

DDx STRESS

THE ENERGY FORMULA

Rhodiola and Ginseng help to increase physical and mental performance. Researched to help athletes, those under constant stress and those at risk of adrenal depletion. For when patients want to get on top of things physically and mentally.

THE ADRENAL SUPPORT

Licorice and Rehmannia are studied to preserve, protect and restore adrenal cortex function. For the depleted patient at risk of adrenal exhaustion. For when everything starts to stress patients out.



THE STRESS RELIEF

Withania, Scutellaria, Licorice and Korean Ginseng are all herbs that aid in increasing stress tolerance and nervous system support. For when patients are wired but tired and are noticing mood issues along with fatigue.



THE IMPORTANCE OF ADDRESSING FATIGUE

According to Hans Selye, the body has three distinct stages of dealing with stress.

1. The Fight or Flight Stage, which is a short term response to threat.
2. The Adaptation Stage, which comes in reaction to a longer term stressor.
3. The Exhaustion Stage, which manifests as classic burnout and is no longer sustainable.

Recognizing what stage a patient is in with respect to this theory helps to identify the most appropriate intervention...not all stress remedies are the same! This can explain why one adaptogen herb might work wonders on one patient, but be woefully inadequate for the next, or stop working after their level of stress changes. Supporting patients at whatever stage they are in can lead to greatly improved patient experience and outcomes.



THE MOOD SUPPORT

St. John's Wort, Scutellaria, Schizandra and Damiana address a wide range of mood and energy imbalances in the chronically stressed. Addresses mood issues that are common with PMS and menopause and gives additional support to help the liver detoxify. For when chronic stress results in feelings of irritability and depression.

THE RELAXANT

Valerian, Passionflower and Jujube are all herbs that have been found to support deeper and more restorative sleep. Researched to also have a beneficial effect on tension headaches. For when stress buildup results in insomnia with difficulty falling asleep, frequent waking and dream-disturbed sleep.

THE IMMUNE SUPPORT

Astragalus, Eleutherococcus and Echinacea are a powerhouse of immune balancing herbs that promote adrenal adaptation. Useful in convalescence and recovery following illness. For when constant stress results in immune depletion.

THE BUSY STUDENT/ EXECUTIVE TONIC

Bacopa, Schizandra, Eleutherococcus and Rosemary support cognitive function and adaptation during times of stress. Schizandra also helps to stimulate liver function for people whose lifestyles may be placing stress on detoxification systems. For when enhanced concentration, focus and memory are needed to adapt to changing environments.

ADDITIONAL LIFESTYLE INTERVENTIONS MATTER

As stress acts to increase free radicals in the body, it is important that patients are consuming increased levels of anti-oxidant nutrients to decrease their risk of premature aging and the pathologies associated with free radical damage. For the busy patient on the go this can be a challenge, so offering a greens drink like Greensfirst or Greensfirst Berry, with an ORAC rating equivalent to 15 servings of fruits and vegetables, can be a quick and delicious way to make sure they get that extra boost of nutrients and energy just when they need it most.

