

Top 5 Adaptogens* *for Burnout*

**plants that reduce stress load in the body*

AUGUST
2022

VERSE
RESOURCE GUIDE

BURNOUT IS AN EPIDEMIC.
PLANTS ARE ONE REMEDY.



*Here are the herbs we suggest to
combat acute stress and chronic fatigue.*

VERSE

Astragalus

1

Latin Name:

Astragalus membranaceus

Common Names:

Astragalus, Bei Qi, Huang Hi, Ogi, Hwanggi, Milk Vetch



**we recommend sourcing this plant medicine from*

THE
SCARLET
SAGE^{HERB}
CO.

History and Uses:

Evidence shows that astragalus may increase your body's production of white blood cells, which are the cells of your immune system responsible for preventing illness. It's thought to widen your blood vessels and increase the amount of blood pumped from your heart, supporting the overall health of cardiac physiology.

Best Prepared As:

Standard Decoction

1-3 cups daily

**try replacing your coffee with an astragalus chai latte made with Scarlet Sage's Trophy Chai*

History and Uses:

It is believed that both the Chinese and Indians have used ginger root for medicinal purposes for more than 5,000 years. Fresh and dried ginger is used commonly in Ayurvedic medicine for the treatment of indigestion, fever, and digestive disorders. Fresh ginger is thought to be beneficial in reducing nausea and vomiting due to the presence of shogaol, and dried ginger has been shown to alleviate chronic respiratory conditions.

Best Prepared As:

Tea or Fresh Juice, 3 times daily

**Juice 4 oz fresh root, mix equal parts hot water, add honey and lemon or lime to taste.*

Ginger

2

Botanical Name:

Zingiber officinale

Common Names:

Ginger, Mahaoushadhi, Sheng Jiang



3

Eleuthero

Latin Name:

Eleutherococcus senticosus

Common Names:

Siberian Ginseng, Touch-Me-Not, Devil's Shrub



History and Uses:

Eleuthero is a distant relative of Asian ginseng (*Panax ginseng*). Eleuthero is native to the Taiga region of the Far East (southeastern part of Russia, northern China, Korea, and Japan). The root and the rhizomes (underground stem) are used medicinally for helping the body cope with stress and increasing stamina.

Best Prepared As:

Tincture (dried root, 1:4, 30%)
1-3 ml, 1 time daily
Glycerite (dried root, 1:5)
5-10ml, 2-3 times daily



Cordyceps

Botanical Name:

Cordyceps sinensis

4

Common Names:

Caterpillar mushroom, Dong Chong Xia Cao

History and Uses:

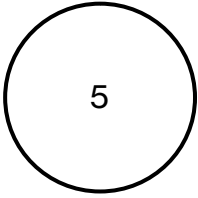
Cordyceps are most popularly known as the breakout star of the 2008 olympics. It strengthens the body and mind at a fundamental level and benefits the lungs, kidneys, adrenal glands, and cardiovascular system. Known in TCM the ultimate Jing and Qi tonic, which equals energy + immunity!

Best Prepared As:

Capsules or Powder
1,000-2,000 mg 2-3 times daily

**we recommend getting this plant from*





Reishi

Latin Name:

Ganoderma lucidum

Common Names:

Reishi mushroom, lingzhi



History and Uses:

Reishi has a 2000 year long history of use in China where it is known as the Mushroom of Immortality. It's medicinal benefits are profound: cancer fighting, immunomodulating, stress-reducing, blood sugar regulating, and supporting heart health. Reishi is the herb to build deep immunity where resiliency is needed.

Best Prepared As:

Standard Decoction

6-8 oz, 3 times daily

Tincture (dried mushroom, 1:5, 75%)

**tincture requires special double extraction method taught in Verse Herbalism Certifications*

Suppliers *We Trust*



Shop all of the Adaptogens for Burnout from these trusted organic herb suppliers:

SCARLET SAGE

DRAGON HERBS

HERB PHARM

TRADITIONAL MEDICINALS

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