



Adaptogens & Tonic Herbs

With Rosemary Gladstar



Plants adapt constantly to the stresses of their environment ~ and then thrive!



Adaptogens; Herbs for longevity



medicinal roots, bark & berries



Siberian Ginseng
Eleutherococcus senticosus



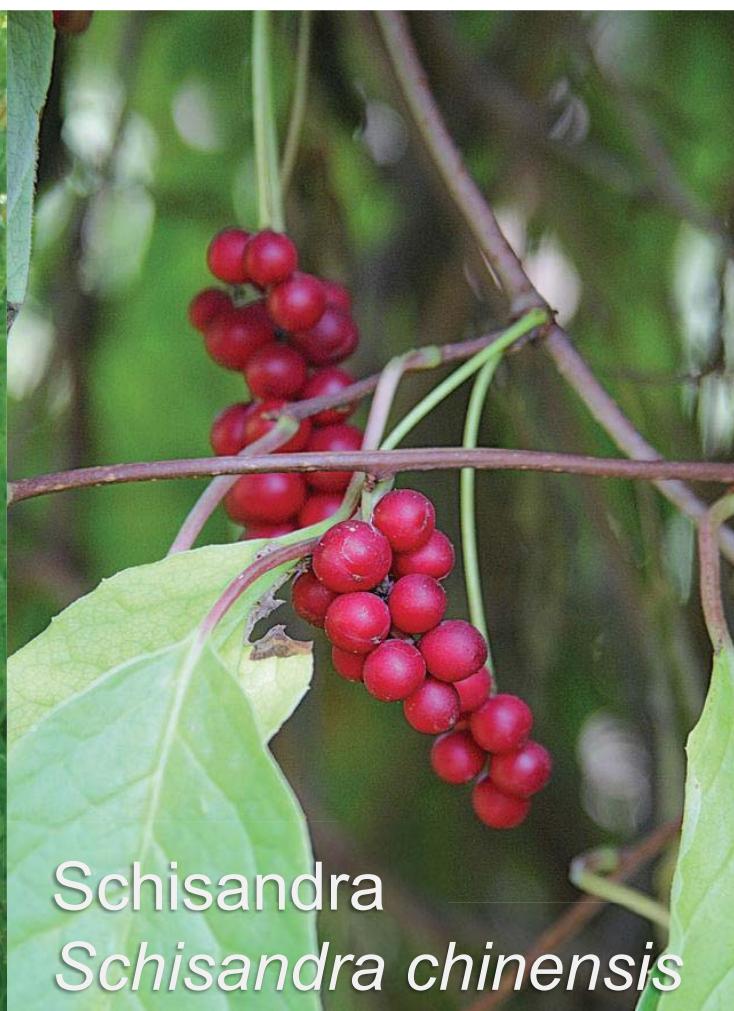
American Ginseng
Panax quinquefolius



Rhodiola
Rhodiola rosea



Rhodiola
Rhodiola heterodonta



Schisandra
Schisandra chinensis



Ashwaganda
Withania somnifera



Ashwagandha
Withania somnifera



Astragalus
Astragalus membranaceus



Holy Basil (sacred basil)
Ocimum tenuiflorum



Gotu Kola
Centella asiatica



Ho Shou Wu
Polygonum multiflorum



The power of medicinal mushrooms



Reishi
Ganoderma lucidum



Chaga
Inonotus obliquus



Turkey Tail
Trametes versicolor



Turkey Tail
Trametes versicolor



Shiitake
Lentinula edodes



Tonic herbs



Hawthorn
Crataegus



Dandelion
Taraxacum



Dandelion
Taraxacum



Dandelion
Taraxacum



Dandelion
Taraxacum



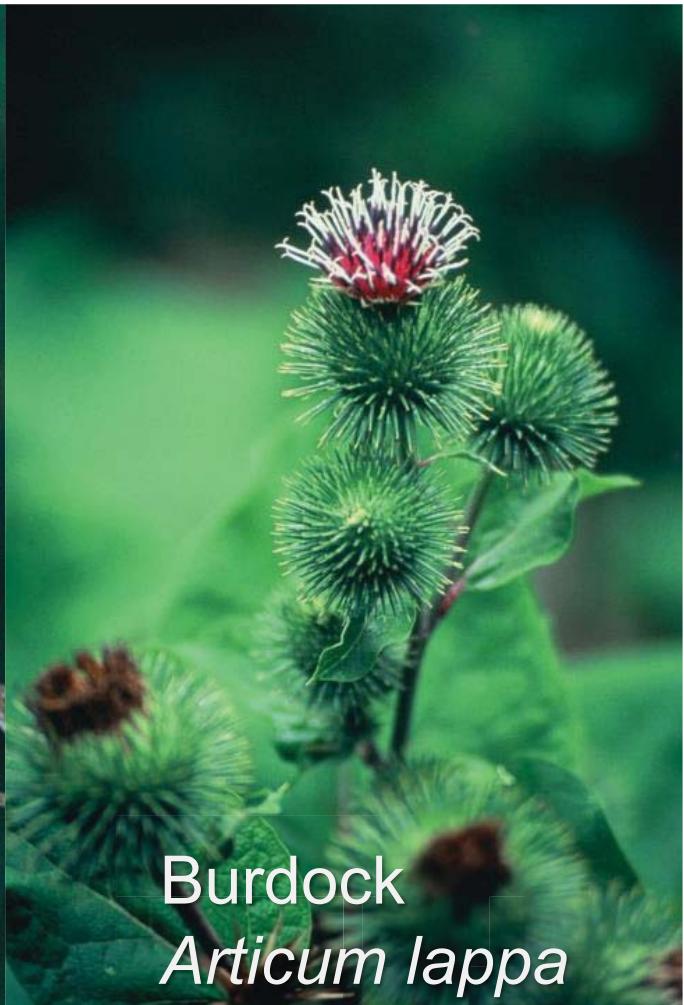
Lemon Balm
Melissa officinalis



Red Clover
Trifolium pratense



Burdock
Arctium lappa



Burdock
Arctium lappa





Elders adapting in the garden, Dr. Jim Duke & Rosemary Gladstar



Juliette de Baïracli Levy passing on the wisdom of the ages



Herbalist Cascade Anderson Geller with her young apprentice, Olive



Flowers change the face of the earth



Herb Gardens at Sage Mountain



Herbalists drinking their Adaptogen Teas!
Guess what's in the blend?!