Ashwagandha Found to Be a Cortisol-Reducing Therapeutic Herb

Melissa Scott  September 26, 2017

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(Newswire.net -- September 26, 2017) Orlando, FL -- Stress takes place when the body is triggered by an external stimulant. The hormone called cortisol has been found to be responsible for stress. There are ways to reduce stress, and one is to use certain natural remedies.

Ashwagandha is found to be a cortisol-reducing therapeutic herb. This herb has a long history of medicinal use. It is widely known for the therapeutic, pharmacological agents it contains. This herb can be taken through supplementation nowadays, especially by using the Divine Bounty Ashwagandha formula.

Some experts reveal that stress takes place as a mental and physical reaction to certain life experiences. While stress is beneficial to health in short-term situations, it can be detrimental to health when it doesn’t stop firing.

Stress hormones are often released which increases breathing and heart rates. This also prepares the muscles to respond. When stress levels stay elevated for a prolonged period, more than what survival requires, this can be detrimental to health.

Chronic stress produces symptoms that include depression, irritability, headaches, anxiety, and insomnia. There are even those who resort to alcohol or drug abuse or end up overeating and withdrawing socially.

Stress doesn’t just affect the central nervous system, but also the respiratory, cardiovascular, digestive, muscular, sexual, and reproductive system. It could also affect the immune system, and when it does, it makes the body more susceptible to viral illnesses, such as flu, colds, and infections.

To reiterate, the stress hormone called cortisol is released by the adrenal glands in response to stress. It is also released in cases where the blood sugar levels are too low. However, when the cortisol levels get chronically elevated, it could lead to heightened levels of blood sugar. It also increases fat storage in the abdomen.

According to some studies, ashwagandha could aid in reducing levels of cortisol. In a controlled study involving chronically stressed adults, it was found that the group receiving ashwagandha supplement had significantly higher reductions in cortisol than the control group.

Further, the researchers revealed that the highest dose resulted in 30 percent reductions on average. Thus, they suggest that this natural remedy could be extremely helpful for lowering the cortisol levels of chronically stressed individuals.

There are many supplements available nowadays, but one of the best sources of this natural remedy is Divine Bounty Ashwagandha formula. This formula is carefully manufactured to deliver the therapeutic, health-enhancing goodness of ashwagandha.

Divine Bounty Ashwagandha formula is known for its high potency and purity. It even comes with a complete customer satisfaction guarantee.


About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at
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Source: http://newswire.net/newsroom/pr/00097914-ashwagandha-found-to-be-a-cortisol-reducing-therapeutic-herb.html