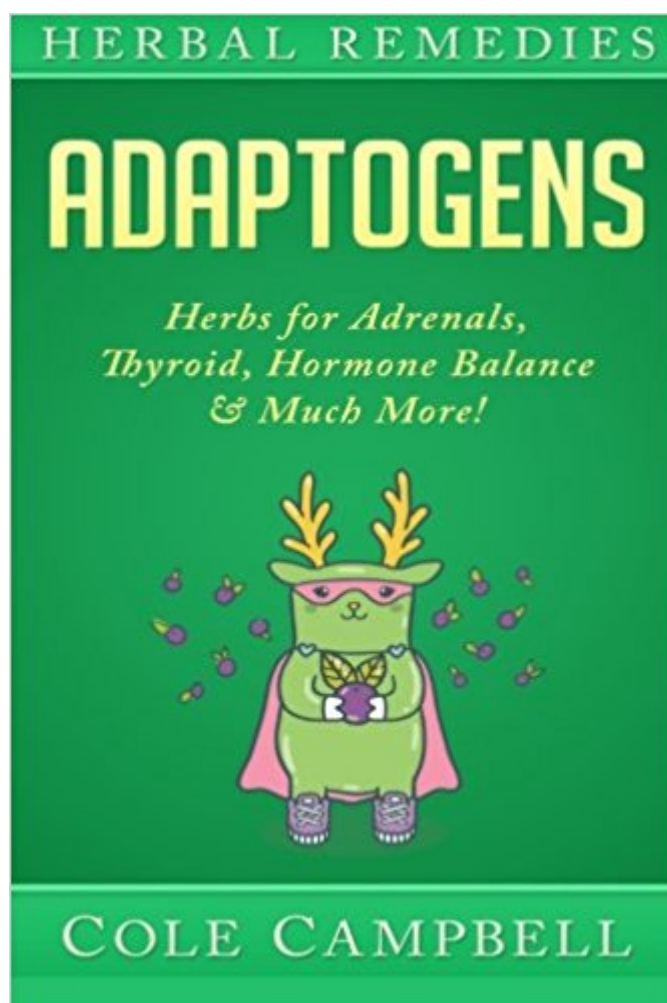


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# Herbal Remedies: Adaptogens: Herbs For - Adrenals, Thyroid, Hormone Balance & Much More!



## **Synopsis**

Have you ever wanted to know more about herbal remedies, but, are unsure who to ask? If you would like to know more about the powerful effect that herbs can have on the human body and their increasing use by the medical community, then this book is essential reading for you. Herbs have always played a part in human medicine; they are known to have been used in China and in India for thousands of years. More recent research is showing that they have a place within modern medicine; the more research and trials which are completed the more it is becoming apparent that herbal remedies may have the solution to some of the most deadly diseases in the world. There are several herbs which potentially have the power to inhibit, prevent and possibly even cure cancer although more trials are essential. This book seeks to introduce you to the world of herbal remedies, in particular what classifies as a herbal remedy, where they originated from and the main uses of each herb which are already known about. The book will also introduce you to the concept of adaptogens and explain what they are and what they are capable of doing. You may be surprised at just how effective herbs can be at reducing pain and curing a wide range of ailments, many illnesses which are currently treated using traditional medical knowledge can actually be resolved by using the right herbal remedy. This book may not be able to cover every single herb available but it does cover the main ones; including herbs which can help to regulate the adrenal glands and ones which work in the thyroid. Both the adrenal glands and the thyroid glands are critical to a healthy body and mind; many of the times when they are not working properly can actually be attributed to other imbalances in the body. These imbalances can be corrected with the right mixture of herbs; stimulating the body to use its natural resources whilst blocking damaging responses and allowing the body time to heal. Herbs can even play a part in balancing the hormones; whether the imbalance is a result of the menopause or other reasons. There is a huge range of herbs which can help to balance the hormones in your body, this book highlights the common ones and how they help as well as the best method for taking these herbs. Finally there is a section on the most popular herbal remedies and what they are useful for; you may be surprised at the options available! In fact, the book covers many different herbal remedies, all of which have a beneficial effect on the human body. You are likely to be surprised and amazed by the amount of options available and the fact that this is an ever expanding field as more research and clinical trials are completed. Herbs can and do play a vital part in preventing and curing illness; the next time you feel ill you may wish to consider the effect of some of these herbs on your body and how they can be beneficially to your recovery.

## **Book Information**

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## Customer Reviews

This book contains a lot of herbal remedies and treatments and also this book introduce the concept of adaptogens and explain what they are and what they are capable of doing. Adaptogenic herbs work with your body to bring you back into balance whether your levels are high or low, all of these herbs have diverse qualities which can be combined depending on a patient's specific conditions and desired health goals. Licorice may provide immediate relief with quick, noticeable results. Gingko is excellent for enhanced blood flow and anti-oxidant protection. Ashwagandha supports the restoration of inner core for strength, libido, and endurance. Korean Ginseng is excellent for supporting adrenal and thyroid function.

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. One of the primary benefits of herbal adaptogens is their unique ability to help us adapt so that when we encounter stressors we are able to effectively respond and quickly recover. Yance is one of the early practitioner's that has understood the tremendous value of adaptogens, and as a result, has incorporated this special group of herbs. A very well organized body of work that focuses on concrete, consistent and reputable information on herbs used for millenia.

This book had me really curious because I was not really aware of the concept and how it worked. The book gives you an in-depth analysis of Adaptogens and how they work. Though there's a lot of information in the book it lacked a little content but it still made up for everything with its

preciseness. Overall, I definitely recommend this book.

I personally opt to use natural remedies since I started to get conscious of my health in all aspect of my life but I only based everything on self-knowledge of medication or word of mouth. But with this book, I have learned some more herbs which I do not know can be useful with some or our health problems. This can also be useful for those homemakers who do not want antibiotics for their families. This is a must read for everyone!

My family has always been fans of herbal remedies as compared to over the counter prescriptions. I remember growing up my mom had her own herbal garden out back and everytime one of us would get sick she would make a batch of her famous herbal remedies and we would feel better in no time. I got this book because I have also been practicing the same thing with my family. Every chance I get I always make herbal remedies and drinks that will keep them healthy and safe. I enjoyed reading Cole's book and even shared it with my mom. She and I have been talking about the things we learned from the book over the last couple of days and I love that not only did it give us new things to study but it gave us a chance to bond.

Very informing book! 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. Worth reading!

I bought this book focusing on the Herbal part of the title only. This book opened my eyes to much more than that. I have a better idea of the whole concept of herbal treatments, their benefits and adaptogens. There is a wealth of information here, and I just couldn't get it all into my head from just one reading. Some books I've read on herbal remedies, mostly just defines herbal alternatives for beauty treatments. In fact most herbal related books are dedicated to that, or I've only searched in that area. So this was a whole new and more in depth look to the powers of herbs.

Lots of typos, seems kind of like a book someone typed up, printed out and stapled together. Would like pictures of the herbs, more information about usage, at least proper grammar and spelling.

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