



# Rogers' School of Herbal Medicine Volume 13: Adaptogens

*Robert Dale Rogers RH*

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## **Rogers' School of Herbal Medicine Volume 13: Adaptogens** Robert Dale Rogers RH

Adaptogens are herbs that increase the body's ability to reduce response to stress. They are non-specific, and alter our reactivity by balancing the hypothalamic-pituitary-adrenal axis. In turn overactive and underactive hormonal and endocrine functions are returned to homeostatic balance.

Herbs include astragalus, devil's club, eleutherococcus, American ginseng, goji berry, gymnostemma, wild licorice, maral root, prickly spine, wild sarsaparilla, spikenard, rhodiola, and schisandra. Medicinal mushrooms include reishi, artist's conk, and other Ganoderma species as well as cordyceps.

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