Mindluster Platform

About the course Adaptogens in Traditional Medicine

Adaptogens course, in this course we will learn about adaptogens, a class of herbs and plants known for their ability to help the body adapt to stress. Exploring their history, mechanisms of action, and practical applications, we'll delve into how adaptogens can support overall well-being, enhance resilience, and promote mental and physical health. Join us to discover the science behind adaptogens and how to incorporate them into your lifestyle for optimal stress management and vitality.

Medical Category's Courses

Course Lesson(4)

Lesson 1 : **The Unique Benefits of ASHWAGANDHA How and When to Take it Dr Berg Explains**

Lesson 2 : **Vitamin D and Cortisol VERY SIMILAR**

Lesson 3 : **What are Adaptogens â€“ Ashwagandha Explained by Dr Berg**

Lesson 4 :
THIS is the Most Powerful ADAPTOGEN in The World How it Works and Why it s THE BEST

Related courses

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