

Stressful Life Changes Got You Down? Fight Back with Ashwagandha.

Stress is part of life and is as natural as breathing and blinking. Everyone experiences stress to some degree at different times in their lives; some more than others. Chronic stress, if left unchecked, can cause significant health problems.

Causes of Stress

Life changes are big stressors. Whether it's a new job, getting a divorce, having a baby or retiring, changes can cause stress. Stress becomes a factor in our health, especially as we grow older. The body doesn't function as well as it once did. Suddenly, you have trouble sleeping, your sex drive diminishes and aches and pains set in.

Stress occurs in many forms. Stress on an emotional level is caused by personal problems, thoughts and relationships. Illness causes stress too. Working long hours or having a lot of demands placed on your time can leave you feeling drained and sick. Hormones play a role in stress, as well. Whether you are experiencing temporary or life changes, it takes a toll on your body in the form of stress.

Learn How to Fight Back Against Stress

If stressful life changes get you down, fight back with ashwagandha. Ashwagandha is a tomato-like shrub grown in India. It is also referred to as the Indian ginseng and the winter cherry. The herbs from these trees have been used for 2,500 years as a natural medicine.

Benefits of Using Ashwagandha Herbs

Ashwagandha herbs not only help to reduce stress from your busy life, they also have a natural healing effect on the body. This flowering shrub is used as an herbal medicine to aid the body in many ways:

- * Boosts immunity
- * Revitalizes
- * Restores neurotransmitters
- * Improves memory
- * Enhances sex drive
- * Wards off infections
- * Reduces inflammation
- * Reduces anxiety
- * Corrects hormonal imbalances
- * Speeds recovery from illness
- * Suppresses pain
- * Diminishes feelings of numbness in hands and feet
- * Stops cellular degeneration caused by stress
- * Helps with respiratory problems
- * Slows aging
- * Contains powerful antioxidants

The benefits that ashwagandha provides promote overall health and well-being. The herb helps to reduce stress on the body, both physically and mentally. Ashwagandha is especially helpful for people with insomnia, low libido, depression, arthritis and anxiety.

The Sexual Healing Power of Ashwagandha

The ashwagandha herb acts as an aphrodisiac. It works on low libido and can help men regain their stamina and confidence in the bedroom. Since it helps in so many other areas of your health, like reducing stress and anxiety, it gives men a newfound sense of sexuality.

You also can consider ashwagandha as a natural Viagra. As with any prescription drug, Viagra has side effects that accompany its intended use. Vision problems, sneezing, flushing and headaches are fairly common for men who take Viagra to enhance their sex drive. Less common side effects include stroke, heart palpitations and heart attacks. You can receive the benefits of the little blue pill without the side effects by taking ashwagandha.

Take Advantage of the Healing Power of Ashwagandha

Tackle the stress of life changes by adding ashwagandha to your diet. Allow this natural herb to give you a sense of calm. Let it work on your nervous system to reduce the feelings of stress. Everyone feels stress at times, but the effects of stress can be better managed with ashwagandha.

About the Author

More information on [ashwagandha](#) herb is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

Source: <http://www.healthcrazed.com>