



Natural Health Research Institute

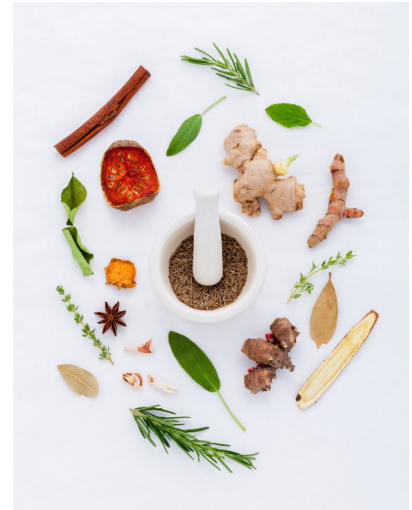
Your One-Stop Website for Research on Natural Health and Wellness

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Benefits of Adaptogens

Adaptogens are active ingredients in certain herbs, roots, and mushrooms, that are believed to stimulate the body's resistance to physical, environmental, and emotional stressors. Adaptogens work by targeting your adrenals and managing your body's hormonal response to stress. The herbal action in adaptogens increases or decreases chemical reactions within your body. Experts believe that adaptogens interact with the hypothalamic-pituitary-adrenal (HPA) axis, which initiates your body's stress response and plays a big role in keeping your body in balance. Growing research suggests that adaptogens may also help with improving mood, fighting fatigue, increasing mental capacity, boosting the immune system, reducing pain and inflammation, improving digestion and losing weight. Some studies suggest that certain adaptogens may even have anticancer activities.



There are three qualities that a plant must have to be an adaptogen:

- It is non-toxic when taken in normal doses.
- It helps your body cope with stress.
- It allows your body to return to balance (homeostasis).

Common adaptogenic herbs include: ginseng, schisandra, eleuthero, ashwagandha, rhodiola, astragalus, turmeric, reishi mushroom, holy basil and cordyceps.

Adaptogens can be taken as herbal supplements in capsule form, as tinctures, in teas, or in a powder added to soups, smoothies and other foods.

Always consult with a medical professional before adding adaptogens to your wellness routine.



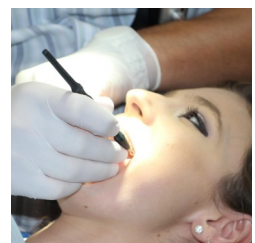
[High-Concentration Ashwagandha Root Extract has Broad Stress-Reducing Effects](#)



[Turmeric as Effective as Acetaminophen in Treatment of Osteoarthritis](#)



[A Combination of Black Cohosh and Rhodiola Improved Moderate Menopausal Symptoms in Women](#)



[Complex Phytoadaptogen Application Aids in Prevention of Chronic Periodontitis](#)

Upcoming Event



The NHRI will be a sponsor and exhibitor at the American Nutrition Association's annual summit, Personalized Nutrition 2022: Mental Health Matters. The event will be held on October 26-29, 2022 in San Diego, CA.

The Personalized Nutrition 2022 Summit will explore the complex ways that nutrition, food, and other compounds in our diets influence our brains, mood, and mental health.

[View the Agenda](#)

Recent Posts



Omija (*Schisandra chinensis*) Extract and Soybean Mixture Improves Glycemic Control in Hyperglycemic Subjects

Written by Taylor Woosley, Staff Writer. 12-week supplementation of an Omija extract and soybean mixture capsule resulted in significant improvement in plasma glucose levels compared to baseline. Furthermore, OSM subjects experienced lower insulin levels and insulin AUC compared to placebo, even after adjustment of the baseline. [Read more »](#)



Omega Fatty Acid Profile is Associated with Disease Activity in Patients with Rheumatoid Arthritis

Written by Chrystal Moulton, Staff Writer. High serum omega-3 fatty acid pattern was associated with low C-reactive protein (CRP) levels, less high disease activity (DAS28 > 5.1), and less corticosteroid treatment. [Read more »](#)



Higher Nut Consumption Associated with Lower Incidence of Chronic Kidney Disease

Written by Taylor Woosley, Staff Writer. After adjusting for potential confounders, results of the study show that consuming 1-6 servings of nuts per week was associated with a lower risk of chronic kidney disease in all models ($p < 0.05$). [Read more »](#)



Higher Dietary Niacin Consumption Decreases Migraine Risk

Written by Taylor Woosley, Staff Writer. Results of the large cross-sectional study show that compared to individuals with lower niacin consumption Q1 (≤ 12.3 mg/day), the adjusted OR values for dietary niacin intake and migraine in Q3 (18.4-26.2 mg/day) and Q4 (≥ 26.3 mg/day) were 0.78 (95%CI: 0.66-0.92, $p = 0.004$) and 0.74 (95%CI: 0.60-0.92, $p = 0.009$), respectively. [Read more »](#)

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