



Health Matters

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Around the holidays, people express that they feel "tired all the time", which is one of the many adverse effects of persistent physical, mental and emotional stress. Insomnia, anxiety, depression and poor memory can be attributed to adrenal gland imbalances resulting from unaddressed stress.

Functioning optimally, adrenal glands regulate the hormones such as cortisol and adrenaline, the balance of which is crucial to vitality and well-being. Research shows that elevated cortisol levels are linked to fatigue, insomnia, moodiness, blood sugar imbalance, weight gain and compromised immunity.

Adrenal Daily Balance by Garden of Life is a blend of adaptogenic herbs: Rhodiola, Holy Basil, Siberian Ginseng, Ashwaghandha and Schisandra, which help synergistically neutralize adverse stress reactions by normalizing adrenal function, which balances and improves energy, sleep, memory and mood without adverse side effects.

As always, we guarantee your satisfaction.

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