

## CAFE: Herbs Summary Chart

### Adaptogenic Herbs Used to Support Adrenals

This is a fairly comprehensive list. Choose those to take based on the description and results of your evaluations. Many can be purchased in powdered form or as loose leaf to make into a tea and add to elixirs, smoothies, and foods.

See the *CAFE Recipe Collection* for details.

#### Chart: Adaptogenic Herbs to Support Adrenal Fatigue

<input checked="" type="checkbox"/>	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who Needs It and What It Can Do
	<b>Ashwaganda</b> <b>Powder:</b> ½-1 teaspoon in elixir, 1-2x/day <b>Tincture:</b> 30-40 drops, 2-3x/day <b>Capsule:</b> 400-500 mg, 2x/day	Bitter, warm and dry; good for cold, damp conditions	All stages	For weakness, exhaustion, emaciation, memory loss, muscle weakness, over-work, anxiety and insomnia. May also be helpful for tired eyes, joint pain, skin breakouts, cough, anemia, infertility, immune system problems, blood sugar imbalance, and low thyroid function. Can reduce vitamin C loss and normalize cortisol levels.
	<b>Astragalus</b> <b>Powder:</b> ½-1 teaspoon in elixir, 1-2x/day <b>Tincture:</b> 40-80 drops, 2-3x/day	Sweet, warm, moist; good for cold, dry conditions	All stages	Tones the adrenals, strengthens the lungs, calms digestion, improves glucose tolerance, enhances the immune system, protects kidneys and liver, and improves blood flow to the heart.



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	<b>Chaga</b> <b>Tea – Decoct:</b> 2-3 teaspoons in 24 ounces water, decoct 1-4 hours, drink 3-4 cups per day water <b>Powder:</b> 1 teaspoon in elixirs and other foods <b>Tincture:</b> 60-90 drops 4x/day <b>Capsule:</b> 3/day or as directed	Bitter, warm	All stages	<p>Powerful antioxidant, anti-tumor, immune system modulator, and effective against all sorts of microbes.</p> <p>It has the highest level of the powerful antioxidant, superoxide dismutase (SOD) detected in any food or herb in the world. It's a powerful adaptogen that modulates response to stress, increasing energy, improving sleep, and providing an abundance of adrenal supportive nutrients.</p> <p>It's rich in zinc and B vitamins and deeply nourishes and supports your adrenals.</p>
	<b>Chamomile</b> <b>Tea:</b> 1-2 teaspoons in 8 oz. water, steep 30-40 min, 3 cups/day <b>Tincture:</b> 60-90 drops, 3-4x/day	Sweet, pleasant	All stages, especially Stage 1	Relaxing, calming. Good for ADHD, irritability, teething pain, gas, PMS anxiety, and stress induced gut symptoms.
	<b>Cordyceps</b> <b>Powder:</b> ½-1 teaspoon in elixir, 1-2x/day <b>Tincture:</b> 20-40 drops, 2-3x/day <b>Capsule:</b> 400-500 mg, 2x/day	Sweet, warm, moist; good for cold, dry conditions	All stages	<p>Supports lungs, liver, and blood; lowers cholesterol; supports immune system; protects kidneys; strengthens heart; improves infertility; and enhances aerobic capacity and thus increases stamina and endurance.</p> <p>It's also been shown to help with dizziness, chronic bronchitis, ringing in the ears, night sweats, and frequent urination.</p>



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	<b>Dang Shen</b> (Codonopsis) <b>Decoction:</b> 2-3 teaspoons in 16 oz. water, 8 oz. 2x/day <b>Tincture:</b> 40-80 drops, 3-4x/day <b>Capsule:</b> 400-500 mg, 2x/day	Sweet, moist, slightly warm; good for cool and dry conditions	All stages	Used for fatigue, weakness, loss of appetite, vertigo, ulcers, digestive irritation, and as a strong antioxidant, anti-inflammatory, antispasmodic, and analgesic.  Also used blood sugar balance, wheezing, dry mouth, and to increase hemoglobin.  Considered by some to be “poor man’s ginseng”.
	<b>Devil’s Club Root</b> <b>Tea:</b> 3 grams powdered herb in tea, 2-3x/day or 1-2 oz. root bark, decocted in 8-16 oz. water <b>Tincture:</b> 15-30 drops, 3x/day	Warming	All stages but best for stage 2 and stage 3	Used for hyperglycemia or unstable blood sugar. Also used for lung hemorrhage, tuberculosis, swollen glands, burns, wounds, chronic infections, stress headaches.  Same family as ginseng -- sometimes called Alaskan ginseng.
	<b>Ginseng - American (Panax)***</b> <b>Powder:</b> 1-2 teaspoons powdered root or extract in elixir or tea, 1-2x/day <b>Tincture:</b> 60-100 drops, 3x/day <b>Capsule:</b> 1000 mg, 2x/day	Sweet, bitter, slightly cool, moist	Stage 3, or for times of low cortisol in Stage 1 and Stage 2 (it’s stimulating)	Extracts of ginseng containing eleutherosides were found to have specific binding affinity to adrenal receptor sites including glucocorticoid, mineralocorticoid, and progestin receptors, which may be part of the mechanism of the balancing adrenal effects.  Effective for nervous indigestion; mental, and other forms of nervous exhaustion from overwork; heart and blood circulation; diabetes; depression; neurasthenia; and neurosis.  <b>*** Ginseng can sometimes cause insomnia.</b>



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	<b>Ginseng – Siberian (Eleuthero)***</b>  <b>Powder:</b> 1-2 teaspoons powdered root or extract in elixir or tea, 1-2x/day <b>Tincture:</b> 60-100 drops 3-4x/day <b>Capsule:</b> 100-200 mg extract or 2-4 grams whole herb/day	Sweet, slightly bitter, slightly warm	Stage 3 and Stage 2 mostly, and for periods of low cortisol on ASI	Particularly useful to treat adrenal exhaustion. Acts on the pituitary to stimulate the adrenal gland, thus increasing the ability for people to handle stress and to improve mental fatigue and physical endurance.  Also supports immune function, improves visual acuity, promotes physical and mental endurance, and supports faster healing after surgery. Also good for athletes who have high demand for physical strength and endurance.  <b>*** Ginseng can sometimes cause insomnia.</b>
	<b>Gynostemma</b>  <b>Tea:</b> 1-2 teaspoons in 8 oz. water, steep for 40 minutes. Take 1-2 cups /day (also available as tea bags – Spring Dragon Tea) <b>Tincture:</b> 80-120 drops, 3x/day <b>Capsule:</b> 10 mg, 1-2 capsules 3x/day	Sweet, slightly bitter, neutral in heat	All stages	Enhances immune system, inhibits tumor growth, and as an antioxidant enhances superoxide dismutase (SOD). Can also help with heart circulation, blood sugar regulation, lowering lipids, and lowering blood pressure. Also used for stress headaches, insomnia, and anxiety.  Caution if taking warfarin; excessive use can cause GI upset, rash, fatigue, dizziness or palpitations.
	<b>He Shou Wu</b>  <b>Powder:</b> ½-1 teaspoon in elixir, 1-2x/day <b>Tincture:</b> 30-40 drops, 3x/day	Sweet, bitter, slightly warm	All Stages	Prime rejuvenating herb in Chinese medicine. Used to treat dizziness, ringing in ears, anemia, poor vision, low back pain, premature graying of hair, weakness, and numbness. Also used to support healthy function of the liver and kidneys.  Also used as an antioxidant, cholagogue (helps move bile), cholesterol lowering, laxative, and neuroprotective. Known also for sex hormone balance, including impotence and excess vaginal bleeding.



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	<b>Holy Basil (Tulsi)</b> <b>Tea:</b> 1 teaspoon in 8 oz. water, steep for 5-10 minutes. 4 oz. up to 3x/day <b>Tincture:</b> 40-60 drops, 3x/day <b>Capsule:</b> 2-3x/day	Pungent, sweet, warm	All stages	Antioxidant; neuroprotective; stress reducing; protects against radiation; good for brain fog, poor memory, and ADD; liver protective; blood sugar lowering; inhibits allergies; reduces asthma; and prevents gastric ulcers. Possibly speeds up liver detoxification of certain medications.
	<b>Hops</b> <b>Tea:</b> 1-2 teaspoons in 8 oz. water, steep 10-15 min, take 2-3 cups/day <b>Tincture:</b> 80-100 drops, 3-4x/day	Bitter, warm	All stages, especially Stage 1	A sedative and mild nervine, hops is good for nervousness, anxiety, nervous stomach, and insomnia and muscle spasms. It's also a digestive stimulant.
	<b>Lemon Balm</b> <b>Tea:</b> 1-2 teaspoons in 8 oz. water, steep 10-15 min, 2-3 cups/day <b>Tincture:</b> 80-100 drops, 3-4x/day	Sweet, cooling	All stages, especially Stage 1	Mood elevating; calming; and helpful for mild to moderate memory loss, insomnia, and stress headaches. It's also helpful for ADHD and stomach upset.  Large amounts can inhibit thyroid function.
	<b>Licorice Root***</b> <b>Tea – Decoxt:</b> ½ teaspoon per 8 oz. water, decoct 15 min, 1x/day <b>Powder:</b> ½-1 teaspoon per day in elixir <b>Tincture:</b> 10-20 drops, 3x/day <b>Tablets:</b> in the form of DGL used for gut healing, 200-300 mg before meals	Sweet, slightly bitter, moist, warm	Stage 2 and Stage 3 – about 2 hours before low cortisol on ASI	Helps with adrenal insufficiency (exhaustion), including Addison's disease. It is anti-inflammatory, demulcent, expectorant, mild laxative, pancreatic tonic, and an immune stimulant with anti-viral properties.  It increases cortisol levels and raises blood pressure. Improves the body's ability to retain sodium and magnesium, thus helps with frequent urination. It helps heal the gastrointestinal mucous membrane, heals ulcers, soothes lungs, and helps dry coughs. Used topically for herpes lesions, eczema, and psoriasis.

\*\*\*Caution in people with high blood pressure.



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	<b>Lyceum (Goji)</b> <b>Food:</b> 1-2 oz. berries per day <b>Powder:</b> 1 teaspoon to 1 tablespoon per day in elixirs or smoothies <b>Tea – Decoct:</b> 2 teaspoons in 12 ounces water, decoct 15-20 min, steep 40-50 min <b>Tincture:</b> 60-90 drops, 4/day	Sweet, slightly warm	All stages	Tonic for liver, kidneys and blood, strengthener for weak muscles and ligaments, improves male sexual performance, and relieves night sweats. It's good for eyes, like poor night vision and macular degeneration, dry red or painful eyes, and to prevent cataracts and glaucoma.  It moistens the lungs, strengthens blood vessels, protects liver, promotes good bowel flora, lowers LDL cholesterol, and can mildly lower blood sugar.
	<b>Maca</b> <b>Powder:</b> 1 teaspoon in elixir, 1-2x/day <b>Tincture:</b> 30-50 drops, 3-4x/day <b>Capsule:</b> 500-1500 mg, 2-3x/day	Bitter, warming	All stages	A true adaptogen, Maca contains high amounts of minerals including calcium and magnesium, B-vitamins, enzymes, and all of the essential amino acids. It's energizing in a non-stimulating way and is said to be a great substitute for coffee.  Research suggests that the alkaloids in maca act on the hypothalamus and the pituitary gland, which together help regulate the endocrine glands including the adrenals, the thyroid, the ovaries, and the testes by releasing higher levels of precursor hormones.



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	<b>Magnolia</b> <b>Tincture:</b> 12-20 drops, 2-3x/day <b>Capsule:</b> 200-400 mg, 2-3x/day	Bitter, warm	Stage 1	<p>Lowers cortisol, decreases anxiety 5 times more powerfully than Valium, and improves acetylcholine levels in the brain, which means it's helpful for short-term memory and may decrease risk of Alzheimer's. Magnolia bark has been used to treat menstrual cramps, abdominal pain, abdominal bloating and gas, nausea, indigestion, coughs, and asthma.</p> <p>Research shows that "honokiol" and "magnolol", two chemicals found in magnolia bark, are up to 1000 times more potent than vitamin E in antioxidant activity.</p> <p>Found as a capsule (Swanson) and as part of formulas – <i>Integrative Therapeutics Cortisol Manager</i>.</p>
	<b>Milky Oat</b> <b>Tincture:</b> 80-100 drops, 3-4x/day <b>Glycerite:</b> 120-140 drops, 3-4x/day	Sweet	All stages, especially Stage 1	Calms nerves; relieves anxiety and emotional instability; and helps restore peace and tranquility to overstressed, angry, and chronically upset people. Good for withdrawal from cigarettes and coffee, amphetamines, and sleep medications. Best for people who are emotionally frazzled.
	<b>Passionflower</b> <b>Tea:</b> 1-2 teaspoons in 8 oz. water, steep 20-30 min, take 4 oz., 4x/day <b>Tincture:</b> 60-80 drops, 3-4x/day	N/A	All stages, especially Stage 1	Nervine, sedative, and antispasmodic. It's good for anxiety, insomnia caused by a racing mind, stress-induced headaches, teeth grinding, stiff neck, and withdrawal symptoms.
	<b>Rehmannia</b> <b>Pieces:</b> 1-2/day eaten whole or in elixir or smoothie <b>Tincture:</b> 30-50 drops, 3x/day <b>Capsule:</b> 400-500 mg, 3x/day	Bitter, cooling	Stage 2 and 3	Studies have shown it to support the cells of the pituitary gland and adrenal cortex during times of stress. Studies have also shown its potential to help autoimmune conditions of the thyroid and adrenal glands.



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	<b>Reishi</b> <b>Tea – Decoct:</b> 1-2 oz. in 32 ounces water, decoct 2-4 hours, drink 3-4 cups per day water <b>Berries/powder:</b> 1-2 teaspoons in elixir <b>Powder:</b> 1 teaspoon in elixirs and other foods <b>Tincture:</b> 80-100 drops 4-6x/day <b>Capsule:</b> 3 500-1000 mg capsules, 3x/day	Bitter, warm	All stages	<p>Mild and cumulative effects on adrenals. It improves adrenal function and alleviates stress. It can help with altitude sickness if taken 4 weeks before trip.</p> <p>It's considered an immunomodulator, which means it can strengthen an underactive immune system and calm an overactive immune system, as in allergies and autoimmunity. It's been shown to be effective as a cancer fighter and also for improving cardiovascular function. Used for anxiety, insomnia, bad dreams, moodiness, poor memory, fatigue, weakness, shortness of breath, and dizziness.</p>
	<b>Rhodiola Rosea</b> <b>Decoction:</b> 1-2 teaspoons in 8-10 oz. water, decoct 15 minutes, 1-3 cups daily <b>Tincture:</b> 40-60 drops 3x/day <b>Capsule:</b> 2-4 per day	Sweet, slightly bitter, spicy, cool, dry	All stages	<p>Increases the body's resistance against mental and physical stress. Enhances energy, good for depression, frequently good for anxiety, supports immune function, enhances long-term memory, keeps heart rhythms steady, enhances lung function, is non-stimulating, enhances alertness, balances blood sugar, assists in reproductive hormone imbalances, and enhances memory.</p>
	<b>Sarsaparilla</b> <b>Tea – Decoct:</b> 1-2 teaspoons to 8 oz. water, decoct 15 minutes, drink 2 cups per day water <b>Powder:</b> 1 teaspoon in elixirs and other foods <b>Tincture:</b> 60-90 drops 3-4x/day <b>Capsule:</b> 3 500-1000 mg capsules, 3x/day	Slightly sweet, slightly bitter; neutral, cool, moist	All stages	<p>Mild adaptogen containing anti-inflammatory sterols which enhance glandular balance, boost hormone production, and aid muscle building. Increases testosterone so helps with muscle bulk and libido and increases progesterone, so it's useful in premenstrual syndrome and menopause.</p> <p>Used for psoriasis, eczema, fibromyalgia, arthritis, gout, bursitis, colitis, Lyme disease, herpes, and other venereal complaints. Used for auto-immune conditions such as rheumatoid arthritis and inflammation of connective tissue like scleroderma and Ankylosing spondylitis.</p>



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	<b>Schisandra</b>  <b>Tea – Decoct:</b> 1-2 teaspoons dried berries in 8-10 oz. water <b>Berries/powder:</b> 1-2 teaspoons in elixir <b>Powder:</b> 1/2-1 teaspoon in elixir <b>Tincture:</b> 40-80 drops, 3-4x/day <b>Capsule:</b> 2 400-500 mg capsules, 2-3x/day.	Sour, sweet, salty, bitter, pungent, warm and dry	All stages	Benefits yin organs: liver, kidney, heart, lung, and spleen. Helps control diarrhea, frequent urination, vaginal discharge, premature ejaculation, and night sweats. Also good for asthma, inflammation, palpitations, anxiety, and insomnia.  Protects liver, enhances mental acuity, normalized blood pressure, increases nitric oxide, and often helps with adult ADHD. Used to aid with poor liver function, hepatitis, liver cancer, loss of libido, diminished kidney function, and forgetfulness.
	<b>Shatavari</b>  <b>Tea:</b> 2 teaspoons in 8 oz. water, decoct 10-15 minutes, steep 40 minutes, 2 cups/day <b>Powder:</b> 1 teaspoon in elixirs and other foods <b>Tincture:</b> 40-80 drops, 3x/day <b>Capsule:</b> 3 capsule 3x/day	Sweet, bitter, warm, moist	All stages	Restores fluids and soothes inflamed membranes; useful in dysentery, diarrhea, stomach ulcers, cough, and dehydration. Used topically for stiffness throughout the body.  Enhances libido and fertility, helps vaginal dryness, fatigue, anemia, and poor appetite. Supports pituitary, which helps adrenal function, and is even useful for bladder infections.
	<b>Shilajit</b>  <b>Powder:</b> 1 teaspoon in elixirs or smoothies <b>Capsules:</b> 1-2 500 mg, 2x/day	Bitter, slightly pungent, salty and warm	All stages	Blood sugar lowering (better than the drug Metformin), reduces blood lipids, increases dopamine, relieves anxiety and stress, prevents ulcers, decreases joint inflammation, and is deeply nourishing.