



# **Adaptogens in Medical Herbalism: Elite Herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Disease**

*Donald R., CN, MH, RH(AHG) Yance*

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A scientifically based herbal and nutritional program to master stress, improve energy, prevent degenerative disease, and age gracefully

- Explains how adaptogenic herbs work at the cellular level to enhance energy production and subdue the pro-inflammatory state behind degenerative disease
- Explores the author's custom adaptogenic blends for the immune system, cardiovascular health, thyroid function, brain health, and cancer treatment support
- Provides more than 60 monographs on herbs and nutritional compounds based on more than 25 years of clinical practice with thousands of patients

Weaving together the ancient wisdom of herbalism and the most up-to-date scientific research on cancer, aging, and nutrition, renowned medical herbalist and clinical nutritionist Donald Yance reveals how to master stress, improve energy levels, prevent degenerative disease, and age gracefully with the elite herbs known as adaptogens.

Yance's holistic approach, called the Eclectic Triphasic Medical System (ETMS), is based on extensive scientific research, more than 25 years of clinical practice, and excellent results with thousands of patients. It centers on four interconnected groups of health tools: botanical formulations, nutritional supplements, diet, and lifestyle. Defining three categories for adaptogenic herbs, he explains how formulations should combine herbs from each category to create a synergistic effect. He provides more than 60 monographs on herbs and nutritional compounds as well as custom combinations to revitalize the immune system, build cardiovascular health, protect brain function, manage weight, and support cancer treatment. He explains the interplay of endocrine health, the hypothalamic-pituitary-adrenal (HPA) axis, thyroid function, and stress in the aging process and reveals how adaptogenic treatment begins at the cellular level with the mitochondria--the microscopic energy producers present in every living cell.

Emphasizing spirituality, exercise, and diet in addition to herbal treatments and nutritional supplements, Yance's complete lifestyle program explores how to enhance energy production in the body and subdue the proinflammatory state that lays the groundwork for nearly every degenerative disease, taking you from merely surviving to thriving.

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