



Adaptogens: Herbs for Strength Stamina and Stress Relief (Paperback)

By David Winston, Steven Maimes

Inner Traditions Bear and Company, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. We all deal with stress every day, and every day our bodies strive to adapt and stay balanced and healthy. In Adaptogens, authors David Winston and Steven Maimes provide a comprehensive look into adaptogens, non-toxic herbs such as ginseng, eleuthero, and licorice, that produce a defensive response to stress in our bodies. Formerly known as rejuvenating herbs or tonics, adaptogens help the body to adapt to the many influences it encounters. They increase stamina and counter the normal effects of aging and thus are becoming important tools in sports medicine and in the prevention and treatment of chronic fatigue and other stress-related disorders. Winston and Maimes present the historical uses of these herbal remedies in India, Russia, China, and the Americas and explain how they work and why they are so effective at combating stress-induced illness. Monographs for each adaptogen also present the latest scientific research and include the origin, traditional use, actions, properties, preparation, and dosage for each herb.



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