Ashwagandha works by lowering cortisol levels and fighting off stress. It could help menopausal women avoid feeling lonely.

(Newswire.net -- January 9, 2017) Winnetka, IL -- Menopause is a phase that many women are privileged to experience. However, it also comes with an array of symptoms and discomforts.

Ashwagandha is believed to provide amazing menopausal support. Over the years, women have become adept in resorting to measures that make the menopausal stage easy and painless.

However, there are methods that don’t really work for everyone and are even disadvantageous to health. Experts recommend the use of natural remedies, such as ashwagandha.

According to some reports, this natural remedy could be useful to women in handling a variety of concerns linked with menopause, such as stress and anxiety.

This Ayurvedic herb is otherwise known as Indian Ginseng. It has an English term of Winter Cherry and Withania somnifera as a scientific name.

In traditional Indian medicine, it is used as a tonic for nerves. It could help in maintaining or lengthening one’s youthful characteristics, particularly the physical aspect.

Many Indians have been using this herb to improve as well as extend the feeling of happiness. This herb is known to be adaptogenic, but it does not contain estrogen.

While it is free from estrogen, it still has the potential to manage menopause. It does so by working its way directly to the one’s central nervous system. This is the part of the brain that takes charge of all other parts of the body.

Through its adaptogenic property, it can act on the brain as well as decrease the levels of cortisol. It is worth mentioning that cortisol is the body’s stress hormone. When cortisol levels are high, it could significantly trigger anxiety and depression.

Ashwagandha works by lowering cortisol levels and fighting off stress. It could help menopausal women avoid feeling lonely. It could also work wonders in the brain just like the Gamma-Amino Butyric Acid (GABA).

According to the article published by the Denver Naturopathic Clinic, it can act as a natural tranquilizer in the body. Its therapeutic effects include calming the body and brain.

In menopausal women, this therapeutic herb could potentially fight erratic mood swings as well as moderate to severe insomnia. It could also help in managing thyroid conditions and balancing thyroid hormones.

Thyroid hormones contribute to brain development as well as digestive functions. It could also enhance metabolism as well as libido. Ashwagandha could be helpful for both women and men who are having sex-related problems.

Other than its calming effect on the central nervous system, this Ayurvedic herb could also aid to achieve a hormone balance. For best results, consumers may take ashwagandha supplements (amazon.com/organic-ashwagandha-root-powder/dp/B01GZALWGO ).

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which harm the skin, body, and health in general, our products are made using the most natural products available. Our company aims at endorsing the Go Green concept and also caters to the medicinal, nutritional, and healthcare product needs of a vast majority of clients across the globe.

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