

ADAPTOGENS

Adaptogens are a select group of herbs (and some mushrooms) that support the body's natural ability to deal with stress. This group of herbs has been highly revered all around the world due to their nonspecific ability to build vital energy, fortify the immune system, and for their overall effect on human homeostasis with regard to health and well-being.

Although the concept of adaptogens had been around for thousands of years, it was not until 1947 that a Russian scientist, Dr. Nikolai Lazarev, introduced a word to define this specific group of herbs. He was on a search for substances that could help soldiers turn into super soldiers, meaning herbs that would support a soldier's ability to overcome fatigue, improve their performance on the battlefield, improve general resistance to toxins, as well as support their general adaptation process to various stressors.

Initially looking to pharmaceutical-type stimulant drugs to support soldiers, Dr. Lazarev shifted his focus as he became increasingly concerned with the side effects and began looking to the natural world for answers. He coined the word "adaptogen" and defined herbs that helped the body to counter adverse physical, chemical, or biological stressors by raising nonspecific resistance toward such stress, thus allowing the organism to "adapt" to the stressful circumstances.

Just 20 years later, in 1968, the definition of adaptogen was refined. To be defined as an adaptogen, a plant must meet the following guidelines:

- nontoxic substances in normal doses
- nonspecific in their mode of action thus producing a general increase in the resilience factor of an organism toward multiple stressors (physical, chemical, and biological), and stimuli (both internal and external)
- have a normalizing and balancing effect on physiology, irrespective of the direction of the change from physiological norms caused by the stressor

Adaptogens Have the Following Qualities:

- Supporting
- Nourishing
- Boosting
- Strengthening

Adaptogens Help the Body:

- Increase energy
- Improve stamina
- Increase immune response
- Improve homeostasis
- Improve mental performance
- Fortify

Are you ready to add some adaptogens to your daily routine? We suggest starting with Turmeric Alchemy™, our certified organic golden milk formula which features our custom adaptogenic tonic blend. This powder can easily be added to teas, coffee, chai, or your favorite golden milk recipe.

Turmeric Alchemy fuses the ancient Ayurvedic tradition of golden milk with the supportive benefits of adaptogens, resulting in a unique and powerful superfood tonic. Turmeric root, known throughout the world for its curcumin content and antioxidant properties, is synergistically enhanced with the warming herbal activators cardamom, cinnamon, ginger, and black pepper to help maximize the turmeric's bioavailability.

In Ayurvedic medicine, turmeric is known as warming and strengthening to the whole person. For thousands of years, turmeric has been used to bolster the immune system and as a folk remedy for many common ailments. Turmeric has a special place in Indian tradition where its many uses range from Indian cuisine where it is used as a spice in curry and other dishes, as a coloring agent for fabric, and as a therapeutic agent in their traditional medicinal system.

Our adaptogenic tonic blend contains both whole roots (ashwagandha and astragalus) and pure extracts (schisandra, reishi, cordyceps, and chaga). Each adaptogen, in its own unique way, helps bring strength to the body's innate ability to cope with stress and fatigue, thus promoting general vitality and well-being. Adaptogens are extremely beneficial allies that support the individual in maintaining a healthy body and mind in today's modern world.



Turmeric Alchemy Golden Milk

Ingredients

- 1-1/2 cups light coconut milk
- 1-1/2 cups unsweetened plain almond milk
- 1-1/2 teaspoons ground turmeric or Turmeric Alchemy
- 1/4 teaspoon ground ginger
- 1 whole cinnamon stick (or 1/4 teaspoon ground cinnamon)
- 1 tablespoon coconut oil
- pinch ground black pepper
- Sweetener of choice (e.g., maple syrup, coconut sugar, or date syrup)

Preparation

- Combine all ingredients in a small saucepan.
- Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling, about 4 minutes, whisking frequently.
- Turn off heat and taste to adjust flavor. (Add more sweetener to taste or more Turmeric Alchemy or ginger for more spice.)
- Serve immediately.
- Best served fresh, though leftovers can be stored covered in the refrigerator for 2–3 days and reheated.