



# Adaptogens: Herbs for Strength, Stamina, and Stress Relief

*David Winston, Steven Maimes*

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Adaptogens help the body to “adapt” to the many health challenges it encounters--particularly stress. They increase stamina and counter the effects of aging and thus are becoming important tools in sports medicine and in the prevention and treatment of chronic fatigue and related disorders. The authors explain how they work and why they are so effective at combating stress-induced illness.

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