing control and becoming consumed by it.

Adaptogenic herbs **put you in an energetic position to handle life differently**. You can begin a transition from reacting to life to being in charge of it; taking care of yourself becomes a part of life.

You should be aware of how you feed your body and focus on the type of nutrients and herbs you

take to build your health. Incorporating these learning experiences into your life can make you feel more vibrant and alive. Taking adaptogens to handle stress can be **a major step in taking back your life**.

AN AWAKENING

When I create a formula, it's truly about making a difference. I'm passionate about herbs and I want everyone to know and experience them the way that I do.

In the early part of my work, I formulated my own adaptogenic blend to deal with stress. I gave a box of my newest formula to my friend Jack (not his real name), as a gift, who in turn re-gifted it to his roommate. His roommate was suffering from chronic fatigue for years and Jack felt badly about his situation.

Jack's roommate had gone to six different herbalists looking for answers. He had **abandoned the Western medicine approach** because it was not working for him. He was sleeping until noon and spending the rest of his day in a fog of low energy. To everyone's amazement, he had some **astonishing results within a very short time** of taking my formula.



Three days after giving his roommate my special blend of adaptogenic herbs, Jack awakened early one morning to noise in the house. He was curious about the source since his roommate typically never crawled out of bed before noon. He went downstairs and found his roommate cleaning the house!

His roommate had gotten up early, full of energy for the first time in years, and started to catch up on all of the work he had been ignoring. I found out about this when they both came to see me to ask how he could have regained his energy so quickly.

Within three days, the roommate's nervous system had calmed and **the energy leak causing his chronic fatigue had stopped**. By having him take the right adaptogen formula, something was accomplished that six different specialists had failed to do.

This was an eye-opening learning experience for me, and launched me into my study of adaptogenic herbs. I'm now going to share with you some of my favorites.



REISHI - THE MUSHROOM OF IMMORTALITY

Reishi is the most highly revered herb in all of China and is often referred to as the “mushroom of immortality.”

Reishi is the first herb addressed in Shen Nong’s famous classic of Chinese herbology, “*The Divine Farmer’s Materia Medica*.” This is considered to be one of the three foundational books of Chinese medicine and is reputed to be over 2,500 years old. It states that Reishi “**quiets the soul, fortifies the will**, prevents senility, makes the body light and prolongs life so as to make one immortal.”

In Chinese medicine today, it is used as a heart tonic, a **liver cleanser and immune builder**. One of the main reasons I like to formulate with Reishi is due to its ability to simultaneously affect multiple glands and energy centers.

As a liver cleanser, it is one of the best herbs for detoxifying your liver of chemicals, pesticides and pharmaceutical drugs. Also, Reishi is unique as an immune tonic because it regulates immunity, increasing it when needed or calming it when necessary. This is what makes it a favorite among autoimmune sufferers.

Reishi has been used historically in China to **brighten the mind and place you in a calm, stress-free meditative state**. It is considered a Shen tonic, or something that promotes feelings of peace and awareness. Energetically, this correlates with its powerful effect on the Ajna (third eye) and heart centers, which are known as the centers for higher will and love.

As I mentioned before, adaptogens have a multi-layered effect. Reishi does all of the above and also has a **direct effect on pituitary, thyroid and adrenal energy**. Adaptogens typically go to your weakest point first, and then bring the rest of your body into balance.

You can see why I love to use Reishi in all of my formulas.

My Reishi Experience

When I was first exposed to the world of Chinese herbs, I had an incredible experience drinking a tea with Reishi mushroom. This began my journey from chronic fatigue to the world of herbology. While I was not really expecting anything from drinking a cup of tea, an hour after drinking it I **felt my energy shift and my entire body relax**. I had a sense of physical energy flowing around my body. To my amazement, I spent the following week in a state of heightened awareness and energy. At the same time, I noticed

that my over amped nervous system had completely calmed down.

When I look back, I find it interesting that I did not know a single thing about adaptogenic herbs, or Reishi mushroom. My experience was not related to anything that I had read or heard. It just happened.

This initial experience catapulted me to becoming a Chinese herbalist and still influences everything I do today. **My entire life has been impacted by this first experience of taking an adaptogenic herb.**

I wanted to know exactly what happened to me, so I became an herbalist. I wasn’t interested in Chinese herbs as much as I was interested in finding out what caused my experience.

Due to a response to an herb, for the first time in years I felt energized and decided to change the direction of my life. This is the “aha” moment I was referring to earlier.

ELEUTHERO - THE SIBERIAN WONDER HERB



Eleuthero is the herb primarily responsible for the term adaptogen and initiated the studies on this unique class of herbs.

The Russians classified adaptogens as “*a substance used to increase nonspecific resistance to adverse influence.*” In layman’s terms, they are saying that adaptogens enhance the body’s **ability to deal with the many adverse conditions of modern life**, while maintaining good health.

Another way of saying this is that adaptogens promote the ability to handle stress!

In addition, the studies went on to say that “*an adaptogen must cause minimal disruptions to normal physiological functions and have a normalizing action irrespective of the direction of the pathological*

state.” This means that adaptogens assist the body in **re-establishing its own natural rhythm** and maintaining its internal balance.

The famous study most often quoted regarding Eleuthero involved factory workers in the freezing cold of Siberia. They took two thousand workers who were constantly freezing, and another two thousand complaining of feeling too warm, and gave them all the same dose of Eleuthero. Interestingly enough, the freezing people warmed up and the others cooled down.

Eleuthero had the **direct effect of regulating each person’s internal processes**. They were using natural herbs to allow the body to correct itself, instead of forcing it to do something else.

“ In other words....adaptogens assist the process of homeostasis! ”

It’s easy to see why the medical profession has so much trouble with this concept. They would have to accept the notion that **the body can heal itself** by simply returning to its natural resting state, which is being relaxed and stress free.

The Russians kept Eleuthero secret for years. The cloak of secrecy seems strange now, but at that time, the competition between Russia and the USA for Olympic supremacy was very intense. It was used as a supplement for their Olympic athletes and cosmonauts, as they **proved that it enhanced endurance and oxygenated the blood**. Beyond athletes, it was also of benefit to anyone traveling in higher elevations.

Eleuthero is a great adaptogen because it is one of the best herbs for consolidating and **strengthening your adrenal-kidney energy**, which provides endurance, more physical energy and helps to regulate the HPA axis.

However, Eleuthero has a limited ability as an individual herb and is best used when combined within a formula. It works best when added to programs designed to assist the body’s ability to cope with physical and emotional stress.

The bottom line is that in the right combination, Eleuthero makes it easier for all of the other herbs in a formula to do their job more effectively.

RHODIOLA - THE ROSE OF HEAVEN

Rhodiola works incredibly well as **an instant responder to stress**. Depending on the quality and dose, it can be felt in the pituitary within minutes, immediately calming your nervous system. One of the most famous adaptogens from Russia, Rhodiola has been used medicinally for over 40 years due to its multiple life enhancing properties.

Although it was made famous by the research done in Russia, Rhodiola has a long history of use in Tibet, where it is highly revered as a gift from the gods. Its name there, “Rose Of Heaven,” refers to the rose-like fragrance of its root. It grows best at very high elevations and **has a miraculous effect on nearly every aspect of health**.



Just like Eleuthero, Rhodiola is famous for building endurance and oxygenating the blood. It also became one of the main herbs used by Russian cosmonauts and athletes. In fact, when you exercise an hour after taking Rhodiola, your body actually releases 44% more fatty acids to be burned for energy.

This **fat burning aspect of Rhodiola is especially important** today, as the rising levels of obesity and heart disease have reached epidemic proportions. There is a direct correlation between chronic stress, poor diet and the accumulation of abdominal fat. Unhealthy abdominal fat contributes to many serious health risks, including heart disease, diabetes and hormonal imbalance.

Rhodiola was the basis for the first adaptogen formula I created after I realized how well it worked

in response to chronic fatigue. I began to see people heal faster when I added Rhodiola to their programs, as the reduction in stress hormone allowed their bodies to start the healing process.

Rhodiola has a **variety of benefits for the brain and body**. It is also a potent antioxidant, and, just like Reishi, it can be used to remove toxic chemicals from the liver.

Another thing I find interesting about Rhodiola is that it is the only herb known to build both dopamine and serotonin in the brain. I discussed these substances earlier in the chapter about brain function. This balancing effect of being both energizing and calming is why historically it has been used as a natural antidepressant.

To me, Rhodiola is one of nature’s perfect foods. It feeds the process of homeostasis, letting the body determine how it actually uses it. This is a perfect example of how adaptogens act with their own intelligence and why I include them in my formulas.

SCHIZANDRA - THE HERB FOR EVERYTHING

Have you ever had the experience of being attracted to something the very first time you came in contact with it, but couldn't put your finger on the reason why? Over time, as you discovered a seemingly endless amount of information about this particular "something," it never really explained your original fascination but it only enhanced your feelings toward it?

This explains my relationship with Schizandra and why I have consumed it almost every day for over twenty years. As an herbalist, I have found Schizandra to be valuable for so many things that **it can be compared to an herbal multi-vitamin.**

Unlike most Chinese herbs, it does not have to be cooked to get some benefit from it. A very sour, small purplish berry with a complex flavor, it is said to contain all five major tastes - sour, sweet, salty, bitter and pungent.

It is both **an energizing herb (Chi tonic) and a detoxifying herb**, a very rare combination in the herbal world. As a Chi tonic, it builds lung energy and strengthens digestion, which may be one of the reasons I was initially attracted to Schizandra. As previously mentioned, when I discovered Chinese herbs and began my apprenticeship, I was in a battle with chronic fatigue. Weak lungs had plagued me since birth and chronic fatigue destroyed my digestive energy. I noticed that I felt physically stronger after I started using it.

As a detox herb, Schizandra can be **beneficial to both the lungs and the liver.** It has been used as a single herb treatment for hepatitis in China with outstanding success. Schizandra contains a large number of lignans, a natural substance with potent carcinogenic binding properties.



A few years ago, the American Medical Association (AMA) was pushing the consumption of brussels sprouts because they contained a potent anti-carcinogenic substance called a lignan. The theory is that consuming brussels sprouts, which contain one lignan, would bind with carcinogenic substances and pass them safely out of the body. Amazingly, Schizandra contains 21 lignans. This makes it **an immensely powerful anticarcinogenic herb!**

Schizandra, like Reishi is also known as an herb for "brightening the mind" and is said to **sharpen memory and increase concentration.** It is known to literally "pump up the brain" as it enhances energy flow up the spine into the cranial pump at the base of the skull. Daily use often leads to the feeling of having your brain "light up."

It is also considered a beauty herb and is regularly used in formulas for toning the skin. It was a favorite with women of the Imperial Court in China and was famous for its youth preserving qualities. Schizandra helps balance the water metabolism of the cell, allowing it to maintain proper hydration without promoting edema. It is one of the best herbs, along with Reishi, for protecting your body from ultraviolet radiation.

Schizandra has an astringent quality, causing it to lock energy into the body so that it does not dissipate. It is often paired with kidney tonics to lock energy into the kidneys and reproductive system. It's also famous for building abundant sexual fluids in both men and women.

In terms of pure adaptogenic properties, Schizandra may have the mildest adaptogenic effect of all the herbs I've mentioned, but it does have **the greatest multi-layered effect on the body.**

ASHWAGANDHA – THE LONGEVITY HERB



My specialty is Chinese herbology. However, when I was introduced to Ashwagandha, this particular herb caused me to vary from my path of sticking strictly to Chinese tonic herbs.

The reason I am so passionate about Chinese herbs is due to my experience of working within this system for over twenty years, and I trust it. It is also a very thoroughly documented system and the information is trustworthy, allowing you to know exactly how something performs. With other herbal systems, I find it hard to tell hype from fact.

Ashwagandha is an herb worthy of being classified with the best tonics from China as a “superior herb,” even though it comes from the Ayurvedic system of India. In China, “superior herbs,” or tonics, are food grade herbs used to strengthen a weakness or deficiency somewhere in the body. **They can be taken daily, and for long periods, without doing harm.** They are not medicinal, but they are simply used to build health. All of the adaptogens I mention in this book are in the category of superior herbs.

I was introduced to Ashwagandha several years ago and fell in love with it. It has a **powerful calming effect, but at the same time can energize and**

cleanse the brain. This statement may be a little confusing, so I’ll explain it further.

Ashwagandha is one of the few herbs shown to boost the production of acetylcholine, the neurotransmitter responsible for processing and accessing information. The special form I prefer to use is particularly good for stabilizing the frontal lobe, the part of the brain essential to overriding the “fight or flight” reaction.

Ashwagandha is a great example of an herb where the quality level determines its effectiveness. The natural supplement world is flooded with poor quality herbs. The Ashwagandha I formulate with is always harvested at a specific point in the growth cycle of the plant and extracted in a way that eliminates a negative element known to have adverse effects.

Some of the benefits of this multi-patented brand are:

- **Inhibiting of fatigue, tension and exhaustion from everyday stressors**
- **Reducing stress hormone by 25%;**
- **Promoting mental clarity, concentration and alertness;**
- **Support of the cardiovascular function, and;**
- **Helping to enhance balanced energy levels for physical performance and endurance.**

Ashwagandha works extremely well on the pituitary gland and its energetic partner, the Ajna chakra. Energetically, it has something rarely observed with any other herb; a beautiful blue prana entering the spinal column and enveloping the entire brain.

Prana is a common term used in India to describe energy. **Every herb has an energetic component matching its nutritive makeup.** Eastern medicine, Chinese and Ayurvedic, use different words to describe energy and how it moves or flows throughout the body. It is the same as Jing, Chi or Shen, terms used in Chinese medicine to describe energy.

References to chakras and energy centers may be new to you, but it has **been around for thousands of years** and is quite common in India. China uses terminology based on energetics, also. As you become familiar with this concept and with the terminology, it is easy to see how movement and consolidation of energy impacts different aspects of health.



Energy Medicine

“ With his feet firmly planted on the ground and his head reaching up to the Heavens, man is in a unique position to be heavily influenced by both. ”

We live in an energetic environment, which influences every aspect of our health. In Chinese herbology, the Universe is said to consist of Heaven and Earth, with man being the connection between the two.

The earth's magnetic resonance connects directly through the feet and **influences the energy charge of every cell in your body**. The chakras in your head and torso directly receive prana from the Universe and influence the corresponding glands associated with them.

Energy medicine is becoming extremely popular. It is simply the idea of using natural substances to enhance or complement how this energy flows around the body. Natural substances are chosen for their vibrational and nutritive impact on the body.

In energy medicine, **disease is often viewed as a blockage, or deficiency**, in healing energy and its movement throughout the body.

In my experience, herbs are some of the best substances for balancing these connections, which helps the body to maximize its energetic potential.

For example, Reishi is amazing for cleansing the liver and the solar plexus chakra below your heart. Additionally, its prana immediately goes to the chakras in your head and **surrounds the entire brain in a very protective shield** of violet energy. Of course, all of these effects are based on a very high quality Reishi that has been properly extracted.

I find Ashwagandha to have a beautiful, blue prana. Blue is a color of higher consciousness and Ashwagandha seems to have an intelligence of its own. Working in combination with Reishi, Ashwagandha speeds up the functioning of the Ajna, the energy center of the pituitary gland, both energizing it and cleansing it of dirty prana.

“ Herbs are unique in their effect, as they have both a nutritional as well as an energetic influence on the body. ”

Cleansing is an energetic function of certain adaptogens, as they increase the spinning action of the energy centers correlating with the glands of the HPA axis. This speeds up the expelling of dirty energy and the intake of vital prana into the body and brain. When healthy, the Ajna stabilizes the frontal lobe and enhances all of the activity associated with this area of the brain.

The frontal lobe of the brain, where these chakras are situated, correlates with higher thought and creativity, and with the feeling of being in control. Healthy activity in this part of your brain helps to override the stress response.

Your Ajna and Crown chakras, which are paired with the pituitary and pineal gland, are the primary centers involved in meditation. This is where your **feelings of peace, contentment and higher intuition** associated with long-term meditation arise. Your level of willpower and focus is dependent on these centers opening and becoming active. The extent to which this occurs depends on the type and intensity of the meditation. Certain herbs are used to influence all of these energy centers and enhance their activity.

It is easy to see how a high quality adaptogenic formula can be an aid for meditation, similar to how a great pair of running shoes contributes to a runner's speed and efficiency.

IT'S ALL UP TO YOU

The five herbs I have discussed are some of my personal favorites, and I feel that they are truly deserving of the name “adaptogen.” I love to formulate with them, as they never fail to produce results.

Stress is the elephant in the room that everyone tends to ignore, and it robs us of our health and vitality. To be happy, healthy and more vibrant, we need an answer to this modern day plague. I believe **a high quality adaptogenic herb formula is the answer.**

Like a surfer riding a wave, a good formula of adaptogenic herbs allows your body to adapt to the ebbs and flows of life by allowing you to ride the waves, while avoiding a wipe out. Your body moves into sync more easily, allowing you to withstand emotional stress and keep moving forward.



CALM CLEAR ENERGY

TianChi is an energy drink mix designed to feed your brain, regulate your nervous system and provide you with calm, clear energy.

- More Energy
- Less Stress
- Increased Focus
- Elevated Mood
- Adrenal Support

ULTIMATE STRESS MANAGEMENT

Inner Peace relieves stress and anxiety, supports adrenal function, promotes athletic recovery and provides a greater sense of well being.

- Reduces Stress
- Promotes Deep Sleep
- Reduces Anxiety
- Supports Adrenals
- Alleviates Fatigue & Tension



To maximize your benefits from any health program, you must become conscious about your sugar intake, drink filtered water, pay attention to your nutritional needs and eliminate excess chemicals from your diet.

By adding high quality adaptogens, and making intelligent food choices, you will allow your body to handle stress and give it the best possible chance to stay healthy. You will soon discover that you are more relaxed, feel less tense, sleep better and have better relationships.

As adaptogens allow your body to become more balanced, **life becomes more focused and is simply more fun.** This is why I love adaptogens, formulate with them, and why I feel they are the most effective herbs for your mind, body and spirit.

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