

## Adapt to Physical and Psychological Stress with Eleutherococcus

Eleutherococcus, better known as Siberian Ginseng, is best known for increasing endurance and stamina in people who use it on a regular basis. It is also known for its properties that aid the body in fighting fatigue and stress. Keeping both of these physical stressors under control will improve the body's ability to optimize physical and mental performance.

Eleutherococcus is an adaptogen. This means that it will help the body maintain a normal adrenal function in order to reduce stress and combat disease. This species of ginseng is generally used for boosting and maintaining the immune system. It plays a major role in increasing resistance to mild infections and colds.

### How to Use Eleutherococcus

This herbal product should be taken by mouth. The dosage will depend on the source of the herb and the purpose of its use. As with any species of ginseng, Eleutherococcus may cause sleep difficulties. It is; therefore, wise to avoid taking the product near your usual bedtime. It is also recommended that you do not take Eleutherococcus for more than three weeks at a time continual use will reduce its effectiveness.

### What Does it Work for?

\* Fatigue (physical and psychological). Fatigue is one of the most common complaints of people in the general population. It often poses a problem for the patient, as well as the physician trying to treat them. It is usually caused by endocrine dysfunction of the thyroid and/or adrenal glands.

\* Hypothyroidism. This is caused when there is low thyroid hormone function. The result is less energy production at the cellular level. This causes the metabolic rate of the body to plummet. The thyroid also controls growth, transcription of genes, carbohydrate and fat metabolism, heart rate, blood volume heartbeat, muscle contraction, digestion, gastrointestinal function and endocrine hormones.

\* Low adrenal function. The adrenal glands secrete steroid hormones including cortisol, aldosterone, and dehydroepiandrosterone (DHEA). An imbalance in these hormones can cause a wealth of other health problems. It can also activate a regular stress response in the body, which takes its toll on overall healthy function of the body and mind.

### Side Effects

Common side effects of using Siberian Ginseng may include agitation, headache, nervousness and trouble sleeping. If you experience diarrhea, fast or irregular heartbeat, skin rash or unusual vaginal bleeding, discontinue use and contact your pharmacist or physician immediately.

### Who Should Not Use Eleutherococcus

If you suffer from any of the following health problems, you should consult a physician before using Eleutherococcus:

- \* Cancer
- \* Fever
- \* High blood pressure
- \* Low blood pressure
- \* Diabetes
- \* Heart problems
- \* Allergies

If you have allergy issues with any species of ginseng, you should avoid all of them. Ginseng may lower blood sugar levels. Diabetic patients should carefully monitor their blood levels while taking this product. Liquid forms of this product may contain sugar and/or alcohol. If you suffer from diabetes, alcoholism or liver disease, use extreme caution. This product is not recommended for use by women who are pregnant or breast-feeding.

It is important to consult your pharmacist or someone you know is trained and educated in the use of Eleutherococcus. Some products have been found to contain additives and impurities that may be harmful to the consumer. Only use the purest forms of Siberian Ginseng that are available to you.

Aside from the specific conditions listed, Eleutherococcus can play an important role in the overall health of the mind and body. Every aspect of our physical health relies on the health and normal function of all of our internal systems. Our psychological health also relies on these systems all working in unison with each other. A healthy and balanced mental state requires an ever-present inner harmony.

### About the Author

More information on [eleuthero](#) is available at VitaNet &reg;, LLC Health Food Store. <http://vitanetonline.com/>

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