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# Stressed Out? 10 Adaptogenic Herbs That Help With Chronic Stress

[In a hurry? Click here to read the Article Summary...](#)

According to the U.S. Centers for Disease Control and Prevention (CDC), the leading causes of death in the United States today include many of the usual suspects. Topping the list are things such as heart disease, cancer, chronic lower respiratory illness, accidents, stroke, Alzheimer's disease, diabetes, influenza and pneumonia, kidney disease, and suicide [1].

But consider the fact that, in many cases, **there's often just one cause behind these conditions** that people, for the most part, seem to overlook: *chronic stress*.

According the American Psychological Association (APA) the causes of stress most often cited by Americans in 2019 included fear of mass shooting, health care, and the 2020 presidential election [2].

**Prolonged stress in whatever way it manifests itself can be deeply harmful to the body** – not only physically, but also emotionally and even spiritually.

### **Stress Linked to the Most Common Causes of Death**

The APA warns that **chronic stress is directly linked to at least six (and likely more) of the most common causes of death** in modern America.

Most notably the effects of stress contribute to:

- heart disease
- lung disease
- cancer
- accidents
- cirrhosis of the liver
- self-murder

Believe it or not, one scientific study found that upwards of 90 percent of all chronic illnesses are caused by stress [3]!

## **How Is Your Body Coping With Stress and**

While the human body is fully equipped to combat the negative effects of *acute (short-term) stress*, persistent (ongoing) stress and anxiety is an entirely different animal.

This type of prolonged stress takes a much bigger toll on the body than many people think. **It wreaks some of its worst havoc on the glandular and endocrine systems of the thyroid and adrenals** that are responsible for producing the various hormones that our bodies need to live and thrive.



## Chronic Stress Depletes the Body

What was designed to be a temporary “fight or flight” response to occasional stressors by these important systems is forced into becoming a permanent coping mechanism for constant, unrelenting stress.

If left unchecked, **this type of chronic stress will eventually deplete the body’s hormone stores to dangerous lows.**

This sets the stage for a cascade of even worse health problems that are likely to form in their absence. We’re talking potentially life-threatening metabolic changes like blood sugar imbalances (type-2 diabetes), brain damage, decreased bone density and muscle wasting, increased blood pressure, impaired immunity and healing, excess fat growth (especially around the abdomen), and elevated risk of heart attack.

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Supports Healthy  
Inflammation Levels

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## What Are the Signs of Chronic Stress?

There are many ways that stress shows up in the body – both physically and emotionally. Some of the most common signs of stress as shared by WebMD include [4]:

### Physical Chronic Stress Symptoms

- Low energy
- Headaches
- Upset stomach (including [diarrhea, constipation](#), and nausea)
- Aches, pains, and tense muscles
- Chest pain and rapid heartbeat
- [Insomnia](#)
- Frequent colds and infections
- Loss of sexual desire and/or ability

- Cold or sweaty hands and feet
- Excess sweating
- Dry mouth and difficulty swallowing
- Clenched jaw and grinding teeth

### Emotional/Mental Signs of Stress

- Becoming easily agitated, frustrated, and moody
- Feeling overwhelmed (either like you are losing control or need to take control)
- Having difficulty relaxing and quieting your mind
- Feeling bad about yourself (low self-esteem), lonely, worthless, and depressed
- Avoiding others

## Adaptogens: Nature's Solution to Chronic Stress



It is generally recognized that things like prayer and [meditation](#), exercise, leisure, and rest are great ways to relieve stress: and these are all good things, indeed!

But what about diet and herbal support? We don't hear much about that, and yet **there's an entire class of herbs known as adaptogens that are uniquely suited to support the body's efforts to combat prolonged stress.**

As their name implies, adaptogens help the body to adapt to difficult situations in life that contribute to chronic stress, in effect stopping it before it begins to take its toll.

Author, educator, and "Medicine Hunter," Chris Kilham, describes adaptogens like this [5]:

“An adaptogen is a botanical that greatly improves your body’s ability to adapt to stress, whether it’s a hectic schedule, heat or cold, noise, high altitudes or any number of other stressors. This elite class of herbs imparts strength, energy, stamina, endurance, and improves mental clarity.”

One study published in the journal *Pharmaceuticals* describes adaptogens as substances that enhance the “state of non-specific resistance” to stress. By generally warding off stress, adaptogens effectively help to protect the central nervous system against stress-induced neural damage, while also enhancing cognition and fighting fatigue, depression, and generalized anxiety.

Put more simply; adaptogens function as equalizing agents to **help push the body towards homeostatic balance** – which is its optimal state of being [6].

What makes adaptogens even more special is the fact that they don’t change any specific function of the body. Rather **they aid the body’s adaptive structures to better respond to outside influences and stressors** that, if persistent enough, can throw it majorly off-kilter.

In essence, adaptogens normalize the physiological state of the body to [help release it from the constant state of “fight or flight”](#) that demarcates what it means to be chronically stressed.

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## Adaptogens Modulate the Release of Cortisol, the “Aging” Hormone

One of the ways that adaptogens accomplish this mighty feat is by targeting the hormone most associated with the damaging effects of chronic stress: cortisol.

Cortisol is often referred to as the “aging” hormone, though not necessarily because it causes our bodies to age. **Cortisol is actually quite helpful when it isn’t being produced excessively in response to stress.**

Like all of the other hormones that our bodies produce, cortisol is essential for life. But it’s only supposed to be produced in small amounts, and for a limited time, as a buffering agent to keep the many systems of the body running smoothly.

When stress gets out of control, so does cortisol. **It turns into a deadly killer that saps energy instead of creating it, and that [impairs immunity](#) rather than supports it.**

### How Adaptogens Lower Cortisol

This is where adaptogens come into play. Adaptogens intercede in place of cortisol to give the adrenal glands a break, effectively guarding them against becoming fatigued.

**Cortisol levels decrease when adaptogens are present because adaptogens function similarly to cortisol.** And because they're introduced exogenously (from outside the body), adaptogens don't cause any strain whatsoever on the body as excess cortisol does.

As a result, the adrenal glands are freed up to continue producing other vital hormones such as:

- Progesterone
- Estrogen
- Testosterone
- Human growth hormone (HGH)

**The body needs all of these hormones to keep its many systems functioning well and in-sync with one another.** This then allows cortisol, which functions as a type of master hormone, to spend more of its time guarding the body as it's supposed to – rather than harming it in response to chronic stress.

Dr. James Wilson writes in his book *Adrenal Fatigue that* [7]:

“Cortisol is a key regulator in the hormonal web of the body. High and low cortisol levels impact negatively on body systems and related hormones, particularly thyroid and testosterone. About 80 percent of adrenal fatigue patients will also have a sluggish thyroid that needs supplementation.”





# HERBS FOR STRESS



**ASHWAGANDHA**

**ASTRAGALUS**

**CORDYCEPS**

**ELEUTHERO**

**HOLY BASIL**

**LICORICE ROOT**



# RHODIOLA ROSEA

# SCHISANDRA

# MACA



[organixx.com/chronic-stress](https://organixx.com/chronic-stress)

# Organixx

## 10 of the Best Adaptogenic Herbs for Managing Stress

It's no wonder that the [traditional systems of medicine in India](#) and China have been using adaptogenic herbs for thousands of years. These herbs help ward off stress and [promote energy, calm, and balance](#) throughout the body.

The tonifying properties of adaptogens (“tonifying” means increasing the available energy of a body part or system) truly are special in that **these precious substances**

but just right.

So, what are some of the more popular adaptogens and how do they work?

Here are 10 adaptogens that time-honored tradition and science alike hold in high esteem for their powerful stress-killing potential:



1. **Ashwagandha.** Arguably the most highly prized of the adaptogenic herbs, ashwagandha (*Withania somnifera*), [also known as Indian ginseng](#), has a multi-millennia track record of powerful tonic effects in the realm of supporting immunity and emotional balance. Eastern medicine has long recognized the incredible ability of ashwagandha to support balanced cortisol levels while helping to mitigating stress.
2. **Astragalus.** A popular herb in Traditional Chinese Medicine (TCM), [astragalus \(\*Astragalus propinquus\*\)](#) is similarly suited to support the immune system while buffering the effects of stress. Astragalus is also said to help the body in repairing stress-related damage from the past, while at the same time redirecting cortisol away from vulnerable stress receptors.
3. **Cordyceps.** A nutrient-dense mushroom from the endoparasitoid family, the [cordyceps \(\*Ophiocordyceps sinensis\*\) fungi](#) isn't technically an adaptogen in a traditional sense. But it does possess powerful adaptogenic properties as they pertain to immunomodulation and stress relief, which makes it a worthwhile option.
4. **Eleuthero.** Also known as Siberian ginseng (*Eleutherococcus senticosus*), eleuthero has many of the same properties as ashwagandha and astragalus, with the added bonus of helping to support increased energy levels and optimal sexual function.
5. **Holy basil.** Sometimes referred to as [Tulsi, holy basil \(\*Ocimum tenuiflorum\*\)](#) is particularly suited to help the body better respond to both physical and

apart from some of the other adaptogens, and many regards it as being powerfully anti-aging as well.

6. **Licorice root.** Known scientifically as *Glycyrrhiza glabra*, licorice root is another energizing adaptogen with immune-boosting properties and a special ability to help protect the thymus gland from being damaged by cortisol. It's important to use this one under the guidance of a qualified healthcare practitioner, though, because it can affect blood pressure levels.
7. **Maca.** Also known as Peruvian ginseng (though it doesn't actually hail from the ginseng family), maca (*Lepidium meyenii*) is regarded as being one of the "lost crops of the Andes." It has long been prized by the native people of Peru as an herbal tonic of the highest order. [Maca's many reported benefits](#) include increased strength, stamina, energy, libido, and sexual function.
8. **Panax Ginseng.** Sometimes referred to as Asian, Chinese, or Korean ginseng, Panax ginseng is the most well-studied of the ginseng varieties and is considered to be the "truest" form of ginseng. Panax ginseng is said to provide non-specific support against mental, physical, and environmental stressors.
9. **Rhodiola rosea.** Both calming and invigorating, Rhodiola rosea is another powerful adaptogenic herb that combats stress as well as fatigue – hence its immense popularity throughout Siberia where it's natively grown.
10. **Schisandra.** This incredible berry has been a staple of traditional medicine for centuries, as it's known to help [protect against adrenal fatigue](#) while supporting healthy inflammation levels. A robust fighter against free radicals, *schisandra* actually seeks out stress hormones in the blood and helps neutralize them. At the same time, it supports enhanced physical performance, endurance, and energy levels.

## Organixx Turmeric 3D Contains KSM-66 Ashwagandha

[Organixx Turmeric 3D formula](#) has always contained ashwagandha extract. As part of our commitment to the cleanest and most effective supplement ingredients, we upgraded to [KSM-66 Ashwagandha](#) in 2019 – the most clinically studied

KSM-66 is a full-spectrum ashwagandha extract produced using a unique proprietary extraction process, based on “Green Chemistry” principles, without using alcohol or any other chemical solvent.

[Turmeric 3D from Organixx](#) provides you one of the most “bioavailable” forms of turmeric due to its unique fermentation process. This means your body experiences the maximum benefits of the purest, most potent turmeric available!



## ▼ Sources:

### Article Summary

The American Psychological Association (APA) warns that chronic stress is directly linked to at least six (and likely more) of the most common causes of death in modern America.

Longstanding stress wreaks some of its worst havoc on the glandular and endocrine systems of the thyroid and adrenals.

There is an entire class of herbs known as adaptogens that are uniquely suited to support the body's efforts to combat prolonged stress.

Adaptogens modulate the release of Cortisol, the "aging" hormone and help to uplift the body while simultaneously leveling it out.

10 adaptogens with powerful stress-killing potential:

Ashwagandha

Astragalus

Cordyceps

Eleuthero

Holy basil

Licorice root

Maca

Panax Ginseng

Rhodiola rosea

Schisandra

## COMMENTS



Kuzee Fields says

I have stage 3 breast cancer and I'm using herbal, B17, and vitamin C Chelation, as well as diet to fight this disease. Will this particular herbal combination help my situation or make it worse?

Reply

August 13, 2017 at 9:58 am

I don't know but I hope your diet is a whole food plant based diet and you watched the documentary "forks over knives". I'm sure that would help you a lot

Reply

August 14, 2017 at 8:20 pm

 Kuzee' Fields says

Thank you for your advise. Yes I'm using a whole food diet in addition to my herbs, B17, and Vitamin "C" Chelation lots of out of doors garden work.

Reply

August 25, 2017 at 10:47 am

 Sammy says

My mother also was recently diagnosed with breast cancer and I haven't heard that b17 could help her situation. What about these vitamins helps fight the cancer? I'll need to talk to her about it and see if that would be a good option for her.

Reply

September 9, 2017 at 1:50 pm

 Customer Support says

Sammy,

The best advice we can give you is to consult with one of the doctors/experts that we interviewed in our Global Quest Series. Here is a link to get their information:

<https://thetruthaboutcancer.com/experts-info-sheet/>

Best wishes!

September 9, 2017 at 4:45 pm

 Michael says

The SX fraction of the Maitake mushroom has performed well in clinical trials for breast cancer, used both with and without either chemo or radiation. Check it out. The red reishi is also good for this.



Nancy says

It has to be organic or you're consuming dangerous zenoestrogens

Reply

July 10, 2020 at 2:45 pm



Enza says

Hi Kuzee, saw your post.

I'm happy to hear you r doing ulternative type treatments . Food and nature's gifts will give you back, not only longevity but control over your own health .

In 2015 I got diagnosed with metastatic Breast cancer , had a large tumour on my pelvic bone. 1 year later it was gone! Just went for another check up, they can't find it!

I owe my success to a raw vegan diet, deep psychological work, supplements and herbs, self love, connection with my ancestral land, and above all the belief that We all hold the power of healing in outs hearts and in our mind .

My advise for herbs and supplements is always seek professional help. Surround yourself with expert therapists , show up to your appointment educated , ask a lot of questions, leave with what your gutt thinks is right for you.... then take it on as the perfect remedy! It will work! It works!

You have the power!

Be well! Enza

Reply

August 15, 2017 at 8:52 am



Kuzee' Fields says

Thank you for your replay. I've seen The Truth about Cancer that's why I know about B17. The Alternative doctors in my area are not too willing to help me only one will do the Chelation for me. I'm using various herbs to fight cancer along with a vegan diet lots of juicing and out of doors gardening.

Reply



 k says

Kuzee you sound like you are doing many of the right things. You should look into detoxing the liver, gall bladder, kidneys, lymph to make sure they are cleaned out. I do detoxing in some form daily. Make sure you are never constipated if so look into Vit C Flush, Salt Flush, Magnesium flush to replenish these in your body. In addition to the chelation you could be taking high doses of Lyposomal Vit C or get Vit C Infusions. Have any fillings removed and non metal, non allergic onces put in. Have all root canals looked into by a biological dentist. Most breast cancers are on the same side as a root canal. I hope these things help.. Look at [Cancertutor.com](http://Cancertutor.com) for more info.

Reply

September 5, 2017 at 4:50 am

 Ross Fairweather says

Just wanted to say “Congratulations” Kuzee for having the wisdom and fortitude to radically stop the SAD and start eating for health and life. You are an inspiration. Please share often with all you can.

Reply

September 25, 2019 at 7:22 pm

 Shelley James says

Aww bless you! be sure to check out the truth about cancer on YouTube!

Reply

August 15, 2017 at 3:44 pm

 Maureen cavicchi says

Google nagalaise. Work in japan and europe to boost immune system with colostrum mixed in yogurt made from raw milk and probiotics. That along with the diet and lifestyle changes you have already made should help...( no sugar)

Reply

September 19, 2017 at 10:03 am

 jerusha says

I have breast cancer and am using raw food diet, B17, St. Mary's thistle coffee enemas but am currently doing black salve and it's working a treat. Has been sore...but it works.

Reply

November 2, 2017 at 9:08 am



Denise Lecuyer says

Where did you find the black salve

Reply

May 21, 2018 at 11:35 am



Bob says

Look up clinical trials on VERY high dose melatonin.

Annatto E , check you tube vid with Barrie Tan Phd.

Cris Wark and Ty Bollenger have lots of good information.

Good Luck.

Reply

April 4, 2020 at 1:23 pm



Guillermo says

Very good report. I include the sacred herb ayurveda Gotu Kola, to balance the mind. Which is a supreme adaptogen linked to mental improvement. It helps to create a balance in the nervous system and brain functioning, thereby decreasing the symptoms of anxiety and depression.

Reply

August 13, 2017 at 10:39 am



Nonhlanhla Zondi says

Hello

Thank you very much, these are really what we need.

How much to use, in water, cold or boiling, with anything?

Please help, early want to use them.

Nonhlanhla Zondi

Reply

August 13, 2017 at 11:18 am

 Sara Grobler says

Please tell me which of these are safe for auto-immune disease. I am so frustrated! I have chronic stress yet virtually every adaptogenic herb seems contra-indicated for auto-immune conditions e.g. ashwaganda is a nightshade, ginseng and medicinal mushrooms are immune stimulators etc. Please help...!

Reply

August 13, 2017 at 12:09 pm

 Wendy says

Astragalus helps both stress and autoimmunity.

Reply

August 15, 2017 at 7:04 pm

 Maddy says

I used to suffer from chronic anxiety and debilitating panick attacks. Nothing would calm me down. I did a parasite cleanse.

I no longer have panic attacks and I am calm and serene. Good luck on your journey.

Reply

August 16, 2017 at 4:46 pm

 Sue Hodges says

Sarah, I hear you. I have auto-immune (RA) AND cancer. Almost 100% of the recommended supportive remedies have ingredients that set my immune system on fire. In addition, I cannot use turmeric or stevia – everything, EVERYTHING – contains those 2 ingredients so I feel frustrated at every turn.

recommended but to date no success. I work with naturopathic/functional doctors.

That said, I know the answer is out there – just got to keep trying to find it. But I wish someone would address how to deal with both AI and cancer holistically as it's only the immune system that will stop the cancer advancing.

Reply

September 23, 2019 at 11:42 am

 Ann says

Maybe try meditation for your stress ( find one that suits you). Another suggestion is to try essential oils. I have Hashimoto's and other autoimmune diseases and I take all that you mentioned above with no problems. My anti-thyroid antibodies ( was extremely high) actually went down in less than 6 months by over 50% after I stopped gluten and dairy ( I was tested positive to them, not with just the regular 2 blood test for gluten allergy). You may want to work with someone who does functional medicine ( I am, as there are many other causes of feeling stressed etc such as low magnesium, leaky gut, hormonal imbalance etc). It's worth the money.

Reply

May 7, 2020 at 11:36 am

 Robert says

I really appreciate this article for underscoring the need for regular use of adaptogens.

Reply

August 13, 2017 at 12:43 pm

 Jocelyn says

Fabulous article . Very detailed and appreciate it very much!!!

Reply

August 13, 2017 at 1:14 pm

 Stephanie Parmlee says

Does organixx have a product with a combination of all it most of these herbs?

Reply

August 13, 2017 at 1:00 pm

 Janet says

Thank you for this particular compilation. All on one page to find what is more important to each individual. I have taken several of these at different times in my life and believe in their work. Also, people's needs change throughout life, needing change in help. Great source of information. Thank you!!!

Reply

August 13, 2017 at 5:53 pm

 Christine says

It would be helpful to know where these herbs are available.

Reply

August 13, 2017 at 6:25 pm

 Charlene Nel says

Sorry, I was planning on getting a bottle but can't afford it. Sounds like a great supplement. Thanks anyway. Charlene S Neil

Reply

August 13, 2017 at 7:38 pm

 Claire says

Hi,

I live in Australia, Perth.

Where can we get those herbs to help with stress?

Any supplier in Western Australia?

Thank you

Claire

Reply

August 14, 2017 at 1:44 am

Hi Claire,

Any health food shop in Australia (esp W.A.) will be able to help with those abovementioned herbs.

Liz, Australind

Reply

September 23, 2019 at 6:23 pm

 Cindy DeRunk says

Great article! Thank you!

Reply

August 14, 2017 at 10:53 am

 Robert says

Taking these herbs on their own may help, but they usually work better in properly prepared formulas. For that you should consult an Ayurvedic or TCM (Chinese Medicine) practitioner.

Reply

August 14, 2017 at 11:19 am

 Liz Westhead says

Ty. Thanks for giving me this list. And thank you for all the work you are doing. I followed your anti cancer videos, with great interest.

I use ashwagandha currently because my thyroid medication is unbalanced – though it will be sorted soon. And I always welcome a good cup of Tulsi tea.

I have been suspicious of Maca because, like Siberian Ginseng it is thought to be bad for people with high blood pressure....

I so much appreciated your list of adaptogens. Are they all good? Do they have disadvantages as well

Reply

August 14, 2017 at 11:28 am

Thank you, Ty. This is much appreciated, at a time when I am trying to return to a normal life after breaking my back – at 77.

Reply

August 14, 2017 at 11:33 am

 D J Hansen says

JTH3, You may want to look into the healing properties of Mullein for your back. Best regards.

Reply

November 3, 2017 at 6:07 pm

 Michael Nightingale says

Very interesting, three of them were new to me.

Reply

August 14, 2017 at 11:49 am

 Daryl says

Hard to get some of those herbs

Reply

August 14, 2017 at 11:55 am

 Harmony says

Where is the best place to get these herbs?

Reply

August 14, 2017 at 12:03 pm

 Rebecca Novak says

What is a good place to obtain these stress relief herbs?


Reply

August 14, 2017 at 12:21 pm

 Nancy says

Reply

August 14, 2017 at 12:25 pm

 Barbara Butcher says

Thank you. These are not easy to get apart from licorice which played havoc with my bp years ago. Quite stressful to read about the herbs and have no idea where to get them especially in rural areas. I teach stress management and will pass on in case they can source them... Yao are a mine of info Ty.

BB

Reply

August 14, 2017 at 1:05 pm

 Melvin Smith says

I have suffered from Adrenal Fatigue for 4-5 years before self diagnosing. I started on Ashwaghandha & noticed an immediate improvement in my sleep patterns & anxiety symptoms.

I also consumed a good quality Esterfied Vit C.

I came off prescribed tranquilizers & today, 2 years later I am 99% better.

Reply

August 14, 2017 at 1:45 pm

 Vera-Marie says

Where did you get it from? How did you know how much to take?

Reply

August 15, 2017 at 5:15 am

 Linda Mason says

I would like to go further after reading this message to check on the cost of this supplement, BUT: the last time I did this it set off a barrage of emails from you saying I had begun ordering and did not complete it. I simply wanted to check on the price to see if I might be able to consider ordering it. But to then be faced with all these on-going messages was very annoying – did not put me in the ‘ordering mood’ if you know what I mean. Is this really necessary? You



Reply

August 14, 2017 at 1:55 pm



Customer Support says

Thanks for the feedback Linda!

Reply

August 14, 2017 at 7:11 pm



Sylvia says

Excellent article. I struggle with a bi-polar mood disorder which includes high levels of anxiety and panic disorder as well as depression. This causes a lot of stress to say the least. Because I take an array of medications I am concerned how natural medicines will work with western medicine so I am hesitant to mix them although I have drank finding tea without any difficulty. Is there a resource for functional medical physicians in my area and do they study about this? I live near Raleigh, NC. Thank you.

Reply

August 14, 2017 at 3:07 pm



Charlotte says

What is the best way to use these adaptogens? Buying them in capsule form and taking them as a supplement? Or buying them in powder form and adding them to food...?

Reply

August 14, 2017 at 5:22 pm



cat davis says

Either way. I add maca powder to my smoothies. Some can be used as tea for light doses such as the ginseng. Most are capsule based to get the required specific dosage correct. Capsule is also an easy way to manage your dose yourself.

Reply

August 15, 2017 at 2:14 am



Martha Bellizzi says

Tried to order 3 bottles, but it would not change from 1, so I clicked out. Will try again

Reply

August 14, 2017 at 6:55 pm



Customer Support says

Hi Martha,

If you are still having issues please reach out to one of our customer support team members by sending them a message here: <https://support.organixx.com/>

Reply

August 14, 2017 at 7:06 pm



john mchale says

Thanks Ty for these pearls of very important Information. You are doing God's work.

Love Light and Life Eternal.

Reply

August 14, 2017 at 7:48 pm



Customer Support says

We are glad you are enjoying learning this information John!

Reply

August 16, 2017 at 7:11 pm



Joyce Shank says

I'm a little confused. I purchased Meta-plexx, the product I was referred to after reading about the 10 adaptogens for combating stress and regulating cortisol as described above. But when I read the ingredients for Meta-plexx, it does not list these adaptogens as part of them. Can you help clarify? Thanks.

Reply

August 14, 2017 at 8:58 pm



Customer Support says

Hi Joyce,

Reply

August 16, 2017 at 7:06 pm

 Ray Dale says

Always good to further your knowledge on matters of health, whether spiritually, mentally or physically. The whole person needs all these to function correctly.

Ray Dale

Reply

August 14, 2017 at 10:02 pm

 Customer Support says

Exactly! Great advice Ray!

Reply

August 16, 2017 at 7:04 pm

 Graeme says

Why not answer all the other questions.

Do you only answer the people who are having trouble to buy your product.

Reply

August 15, 2017 at 1:06 am

 Lloyd says

Why is ganoderma lucidum not on this list?

Reply

August 15, 2017 at 7:23 am

 Customer Support says

Thanks for letting us know about this Lloyd! I will suggest this as something we research about in the future.

Reply

August 16, 2017 at 7:03 pm

## What of tribelus?

Reply

August 15, 2017 at 10:04 am

 Sushma Dhawan says

To tackle cancer, give up all sugary foods....cancer cells thrive with sugar....don't have carbohydrate foods also.They turn into sugagar....avoid rice, bread, potatoes .pasta..pizza etc. Try herbs like HALDI ..powder form in warm milk daily . It builds resistance...esistence.....cells wont attack you if you build resistance. Cancer cells also never thrive in heat..Fruits like blueberries...and

rasberries...strawberries are good to eat.....wheat grass...germinated sprouts ...yes, diet does help. A relation used to take all the above and it did help.

Reply

November 2, 2017 at 11:25 am

 Shan says

Thank you very much for this. I have been looking for some good articles about how stress effects people, as well as information regarding ways to treat stress and anxiety.

This one is far and away better then any I have come across so far.

I need it to use in court, so need one that has good references including studies , however also need it to be in language easy for the uninformed to understand and appreciate..

best wishes

Shan

Reply

November 4, 2017 at 8:19 pm

 Customer Support says

Shan,

If you are looking for more information about this topic you can look through the sources tab on this article. It is directly above the article summary.

Reply

November 6, 2017 at 11:05 am



Leigh Ann Brock says

Also I want to add another powerful plant which is a wonderful source of antioxidants and a plethora of many other health benefits such as the digestive system. I have been drinking aloe vera juice for many years with wonderful benefits. The juice allows the body to naturally detox itself and aids absorption and digestion of the much needed vitamins and minerals for physical and mental health. I cannot say enough about the benefits of aloe vera juice. I have been taking it for 20 years and have never had any stomach problems. Forever Living Products is the company that I purchase aloe juice and they have many other wonderful products for topical use as well. Highly recommend Aloe Vera.

Reply

September 23, 2019 at 12:34 pm



Customer Service says

Thank you for sharing this with us, Leigh Ann. We at Organixx also believe in the power of aloe vera, not just for the skin, but also for digestion. In fact, we published an article that discussed the amazing benefits of this plant: <https://organixx.com/benefits-of-aloe-vera/>. We hope you can check it out and let us know what you think!

Have a great day ahead!

Reply

September 24, 2019 at 11:13 pm



Mary Kuyper says

The order for 8 bottles for \$41.66 did not go through a couple hrs. ago....

Please send me a bill or give me a call. Phone # 605-770-6957, and I'll pay

the bill. I couldn't find a phone #!

My address is 3307 W Bitterroot Sioux Falls, SD 57108

Reply

September 23, 2019 at 5:08 pm

Hi Mary, thank you for your comment.

We're sorry to hear that you were having trouble placing your order. If you haven't done so already, we suggest contacting our Customer Success Department so they can further assist you with your concern. They can be reached by clicking the following support link: <https://support.organixx.com/> or by phone at 1-877-750-6455.

Our normal business hours are from 9 am – 8 pm ET Monday – Friday and 11 am – 5 pm ET Saturday and Sunday. They will be very happy to help you out.

Thank you so much! We hope you have a wonderful day!

Reply

September 24, 2019 at 2:23 pm

 Annette Pratte says

Stress can be effectively addressed with Scientology Ethics tools. It can be insidious but these tools help .

I highly recommend "Introduction to Ethics" by L Ron Hubbard. It's essential. You can fight better when you know the enemy. We are more than flesh.

Reply

April 1, 2020 at 9:59 pm

 Christie says

I did not see the reason why Maca tea is contraindicated for those with Hashimotos. Can you please explain?

Reply

April 10, 2020 at 1:03 pm

 Customer Service says

Hi Christie, thank you for your feedback.

We have updated the excerpt on this article (<https://organixx.com/mac-root-benefits/>), wherein we clarified that some health experts recommend avoiding maca if you have Hashimoto's disease and to please consult with your own healthcare provider regarding this matter.

Wishing you a lovely weekend!

Reply

April 12, 2020 at 9:09 am

 Muriel G says

Do you sell a product with all the 10 herbs? I would like to buy it.

Reply

May 18, 2020 at 2:12 pm

 Customer Service says

Hi Muriel, thank you for your interest in Organixx!

We do not have a product that has all these 10 herbs as ingredients. However, we do have a turmeric supplement that is formulated with Organic KSM-66 Ashwagandha® – KSM-66. It is a patented ashwagandha which is an adaptogen that helps support healthy stress levels. We hope you can check out the Turmeric3D here:

<https://shop.organixx.com/collections/all-products/products/turmeric-3d>.

We would love to hear what you think! Wishing you a lovely day!

Reply

May 20, 2020 at 12:59 am

 L. Lloyd Stewart says

I ordered a bottle of your Multi-Vita-Maxx.

It came in a liquid with a dropper and not capsules. The Mfg: date was 9/2018. Is this still good?

I would prefer the capsules.

L. Lloyd Stewart

Reply

May 19, 2020 at 3:22 pm

 Customer Service says

We checked our database and saw that one of our Customer Success Representatives has helped you in addressing your concern.

Please do not hesitate to reach out to us again if you have more questions in mind. We're happy to help!

We appreciate your trust and support in Organixx. Wishing you the best in your wellness journey!

Reply

May 20, 2020 at 1:30 am

 Beth says

Hi how can I get the vitamin B17? I already have the turmeric 3D and the M7+. Can you please help me with the B17? Thank you and more power

Reply

May 31, 2020 at 11:30 am

 Customer Service says

Hi Beth, thank you for your question and interest.

Unfortunately, we do not carry a B17 supplement in our product line. We recommend consulting with a naturopathic doctor so they can help you determine whether taking a B17 supplement would be beneficial for your personal health needs and if so, what serving recommendation would be best suited for you.

If you would like to check out some of the other products we offer, feel free to do so here: <https://shop.organixx.com>.

We appreciate you being here with us and wish you a happy & healthy day.

Reply

June 3, 2020 at 2:41 pm

 Valerie says

Hi, what do you recommend to help my body handling last stage COPD. Often get flare ups & heavy congestion. So something that will break up mucus lining the lungs. I'm on a strict financial diet, so hoping you have a vitamin that combines the most effective for my situation.



Reply

June 29, 2020 at 10:05 pm



Customer Service says

Hi Valerie, thank you for your comment.

You may visit our online store and use the option found on the left side of the page to filter our products according to their health benefits.

You may also check out our health blog (<https://organixx.com/health-articles/>) and take a look at our informative and interesting articles about health and wellness.

With this, please know that Organixx cannot diagnose, treat or provide advice regarding your health and the individualized usage of our products. If you have questions regarding the individualized usage of our product, please consult with a medical professional.

We hope this helps and we wish you the best in your wellness journey!

Reply

June 30, 2020 at 2:16 am



Charlotte says

Many people with advanced stress are on medications for blood thinning, could you address which adaptogens do NOT thin the blood?

Reply

June 30, 2020 at 10:22 am



Customer Service says

Hi Charlotte, thank you for your question.

Our apologies, but we do not have that information as of the moment. We suggest that you refer this question to a health professional since Organixx cannot diagnose, treat, or give you advice regarding your health and individual use of our products.

You may also visit our health blog every now and then to be updated of our latest health and wellness articles that discuss about adaptogens:

Wishing you a lovely day!

Reply

July 1, 2020 at 7:56 pm

## LEAVE A REPLY

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Email \*

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**12 Top Essential Oils**

**and Their Uses (60+ Tips & Ideas)**

12 Top Essential Oils and Their Uses (60+ Tips & Ideas)

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**Nutrient Deficiency:**

**The 7 Most Common Deficiencies**

**+ 11 "Red Flag" Signs**

Nutrient Deficiency: The 7 Most Common Deficiencies + 11 "Red Flag" Signs

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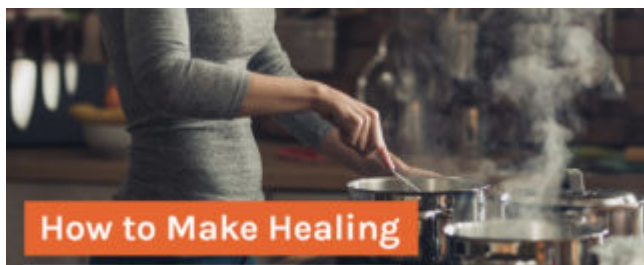


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## The 8 Best Essential Oils for Anxiety & Stress Relief



A promotional banner for Organixx Rewards. On the left, there is a white bag of "Organixx Organic Daily Detox Whole Body Detox" and a white bottle of "Organixx Multi-Vita-Maxx". A brown gift box with a gold ribbon is in the foreground. The background is a solid orange color. On the right, the text reads: "Organixx Rewards Sign up to earn points toward your purchases! All customers who register during the promotional period, from July 16-19, will receive points for all purchases in the past 60 days." Below this text is a black button with white text that says "Create an Account".

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