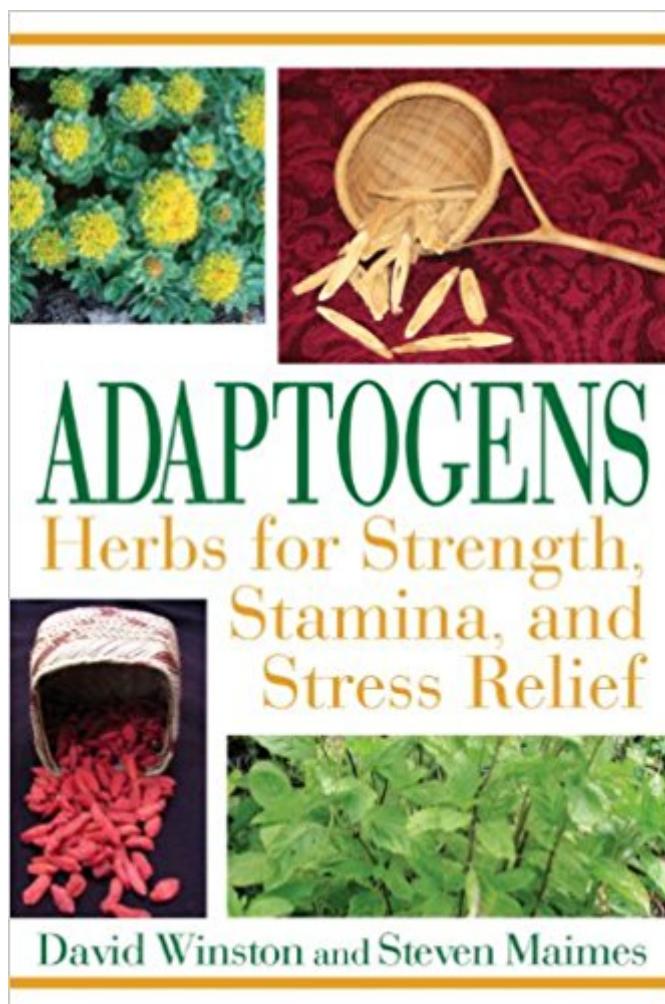


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# Adaptogens: Herbs For Strength, Stamina, And Stress Relief



## Synopsis

The definitive guide to adaptogenic herbs, formerly known as "tonics," that counter the effects of age and stress on the body. Reveals how adaptogens increase the body's resistance to adverse influences. Provides a history of the use of these herbal remedies and the actions, properties, preparation, and dosage for each herb. 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.

## Book Information

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## Customer Reviews

"Adaptogenic herbs can be most useful in the quest for health in our stressful society. David Winston and Steven Maimes explain and champion the use and benefits of these important herbs." (James A. Duke, author of *The Green Pharmacy*) "This is a much needed book, an important update

to the *materia medica* of North America, and constitutes important continuing education on a wide variety of new herbs entering into the North American herbal marketplace." (Paul Bergner, *Medical Herbalism*, Winter 2007)"It's about time a book took on the subject of immune herbs, and this one does an excellent job of explaining why they are so effective at combating stress-induced illness. The text is very easy to read and understand, but still contains the latest scientific research, all well referenced." (American Herb Association, Vol. 23:1, April 08) "Brilliant! Fully researched, full of information not readily available, as well as being practical and easy to digest. The authors have managed to blend the traditional and recent scientific information into a fully comprehensive and informative text. This will become a classic, a definitive work on this most important group of medicinal plants." (Rosemary Gladstar, founder of United Plant Savers and author of *Herbal Healing for Women*) "Essential reading for all involved with adaptogens, whether practitioners or consumers. This is the first comprehensive guide to adaptogens based on good herbalism, good science, and NO hype! A truly excellent book." (David Hoffmann, BSc, FNIMH, author of *Medical Herbalism* and *Herbal Prescriptions after 50*) "With Adaptogens, David Winston and Steven Maimes have finally made this important healing concept accessible to a wider audience. We need adaptogens--gentle remedies that, over time, have the powerful effect of restoring and protecting our health on many levels. David Winston's vast clinical and practical knowledge of herbs adds tremendously to the value of the book." (Christopher Hobbs, author of *Handmade Herbal Medicines* and *Natural Therapy for Your Liver*) "There is so much valuable information packed into this volume that I am grateful to have my own copy and will keep it close by as a very handy reference" (Marjorie Tietjen, *Price-Pottenger: Journal of Health and Healing*, Volume 34 / Number 2, September 20)

HEALTH / NUTRITION "We need adaptogens for their powerful effect of restoring and protecting our health. Finally, this important healing concept is made accessible to a wider audience." --CHRISTOPHER HOBBS, author of *Handmade Herbal Medicines* and *Natural Therapy for Your Liver* "Adaptogens are destined to play an increasingly important role in the future of health care. This book provides an excellent introduction to and comprehensive overview of their traditional uses and of the science supporting their safety and therapeutic benefits." --MARK BLUMENTHAL, founder and executive director of the American Botanical Council "Brilliant! . . . a definitive work on this most important group of medicinal plants." --ROSEMARY GLADSTAR, founder of United Plant Savers and author of *Herbal Healing for Women* 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, nontoxic herbs such as ginseng, eleuthero, and licorice, that produce a defensive response to stress in our bodies. These rejuvenating herbs and tonics 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.

DAVID WINSTON, RH(AHG), is an herbalist and ethnobotanist who has practiced Cherokee, Chinese, and Western herbal medicine since 1969. He is a founding member of the American Herbalists Guild, an internationally known lecturer on the topic of herbal medicine, and the president of Herbalist and Alchemist, Inc., a company that manufactures over 300 herbal products. He is the author of *Herbal Therapeutics* and *Saw Palmetto for Men & Women* and coauthor of *Herbal Therapy and Supplements*, and he lives in Washington, New Jersey. STEVEN MAIMES, the former owner of an herbal products business in the San Francisco Bay Area, is a researcher, freelance writer, and principal of SALAM Research in Rochester, New Hampshire.

I became extremely ill with an auto-immune disease and this book saved my life. Remember-treating yourself is safer with plants than pharmaceuticals because you would need to consume vast amounts to harm yourself. So, you can order the herbs, mix and match and see how you feel. You have time to experiment. I ordered the best quality organic bulk herbs and made strong tea. At first I hemmed and hawed about spending money on herbs, but since I could not walk and thought I would die, I decided this was not the time to be cheap! I made my tea with Ashwagandha and anti-inflammatory herbs, and another tea with medicinal mushrooms: Reishi, Shiitake, and Maitake. I was also seeing an MD. I was seeing an herbalist, and I double checked his work, and realized he made a mistake. I read this book and made my own cure. I tried one more herbalist who tried to scare me. She made it sound like making my own teas was insane. I am an intelligent person, and a good researcher, and when I called her to tell her I cured myself, she told me I was unrealistic. I could not believe it! I think she is jealous of David Winston. When I told my MD that I was using herbs, he laughed me out of his office. I thought I should give him my herbalists number, and they could commiserate! The pharmaceuticals helped me survive by masking the pain,

but they made me so dizzy I was hanging on the walls! Not cute... When you are so sick like this, it is no joke, especially when you feel like you are fighting with your(paid)healers! Guess what? You still have to fight! I became full of faith in myself and trusted my intuition. I told myself I could do it. My symptoms are 95% gone. My MD explained it away by saying the pharmaceuticals had built up in my system and so that is why I felt good. He said if I did not take them, the pain would return. NOPE. I am drinking my two teas 3x's a day. The tree cannot be felled with one blow, so I will keep drinking them until I am 100%. I needed a cane during the worst part of it, and had a permanent handicapped parking tag! If you believe in yourself and can read, count drops from a tincture bottle, or can boil water for tea, you can heal yourself!!!! I must admit the day I stopped taking my pharmaceuticals, it was a leap of faith and I prayed, but then I was fine!!! Thank you David and Steven, because you saved my life! (Along with some Divinity!)P.S. There is also a pet section which I am using!

I loved this book, it's a great and well written introduction to adaptogens and other herbs. I only wish it was a bit more detailed when it describes the different adaptogens. There was much info on some, like eleuthero, but I was also interested in finding out more about Jiaogulan as it's available where I live, and I found the book lacking in detail about the herb. I did eventually find what I was looking for on the web (<http://majesticherbs.com/jiaogulan-benefits-how-it-works/>), but I wish some of that info had made it in the book...

This book is a wonderful resource. If you are a practitioner treating virtually any chronic disease, this is an essential class of herbs to know about.Ã  The Rhodiola Revolution: Transform Your Health with the Herbal Breakthrough of the 21st CenturyÃ  is also a good resource, but this one covers broader ground and is also highlights more subtleties. Of course, the book is also of great interest for the hobbyist or anyone interested in herbs in general. These herbs are essential for chronic disease because many patients have come to live with unmanaged stress which tends to exacerbate if not cause some of their symptoms. For instance, using Rhodiola for chronic depression can be an eye opening experience. I say this because I've seen just using this one herbal simple will alleviate much of the symptoms - similarly Ashwagandha and anxiety. So once you begin to know them as singles, it's also helpful to see how and why you'd combine them. This book is a bit old (would love to see an update or revision), but still relevant. This is especially true given there are so few books available on this important class of herbs. The fact they look at the herbs in a separate *materia medica* section, then a section on specific diseases/complaints, and

even a section on how to use them as foods - overall just a wonderful document. The sections on nootropics and nervines is also helpful and well done. Peace

This book is written in a very understandable way, and is organized to be used both easily and effectively. I did want to know more about the research on the specific plants featured, but I was pleased with this book and contents.

This book opened my eyes to whole new world in the realm of nutritional health. The book is very well organized and the information is presented professionally without being overly technical (boring). I'm a beginning explorer in the field of herbalism, but I get the sense that this book scales well from beginner to more advanced levels of understanding in the field. I will be referencing this book for many years to come as I increase my knowledge on this subject.

Excellent book on the subject of Adaptogens and how they effect the body. Each chapter is explained in great detail with suggestions for protocols.

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Improve Your Health (Medicinal Herbs For Beginners Book 1) Taoist Breathing for Tai Chi and Meditation: Twenty-Four Exercises to Reduce Stress, Build Mental Stamina, and Improve Your Health Empath: How to Stop Worrying and Eliminate Negative Thinking as a Sensitive Person (Empath Healing, Stress Reduction, Anxiety Relief, Phobia Relief) Adult Coloring Book Designs: Stress Relieving Patterns, Mandalas, Cats, Flowers, Animals, Henna, and Paisleys for Stress Relief Relaxation and Zen American Football Sketch Gray Scale Photo Adult Coloring Book, Mind Relaxation Stress Relief: Just added color to release your stress and power brain ... and grown up, 8.5" x 11" (21.59 x 27.94 cm) Calm colouring book: Adult colouring book with Easy flower designs and simple floral patterns for Stress Relief and Relaxation, Anti-Stress Colouring, ... Colouring Books of Adults) (Volume 3) The Adult Coloring Book for Relaxation Featuring Purses, Bags and Totes: An Anti-Stress Coloring Book for Grownups with Women's Fashion Accessories, ... Stress Reducing, and Anxiety Relief) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)

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