



Natural Health Research

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

June 2025

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Adaptogens - Your Health Ally



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, reducing fatigue, increasing mental capacity, boosting the immune system, decreasing 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.

Common Adaptogenic Herbs



Ashwagandha is a renowned herb in Ayurvedic medicine celebrated for its extensive health benefits. This small shrub, native to India, the Middle East, and parts of Africa, has been used for centuries to enhance overall well-being and vitality. Ashwagandha is particularly valued for its adaptogenic properties, which help the body manage stress. It may also bolster the immune system, promote better sleep, and increase energy levels.

[View the Research](#)



Ginseng is a versatile root, native to both North America and Asia, that is lauded for its adaptogenic properties, which help the body manage stress and maintain overall wellness. There are many types of ginseng, such as Asian, American and Siberian, each with slightly different properties. It has been a staple in traditional Chinese medicine for centuries and is regarded as a symbol of vitality, longevity, and strength. Traditionally, ginseng has been used to enhance energy levels, boost the immune system, improve cognitive function, and support a healthy cardiovascular system.

[View the Research](#)



Rhodiola rosea is a perennial flowering plant that is native to the cold, mountainous regions of Europe and Asia. It has been used for centuries in traditional medicine in countries like Russia and Scandinavia. Rhodiola is an adaptogenic herb, and is often touted for its potential to increase energy, strength, endurance, and mental capacity. It's also said to help improve athletic performance and manage the effects of stress, depression, and anxiety.

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New Interview

The Importance of the Root Cause Approach to Health: An Interview with Sarah Hung, ND, MSOM, L.ac.



Sarah Hung is a board certified Naturopathic Physician, licensed Acupuncturist and Herbalist. Her goal is to bring natural healing methods such as looking for the root cause, medicinal plants and herbs and utilizing food as medicine to others so they can feel empowered to heal themselves. In this interview, she discusses the importance of a whole body approach to optimal health including physical and mental well-being and why addressing the root cause is essential to healing.

[Read the Interview](#)

Upcoming Live Lecture



Stress and Anxiety: Origins, Definitions and Therapies - Traditional and Non-Traditional

Presented by: Patrick Massey, MD, PhD, MhD

Date: Friday, June 27, 2025

Time: 6:00pm to 7:30pm

Location: National University of Health Sciences
200 E. Roosevelt Rd,
Lombard, IL 60148
Room D 139 – Janse Hall (Building D)

Stress and anxiety are one of the most common complaints in medicine today affecting women more often than men. Both conditions, untreated, increase the risk of serious medical conditions. There are numerous types of stress and anxiety conditions - some being mild and others being debilitating. Medications are the mainstay of traditional therapy. Cognitive behavioral therapy and select supplements may also be beneficial. Some non-traditional therapies like acupuncture, aromatherapy, and hypnosis may provide some relief. However, the exact root cause of anxiety is unknown.

Please join Patrick Massey, MD, PhD, MhD, in this interesting presentation leading to the root cause of anxiety and what can be effective long-term options.

- Define stress and anxiety
- Although common anxiety not a primary concern for most physicians
- Medications effectiveness are limited
- Supplements effectiveness are limited
- Adjunctive therapies may have some benefit
- Anxiety is not a disease but a result of the “environment”
- Anxiety is reversible

[Click here for Registration and Ticket Information](#)

Natural Health Research was established as a 501c3 nonprofit in 2008 with a mission to reduce the ten leading causes of death by cost-effective natural means. With your help, Natural Health Research will continue to provide the public with life-saving, peer-reviewed research that establishes the health benefits of natural foods and supplementation.

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