

# ADAPTOGEN

## HERBS

### Tulsi:

Used to sooth the nervous system and as a tonic for the mind, body, and spirit. It has been known to help adapt to stress and relieve anxiousness.

### Ashwagandha:

Has an effect on the brain helping with memory and cognitive function while also relieving stress and inflammation.

Can help reduce blood pressure and create positive changes to the immune system.

### Schisandra:

Stimulates the body's resistance to physical, environmental, and emotional stressors. Also improves liver function and might increase energy.

### Rhodiola:

May help protect cells from damage and regulate heartbeat. Has been used for fatigue, anxiety, depression, and stress, but more research needs to be done.

Find more info at

[www.theathomeapothecary.com](http://www.theathomeapothecary.com)