



HHG FIT HEALTH: 2016 Vol. 4

NATURE'S MIRACLE ANTI-STRESS & FATIGUE FIGHTERS

Adaptogens are a unique group of herbal ingredients used to improve the health of our adrenal system, the system that manages our body's hormonal response to stress. They help strengthen the body's response to stress & enhance its ability to cope with anxiety & fight fatigue. They are called "**adaptogens**" because of their unique ability to "adapt" their function according to your body's specific needs. The effects may initially be subtle & take time to make themselves felt, but they are real & undeniable!

Research into adaptogenic herbs has been going on for many years. This field of biomedical research has two streams:

1. Screening of plants for biologically active substances
2. Research into its affect on stress

Adaptogens are defined as agents which help an organism to counteract any adverse effects of a physical, chemical or biological stressor by generating non-specific resistance.

There are more than 1500 published pharmacological & clinical studies **on adaptogenic herbs** & in many of the studies adaptogens have been shown to:

- Increase physical & mental stamina & performance
- Protect against the effects of radiation
- Reduce the side effects of chemotherapeutic drugs
- Reduce the incidence of infections
- Increase resistance to chemical carcinogens
- Have a normalizing influence on our physiology
- Normalize body imbalances
- Enable the body's cells to access more energy
- Help cells eliminate toxic byproducts of the metabolic process
- Promote the body's ability to utilize oxygen more efficiently
- Enhance our general sense of well being
- Offer positive benefits & are safe for long term use

The adaptogens used in HHG formulas have been used for thousands of years in Ayurvedic medicine. They are clinically proven to increase vitality, energy, endurance, stamina & improve physical & mental performance.

For a healthy life consume everyday!