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Tero Isokauppila, Danielle Ryan Broida

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Healing Adaptogens Tero Isokauppila, Danielle Ryan Broida, 2024-01-16 Boost your body's internal ability to defend, perform and restore with this guide to the 21 most common adaptogens and their healing properties from the team behind Four Sigmatic. Are you suffering from chronic fatigue, anxiety, digestive or autoimmune issues? Or are you seeking a simple way to bring whole body health into your life with a food that is easy to integrate into your everyday routine with no muss, no fuss? Welcome to the world of adaptogens: nutrient-dense, calorie-sparse superfoods that have been clinically proven to help your body defend your immunity and gut health, perform through your cardiovascular and respiratory systems, and restore balance through your neuroendocrine system. By definition, adaptogens are nontoxic, nonspecific, meaning they build adaptive energy rather than exerting a specific effect and normalizing, meaning there's a balancing, bidirectional effect on physiological function. Tero Isokauppila, founder of Four Sigmatic and registered herbalist Danielle Ryan Broida, guide you through the scientific mechanisms and health benefits of the 21 most powerful species of adaptogens from ashwagandha to chaga to turmeric. Complete with client case studies and a shopping guide, *Healing Adaptogens* will educate, inform, inspire, and delight, giving you the tools you need to elevate your daily routine with adaptogens. *The Health Detective's 456 Most Powerful Healing Secrets* Nan Kathryn Fuchs, 2006 A veteran nutritionist and health writer reveals some of the health secrets she has learned in the course of her career: the diagnostic tools and truly miraculous substances that can have a dramatic impact. **The Practice of Herbalism** Jesse Hardin, 2018-10-03 Presenting *The Practice of Herbalism*, the second of two foundational books on the most important topics that herbalists and others need to consider when either starting or further evolving a life of purposeful healing today. The topics addressed here are those you might hear talked about online in forums, in the hallways of herbal schools, and among small groups of attendees at herbal conferences, as well as being some of the primary ideas, ethics, parameters, and possibilities discussed by students, herbal entrepreneurs, and practitioners in endless private emails. Herein are many of the options and criteria that you likely need when choosing who and how to be growing your gifts and deciding how best to give, creating, re-forming, deepening, expanding, or otherwise improving your plant-hearted practice. **Plants First** Katie Takayasu, 2021-11-09 In this book, Dr. Katie Takayasu distills her years of medical training and knowledge into an easy-to-follow plan for achieving wellness through a plant-forward lifestyle. With smart strategies backed up by the latest medical science, she explains how to make good food choices, prioritize nutrient density, and tweak your lifestyle in order to curb inflammation, which is the root of all disease and dysfunction in the body. We all have agency over our health. Little by little, day by day, we can choose to take better care of ourselves. Dr. Katie shows you how to ground yourself with the four pillars of health: supportive nutrition, adequate rest, gentle and joyful movement, and attendance to your Spiritual Self. Balance your plate with Dr. Katie's Anti-Inflammatory Diet, a guide to the kinds of foods you should eat on a daily and weekly basis. Optimize your water intake and sleep rhythm to bring your body into harmony. Develop a mindfulness

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