Ashwagandha Is Believed to Be Useful for Adrenal Rejuvenation

Amber Greenfield July 03, 2017

The NutraHerbals Ashwagandha supplement could be an excellent natural remedy for individuals who want to enhance their overall health and immunity against diseases.

(Newswire.net -- July 3, 2017) Winnetka, IL -- For more than 3,000 years, herbs like ashwagandha have been utilized for a wide range of medicinal purposes. Today, it is a popular subject of many studies conducted by researchers who are trying to find natural cures for various diseases and disorders.

Ashwagandha is believed to be useful for adrenal rejuvenation. It has been studied and found to be effective in offering support to adrenal function. It is believed to help people overcome adrenal fatigue and chronic stress.

According to experts, the adrenal glands, which are also called the endocrine glands, take care of the release of cortisol and adrenaline. These are hormones that are released in response to stress on the body.

Overabundance of physical, emotion, and mental stress could overtax the adrenals. This could then result in a condition known as adrenal fatigue. When the adrenals become exhausted, it leads to the disruption of other hormones.

This includes the hormone called progesterone, which can reduce DHEA and cause infertility. Progesterone has also been believed to speed up the aging process.

Medical studies demonstrate that ashwagandha has the ability to improve levels of cortisol and insulin sensitivity. It also has the ability to maintain the natural balance of hormones.

In a case study, researchers had a 57-year-old woman with non-classical adrenal hyperplasia. The subject was treated with ashwagandha for six months.

After the treatment, it was found that there were improvements in the four adrenal hormone markers. This includes corticosterone and 11-deoxycortisol, which were reduced by 69 percent and 55 percent respectively. This, according to researchers, is a major improvement.

It is further worth mentioning that this hormonal improvement is coupled with a noticeable decrease in hair loss.

There are many other health benefits linked with the use of this natural remedy. It is thought to help the brain and nervous system against the damaging effects of physical, emotional, and chemical stress.

In a recent research, it was found that ashwagandha could be more than just a stress reliever. It has the potential to offer protection to the brain against degeneration. It could further improve symptoms of depression, Alzheimer’s, and anxiety.

To take the best advantage of the healing properties of ashwagandha, consumers may turn to the use of NutraHerbals Ashwagandha supplement. For every capsule, consumers would be able to obtain high levels of therapeutic, health-enhancing properties.

The NutraHerbals Ashwagandha supplement could be an excellent natural remedy for individuals who want to enhance their overall health and immunity against diseases.

(www.amazon.com/organic-ashwagandha-root-powder/dp/B01GZALWGO)

About NutraHerbals

NutraHerbals was established in the year 2016 as one of the leading suppliers in the market. It caters to the various
Herbal Ayurvedic products as per needs of the clients. In the world which is being taking over by chemical products 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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