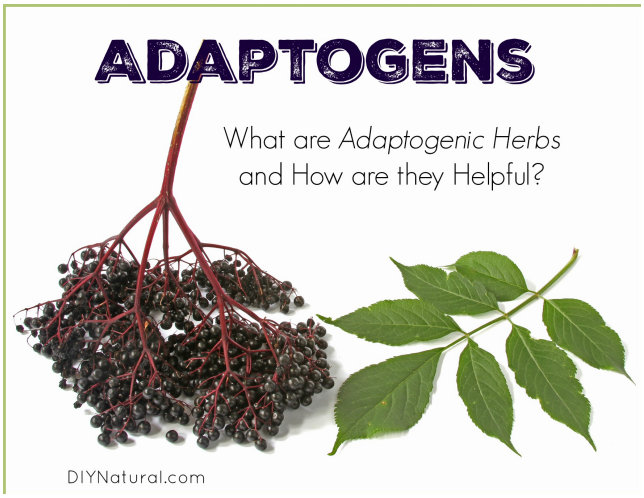
Ashwagandha

Quixoitca Team – August 30, 2022



Ashwagandha, an incredible adaptogen with a host of health benefits including **its coveted ability to increase energy and create calmness simultaneously. What is an Adaptogen?** A natural substance considered to help the body adapt to stress and to exert a normalizing effect upon bodily processes for optimal health.



Adaptogens help the body deal with stress and normalize bodily processes.

Are you stressed? Have these last 2 years of COVID, lockdowns and worry gotten to you? Have rising costs at the pump or in the grocery store pinched your budget? Has this endless separation affected your life in some way? **The majority of people we talk to say yes and admit they have been stressed.** If that's you Ashwagandha can help and there are no side effects like man-made, chemically based drugs.



Ashwagandha is an adaptogen with many health benefits.

What is Ashwagandha?



Ashwagandha is an evergreen shrub in the nightshade family found in the Middle East, India and parts of Africa. Nearly 6,000 years ago it was discovered and became a revered herb of the Ayurvedic system of medicine as a tonic. It is used for various kinds of diseases processes and specifically as a nervine tonic. Nervine tonics are **herbs and plants that have positive effects on the nervous system and overall wellbeing**.

What is Ashwagandha Used For?

Ashwagandha continues to be used for many purposes including an ability to strengthen the immune system after illness, relieve anxiety, and provide anti-oxidizing, anti-inflammatory, anti-stress and sleep-inducing properties. It may also act as a tonic to improve overall energy health, including adrenal and thyroid function, diabetes control, brain health, increased testosterone and fertility in men, improved athletic performance and more.

Also called Indian Ginseng, due to its' **adaptogenic capabilities**; it is known to help with balancing and stabilizing various physiological processes, **including reducing stress and promoting homeostasis (balance) of your internal physical and chemical processes in the body**. It helps by optimizing regulation of body temperature, fluid/hydration balance, pH, extracellular fluid and concentrations of sodium, potassium and calcium ions as well as blood sugar levels, all within set parameters.

We know that all sounds rather technical, but it is the basic stuff God designed our body to do to stay healthy.

And Guess What? God Made Ashwagandha too.

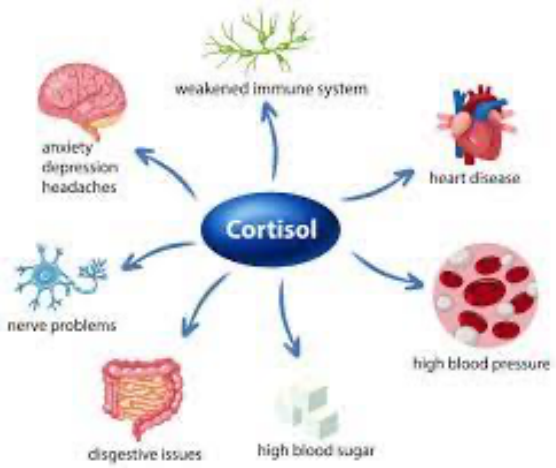


What Does Stress Do to Our Body?

During stressful moments, the cortisol levels in your body become elevated, and this causes your heart to pump harder and faster. You breathe rapidly and your body generates more glucose for a quick burst of energy. In extreme, emergency situations this is critical as this extra burst of energy helps you to take action, sometimes even escaping an unsafe situation. When the stressful event is over, cortisol levels normalize.

What if Stress is Chronic?

Unfortunately, when a threat is chronic, whether it's an extended COVD pandemic or stress from lack of finances, work or frazzled relationships, our body's stressful response also becomes chronic and our cortisol remains elevated. This isn't good.





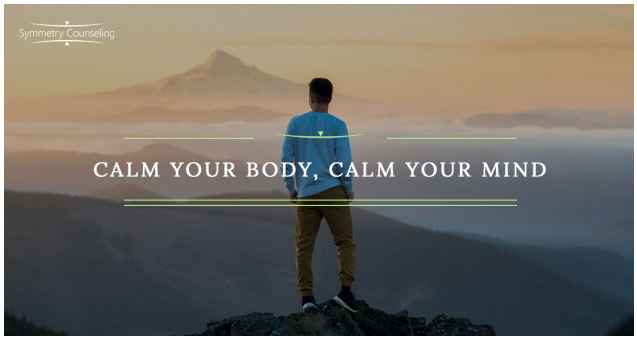
How Can Ashwagandha Help?

Research has shown that ashwagandha can help normalize cortisol levels, thus reducing your body's stress response and keeping inflammation in check. Reduced inflammation is associated with reduced cancer risks and improved memory, immune function and anti-aging properties.

10 Benefits of Ashwagandha

Anxiety Reduction, Stress Relief, Increased Testosterone & Fertility in Men, Improved Immunity, Inflammation Reduction/Decreased Diseases, Diabetes Stabilization, Adrenal Function/Increased Energy, Thyroid Function/Increased Energy, Improved Brain Function and Enhanced Athletic Performance are some of the health benefits from Ashwagandha.





1. Anxiety Reduction

Ashwagandha may reduce anxiety and promote relaxation and a sense of calmness. **This effect comes from the phytochemicals called withanolides.** They act as precursors to the hormones that regulate the stress response in the body. This benefit is helpful for anxiety disorders, which are often associated with high stress levels. Ashwagandha also has the potential to treat agoraphobia, fear of entering crowded places or leaving one's home.

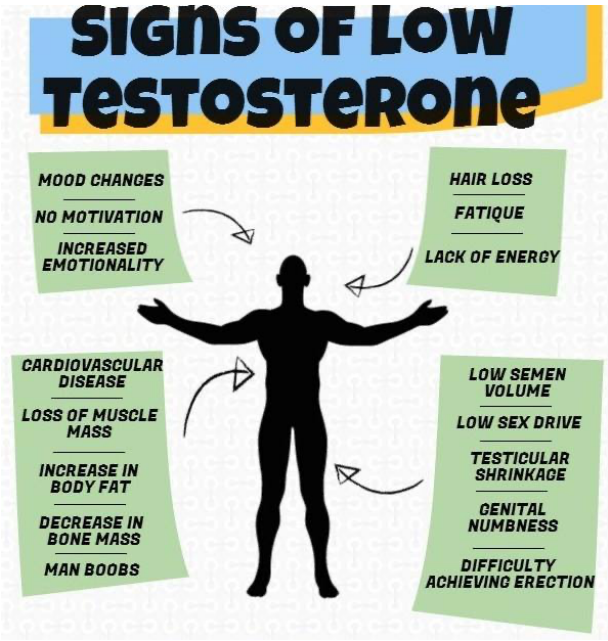
Studies show that it could be as effective as pharmacological drugs, without the harmful side effects such as drowsiness, loss of sexual desire, increased appetite, and insomnia that is often experienced by people on antianxiety drugs.

2. Stress Relief

Ashwagandha's ability to act as a mood stabilizer and improve resistance to stress has been the focus of research. **Most studies show significantly better results in subjects given ashwagandha compared to those given a placebo.**



In a large human trial, treatment with ashwagandha significantly reduced cortisol levels in 64 patients over 60 days. Cortisol, the stress hormone, has a variety of undesirable effects on the human body when produced in excessive amounts so keeping it in check is important.



3. Increased Testosterone & Fertility in Men

Ashwagandha may help increase testosterone levels and have some potential benefits for male fertility.

In one study, 43 overweight men ages 40–70 with mild fatigue took tablets containing ashwagandha extract or a placebo daily for 8 weeks.

The ashwagandha treatment was associated with an 18% greater increase in DHEA, a sex hormone involved in testosterone production. Participants who took ashwagandha also had a 14.7% greater increase in testosterone than those who took the placebo. [2] **Testosterone is important for muscles, bones, skin, bone marrow, the brain and the sex organs.**



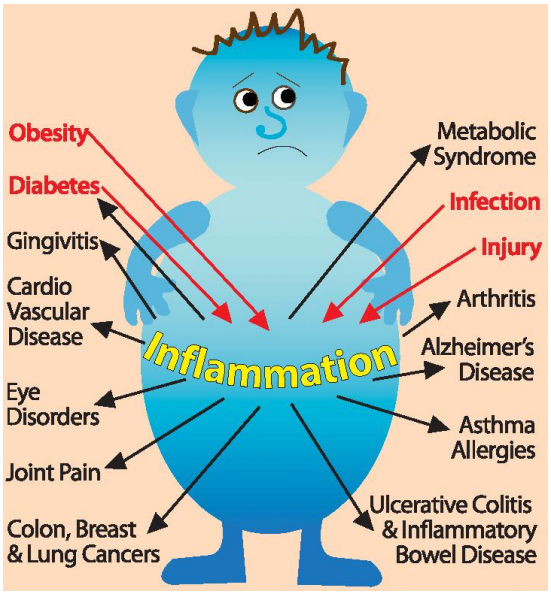
4. Improved Immune System

The immune system protects us against disease by distinguishing between pathogens and healthy cells. Pathogen-fighting agents produced in bone marrow travel to lymph nodes all over the body and act against these foreign bodies. One of the benefits of ashwagandha is its ability to modulate and stimulate the immune system.

According to some studies, **ashwagandha increases the activity of natural killer cells, those that fight viruses**. Ashwagandha may help the immune system fight off infection and prevent overreactions by reducing inflammation.

5. Inflammation Reduction, Disease Down

Multiple studies show ashwagandha reduces CRP (C-reactive protein), a marker of inflammation. Specifically, ashwagandha contains compounds, including WA (Withanolide), that helps reduce inflammation in the body.[3] According to Dr. Antonacci, Inflammation is a condition that occurs in most major diseases, infections/illnesses (including COVID), and physical injuries.



(1) In one study from 2008, adults experiencing stress took ashwagandha extract for 60 days. As a result, they had significant reductions in C-reactive protein [4], an inflammatory marker, compared with those who consumed a placebo.

(2) In another study, researchers gave people with COVID-19 an Ayurvedic drug containing 0.5 grams of ashwagandha and other herbs (1-gram giloy ghanvati, 2 grams of swasari ras and 0.5 grams of tulsi ghanvati) twice per day for 7 days. This reduced participant's levels of inflammatory markers CRP, IL-6, and TNF-as compared with participants taking the placebo.,[5]]



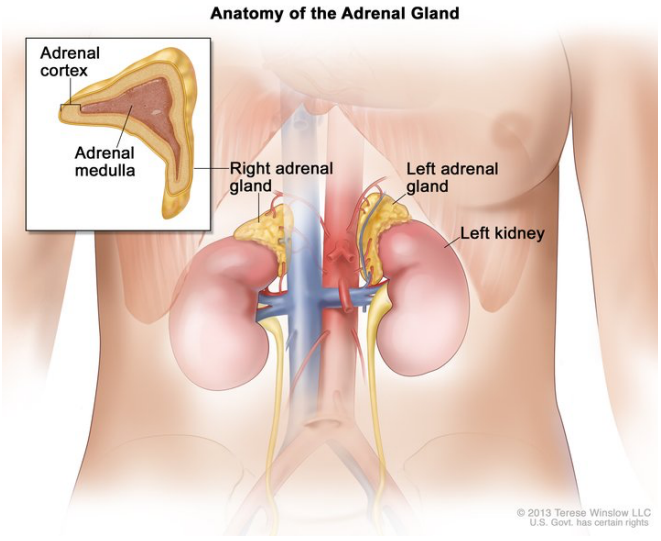
6. Diabetes Stabilization

Diabetes affects about nine percent of people in the United States, and pre-diabetes afflicts even more. Ashwagandha contains phenolic compounds, including flavonoids, that help stabilize blood sugar levels.

Studies show that the herb can help regulate the production of insulin. In fructose-fed rats, the extract **inhibited an increase in glucose, inflammation and insulin resistance.** Another trial showed ashwagandha could raise levels of glucose-6-phosphatase, a liver enzyme that plays a crucial role in controlling blood sugar levels.

Treatment with ashwagandha significantly reduced blood sugar, hemoglobin A1c (HbA1c), insulin, blood lipids, and oxidative stress markers. [6], It has also been shown that certain compounds within ashwagandha, including one called withaferin A (WA), have powerful antidiabetic activity and may help stimulate your cells to take in glucose from your bloodstream,[7]

7. Adrenal Function Support/Increased Energy

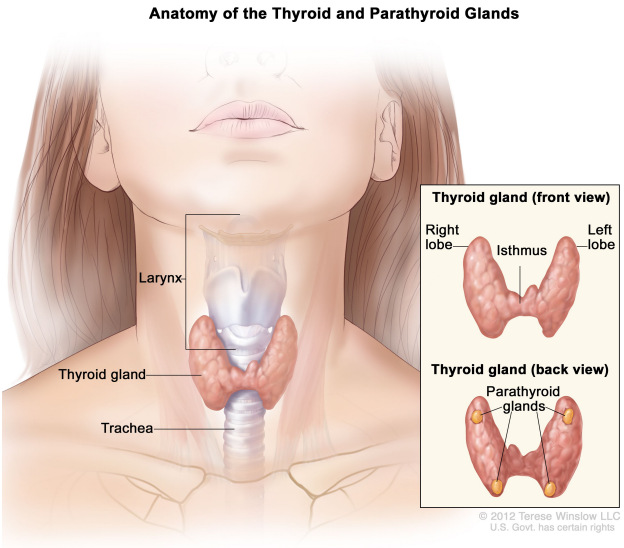


Ashwagandha has also been proven effective in supporting adrenal function and in helping to overcome adrenal fatigue and chronic stress. Adrenal glands are endocrine glands that are responsible for releasing hormones (cortisol and adrenaline) in response to stress on your body.

If your adrenals are overtaxed due to an overabundance of emotional, physical, and/or mental stress it can lead to a condition known as adrenal fatigue. Although many practitioners and doctors haven't recognized adrenal fatigue, more awareness to this very common problem is beginning to happen and is important to get people the help they need.

7. Adrenal Function Support/Increased Energy (continued)

If your adrenals become exhausted it can also disrupt your other hormones, including progesterone, which can cause lower infertility and lower DHEA (which can cause you to age faster). A case study reported a case of a 57-year-old woman, treated with ashwagandha for 6 months, saw improvements in 4 adrenal hormone markers including corticosterone and 11-deoxycortisol, which **decreased by 69% and 55%** respectively. Those are significant improvements in only 6 months.



8. Thyroid Function Support and Increaed Energy

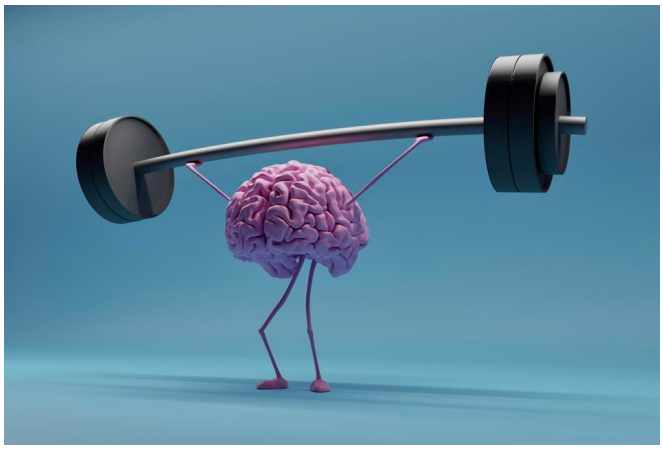
One of the most incredible aspects of adaptogenic herbs like Ashwagandha is it can help people with both hypo and hyper thyroid conditions.

(1). In a 20-day study, mice were given ashwagandha and their T3 and T4 levels were analyzed along with along with lipid peroxidation. Significant increase in serum T4 were found, which indicates this herb had a stimulatory effect on a sluggish thyroid.[8]

(2) It greatly reduced lipid peroxidation by promoting scavenging of free radicals that cause cellular damage.

Ashwagandha may not be a complete regiment, but may help millions of people that struggle with thyroid issues. Consult your doctor or healthcare provider.

9. Improved Brain Health



Emotional, physical, and chemical stress can all have damaging effects to the brain and nervous system. Recent research has proven that ashwagandha protects the brain from degeneration and improves symptoms of Alzheimer's, depression, and anxiety.

One of the main reasons Ashwagandha is so effective at healing the brain has to do with it's powerful antioxidants that destroy free radicals that cause aging. [9] [10] Another study published in Phytotherapy Research explain these benefits: *"We found Ashwagandha afforded lipid peroxidation inhibitory effects more potent than commercial antioxidants."*

Researchers at the National Brain Research Centre found that mice with Alzheimer's were unable to retain what they learned, but after 20 days of supplementing with ashwagandha, this improved significantly." **The results of the study found: A reduction in amyloid plaques, which cause degradation of the brain.**

A study in 50 adults showed that taking 600 mg of ashwagandha extract per day for 8 weeks led to significant improvements in the following measures compared with taking a placebo: immediate and general memory, attention, information processing speed. [10]



10. Increased Athletic Performance

Ashwagandha may help improve measures of physical performance in athletes and healthy adults, including VO_2 max (maximum amount of oxygen during intense activity) and strength. Specifically:

10. Increased Athletic Performance (continued)

(1) An analysis of five studies found that taking ashwagandha significantly enhanced maximum oxygen consumption (VO_2 max) in healthy adults and athletes. [11]

(2) In another study, male participants who took 600 mg of ashwagandha per day and participated in resistance training for 8 weeks had significantly greater gains in muscle strength and size compared with a placebo group [12]

Dr. Antonacci's Tips



It is important to understand Ashwagandha is not an end-all, but part of a complete program, guided by our principles of N.E.R.F.

N = Nutrition is the Medicine (ashwagandha included)

E = Exercise is the Catalyst

R = Rest is when the body Rejuvenates and Heals

F = Faith is the Anchor, it Supports Everything

Taking ashwagandha will not make stress go away, but it may help reduce the symptoms so one feels more at ease. If you take time to develop coping tools to help manage stress, like deep belly breathing, exercise and walking, follow the 4 principles of N.E.R.F. (above) and take Ashwagandha you will be better off. Remember, it took you days, weeks and months to get where you are at, and the body takes time to heal and reverse the damage. Give your body what it needs to include good nutrition/herbs, rest, exercise and faith, couple it with patience and time and you will see and experience the difference.



6. Dr. Antonacci's Tips (continued)

Ashwagandha + Probiotics = Awesome combination.

According to a May 17, 2019 paper published in "Medicine", NIH, PubMed, "Studies have found that probiotics have a certain role in alleviating negative emotions, reducing abnormal behaviors, improving cognitive function, and also **showing the great potential of probiotics in relieving psychological stress**."

For Additional Support add 3 more: (1) Mag Synergy (magnesium bis-glycinate), (2) P5P (bio-available form of B6) and (3) Micellized D3 (most absorbable form of D3).

(1) "Research shows that magnesium may be involved in stress management, particularly for people who don't get enough magnesium in their diet." Healthline, August 3, 2022

(2) "Some research suggests that high doses of B6 vitamins (P5P best form) may improve symptoms of stress, such as mood and energy levels, by lowering blood levels of the amino acid homocysteine. High homocysteine levels are associated with stress and an increased risk of several health conditions, including heart disease, dementia, and colorectal cancer." PubMed, Scientific Reports, August 17, 2017, "Associations between serum homocysteine levels and anxiety and depression among children and adolescents"

(3) "Vitamin D3 supplementation may also help with stress reduction, especially in people who have a vitamin D deficiency. The study found that those in the control group, who received a placebo, had a longer period of stress following a stressful situation than those in the vitamin D group." PubMed, Nutrients, November 12, 2020, "Vitamin D Supplementation during Winter: Effects on Stress Resilience in a Randomized Control Trial"

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