

ELIKA

ADAPTOGEN GUIDE

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ADAPTOGENS

Adaptogens have been used for centuries as medicinal foods. Their ability to grow in harsh conditions makes them extremely adaptable. We use them to support the adrenal function which is responsible for the body's hormonal response to stress. We provide the body with additional support to cope with stress and therefore you to adapt.

Cordyceps - medicinal fungus used to treat fatigue, improve endurance & slow premature aging

Maca - Used for strength and to balance the hormones. Increase the libido for men & women

Schizandra - 5 flavoured berry from Chinese medicine used to rebalance multiple meridians which includes improving liver function & nourishing skin

Rhodiola Rosea - balancing the stress hormones creating a fat burning, brain boosting & energy enhancement properties

Holy Basil/Tulsi - Found in many Indian homes & typically sourced in tea. Supports anxiety and relieves stress through balancing the stress hormones

Reishi mushroom/Ling Zhi - Fungus native to Asia. Regulates various cellular function & enhances the immune system & acts as an anti-cancer fighter

Ginseng - Used to promote Energy. Note there are different benefits within American and Asian ginseng too

Ashwagandha - Ayurvedic stress reliever also used for endurance

Dong Quai/Angelica Sinensis - found in mountainous regions of Asia. Used to balance hormones and reduce menopause symptoms

Astragalus/Huang-Qi - enhances the immune system

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