



## Adrenal Restoration: Adaptogenic Herbs

### Adaptogenic Herbs Suitable for All Stages of Adrenal Fatigue

Always start slowly, with one new herb at a time and only small amounts to give the body a chance to adapt. I've included the Chinese medicine properties of taste and energy to help you choose. Some herbs are cooling and may not work well for a cold person, whereas some are heating and would overheat a hot person. Read the descriptions and compare to symptoms to determine the best match.

Adaptogenic Herbs for Adrenal Fatigue				
☑	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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	<p><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 per day or as directed</p>	Bitter, warm	All stages	<p>Powerful antioxidant, anti-tumor, immune system modulator, 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>
	<p><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</p>	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. 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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	<p><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</p>	<p>Sweet, moist, slightly warm; good for cool and dry conditions</p>	<p>All stages</p>	<p>Used for fatigue, weakness, loss of appetite, vertigo, ulcers, digestive irritation, and as a strong antioxidant, anti-inflammatory, antispasmodic, and analgesic.</p> <p>Also used blood sugar balance, wheezing, dry mouth and to increase hemoglobin.</p> <p>Considered by some to be “poor man’s ginseng”.</p>
	<p><b>Devil’s Club Root</b> <b>Tea:</b> 3 g 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</p>	<p>warming</p>	<p>All stages but best for stage 2 and stage 3</p>	<p>Used for hyperglycemia or unstable blood sugar. Also used for lung hemorrhage, tuberculosis, swollen glands, burns, wounds, chronic infections, stress headaches.</p> <p>Same family as ginseng, sometimes called Alaskan ginseng.</p>
	<p><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</p>	<p>Sweet, slightly bitter, neutral in heat</p>	<p>All stages</p>	<p>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.</p> <p>Caution if taking warfarin, excessive use can cause GI upset, rash, fatigue dizziness or palpitations.</p>



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	<p><b>He Shou Wu</b>  <b>Powder:</b> ½-1 teaspoon in elixir, 1-2x/day  <b>Tincture:</b> 30-40 drops 3x/day</p>	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 and to support healthy function of the liver and kidneys. Also, antioxidant, cholagogue (helps move bile), cholesterol lowering, laxative and neuroprotective. Known also for sex hormone balance, including impotence and excess vaginal bleeding.
	<p><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</p>	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.
	<p><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</p>	Sweet, slightly warm	All stages	<p>Tonic for liver, kidneys and blood, strengthener for weak muscles and ligaments, improves male sexual performance, 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.</p> <p>It moistens the lungs, strengthens blood vessels, protects liver, promotes good bowel flora, lowers LDL cholesterol and can mildly lower blood sugar.</p>



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	<p><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</p>	Bitter, warming	All stages	<p>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.</p> <p>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.</p>
	<p><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> 3 500-1000mg capsules 3x/day</p>	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 over active 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, dizziness.</p>



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	<p><b>Rhodiola Rosea</b>  <b>Decoction:</b> 1-2 teaspoons in 8-10 oz. water 15 minutes - 1-3 cups daily  <b>Tincture:</b> 40-60 drops 3x/day  <b>Capsule:</b> 2-4 per day</p>	<p>Sweet, slightly bitter, spicy, cool, dry</p>	<p>All stages</p>	<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, non-stimulating, enhances alertness, balances blood sugar, assists in reproductive hormone imbalances, enhances memory.</p>
	<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> 3 500-1000mg capsules 3x/day</p>	<p>Slightly sweet, slightly bitter; neutral, cool, moist</p>	<p>All stages</p>	<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 useful in premenstrual syndrome and menopause.</p> <p>Used for psoriasis, eczema, fibromyalgia, arthritis, gout, bursitis and colitis, Lyme disease, herpes and other venereal complaints. .auto-immune conditions such as rheumatoid arthritis and inflammation of connective tissue like scleroderma and Ankylosing spondylitis.</p>



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	<p><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> ½-1 teaspoon in elixir  <b>Tincture:</b> 40-80 drops, 3-4x/day  <b>Capsule:</b> 2 400-500 mg capsules 2-3x/day</p>	<p>Sour, sweet, salty, bitter, pungent, warm and dry</p>	<p>All stages</p>	<p>Benefits yin organs: liver, kidney, heart, lung, spleen. Helps control diarrhea, frequent urination, vaginal discharge, premature ejaculation and night sweats. Also good for asthma, inflammation, palpitations, anxiety and insomnia.</p> <p>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.</p>
	<p><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</p>	<p>Sweet, bitter, warm, moist</p>	<p>All stages</p>	<p>Restores fluids and soothes inflamed membranes; useful in dysentery, diarrhea, stomach ulcers, cough, and dehydration. Topically for stiffness throughout the body.</p> <p>Enhances libido and fertility, helps vaginal dryness, fatigue, anemia, poor appetite, supports pituitary, which helps adrenal function, and is even useful for bladder infections.</p>
	<p><b>Shilajit</b>  <b>Powder:</b> 1 teaspoon in elixirs or smoothies  <b>Capsules:</b> 1-2 500mg, 2x/day</p>	<p>Bitter, slightly pungent, salty and warm</p>	<p>All stages</p>	<p>Blood sugar lowering, better than the drug metformin, reduces blood lipids, increases dopamine, relieves anxiety and stress, prevents ulcers, decreases joint inflammation, deeply nourishing.</p>