

3 Life Changing Health Benefits of Ashwagandha



by
DR. JOCKERS

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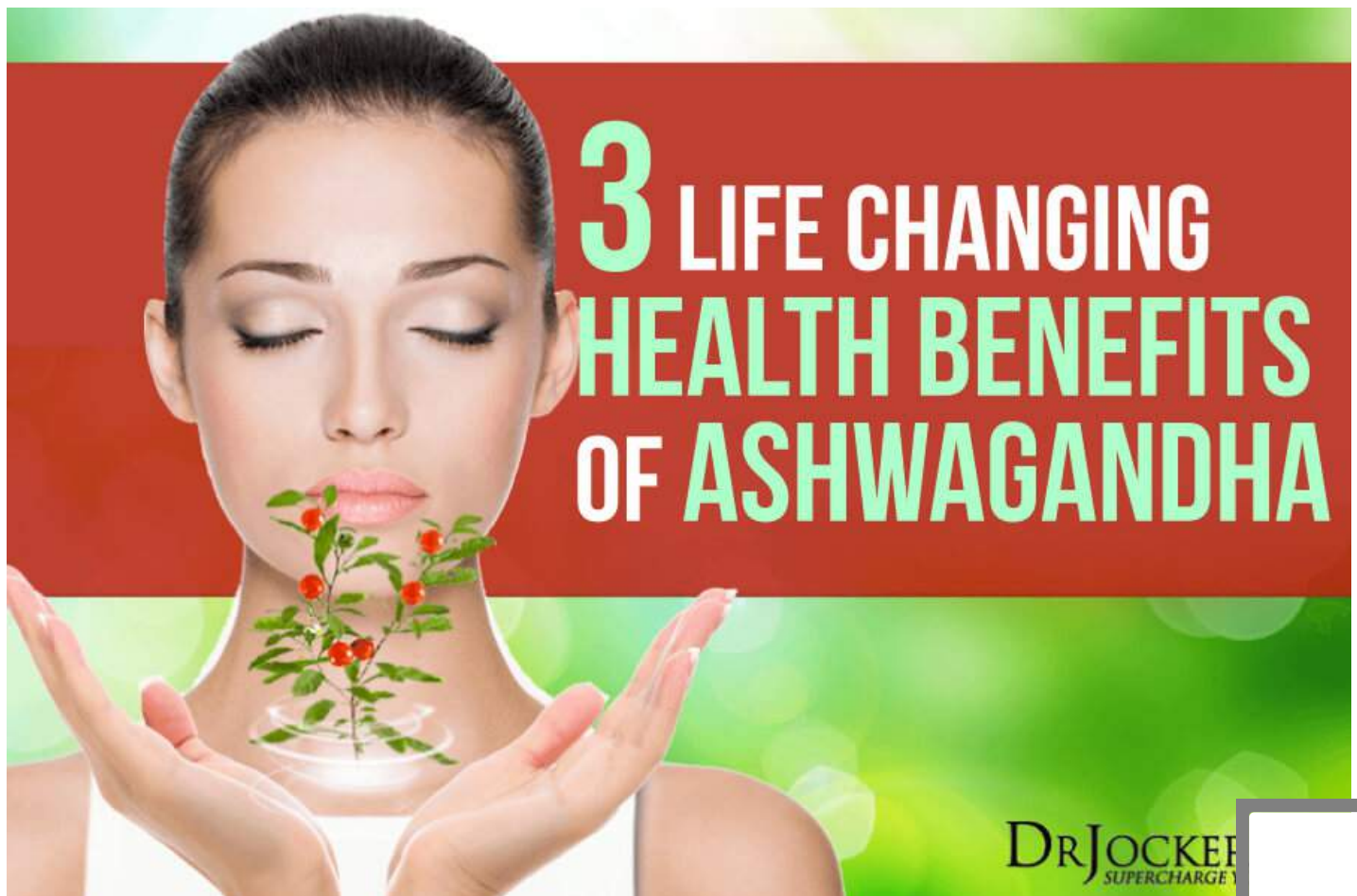
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3 Health Benefits of Ashwagandha

Life in the 21st century is full of stress in the form of emotional setbacks, environmental toxins, physical trauma & poor nutrition. This stress depletes the body of critical nutrients and causes oxidation of various cellular elements. Ashwagandha is an adaptogenic herb that helps the body successfully adapt to stressful conditions. In this article you will discover 3 life changing health benefits of ashwagandha.

Ashwagandha is also called Indian ginseng, winter cherry, & Withania Somnifera. Although it grows naturally in North America and Africa it is most commonly associated with the Ayurvedic traditions of the east.

Ayurveda is an ancient philosophy and application of natural health common in India and the Far East. This tradition is known to use the roots of the Withania Somnifera plant to prepare Ashwagandha. This herb has been used for a myriad of health conditions throughout the centuries by Ayurvedic medicine men.



Ashwagandha Protects Your Brain:

This exotic herb has powerful antioxidant properties that protect the brain and nervous system (1, 2). Premature aging associated with chronic tension on the nervous system is related to increased oxidative stress. This stress increases lipid peroxidation while decreasing critical antioxidant enzymes catalase and glutathione peroxidase.

One amazing animal study showed how powerful ashwagandha is at reducing tension and stress on the nervous system. Animals exposed to chronic stress had 85% of their cells



showing signs of chronic **degeneration**. When ashwagandha was administered to another group of chronically stressed animals the number of damaged cells dropped by 80% (**3**).

Protecting the brain and improving nervous system function is one of the major life changing health benefits of ashwagandha.

Ashwagandha Reduces Cortisol Levels:

In the largest human trial using ashwagandha the herb was shown to reduce cortisol levels up to 26%. Chronically elevated cortisol increases inflammatory and degenerative processes in the body. Additionally, the participants had a lowered fasting **blood sugar** level and improved lipid profile patterns (**4**).

This herb has been shown in studies to have as strong an anti-anxiety and anti-depressant effect as leading name brand medications. Ashwagandha has been shown to support the regeneration and reconstruction of nerve cells and synapses (**5, 6**).



This suggests that ashwagandha could help reverse states of brain and nervous system degeneration. This makes it a potent defense against **dementia**, Alzheimer's disease and other neurodegenerative disorders (7).

Cancer Prevention:

Ashwagandha has been shown to disrupt cancer cells ability to effectively reproduce. This is due to the anti-angiogenic activity that ashwagandha contains in which it prevents cancer cells from forming new blood vessels that support its growth (8).

One study showed that ashwagandha produced a marked increase in life span and a decrease in overall tumor weight in animals with cancer of the lymphatic system (9). Reducing cancer growth and improving the **immune system** is one of the major life changing health benefits of this powerful herb.

Ashwagandha has also been shown to decrease the formation and potentiation of certain oncogene characteristics. These include inhibiting the formation of nuclear factor Kappa Beta, & intracellular tumor necrosis factor. Additionally, this herb has been shown to increase the sensitivity of the apoptotic signaling that allows for the natural regulation of cancer cells in the body (10, 11, 12).

How to Take Ashwagandha:

Use of adaptogenic herbs such as Ashwagandha along with an anti-inflammatory diet and lifestyle optimize the body's ability to adapt to stress. This herb has been used by cultures around the world for thousands of years. They have found it to improve immunity, memory, & promote overall wellness.

Ashwagandha can be found in supplement capsules, in the dried root form, or as a natural growing plant. In fact, one could grow it in their backyard during the heat of the summer. This plant loves hot sun and sandy soil. It is very good to use dried or fresh ground root.

This can be put into different types of tea, smoothies, salads or green drinks. Another easy way to ingest Ashwagandha is to buy organic teas that contain the herb. Typically, these teas are marketed for their immune, memory and relaxation benefits. Here is a [great tea](#) that is pure ashwagandha and another one [here](#) with a blend of herbs that is great for energy.

Introducing Organic Ashwagandha:

The best way to implement ashwagandha is with a certified organic brand such as our [Organic Ashwagandha](#). This product uses a fermented form of ashwagandha that is highly bioavailable and comes in clinically studied 800 mg concentrated form. This dosage has been proven in studies to lower high cortisol levels and support improved mood, memory and mental performance.



Organic Ashwagandha helps your body resist and recover from the effects of everyday stress. This formula have been shown to support healthy cortisol levels, help alleviate occasional fatigue, promote mental clarity, and support relaxation and restful sleep.*

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Dr. Jockers

Dr David Jockers is passionate about seeing people reach their health potential in mind, body and spirit. He is the host of the popular “Dr Jockers Functional Nutrition” podcast and the author of the best-selling books, “The Keto Metabolic Breakthrough” and “The Fasting Transformation.”

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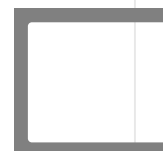
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Dinkie Herbst

February 3, 2018 at 10:24 am



How do I get/order
Bone Broth Protein and
Cortisole Defense
From South Africa?

[Reply](#)

vamsi

April 21, 2018 at 3:13 am

can we use ashwagandha in keto diet some one said to me that it will kick you out of ketosis

[Reply](#)

Dr. Jockers

April 21, 2018 at 1:59 pm

Yes you can definitely use ashwagandha on a ketogenic diet!

[Reply](#)

teri

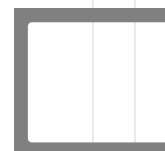
November 20, 2018 at 2:50 pm

I understand ashwagandha may cause the thyroid to work better and therefore, if you're on thyroid med, you may have side effects of too much meds. I am on Naturethyroid-do I have to consider this?

[Reply](#)

Dr. Jockers

November 21, 2018 at 10:38 pm



I have not heard of this issue Teri. Test it out for a week or two and see how you feel!

[Reply](#)

Russ

March 20, 2019 at 7:35 am

Is there a natural safe herb, or supplement, that works, just as well, as an adhd stimulant, or adhd non stimulant?

[Reply](#)

Dr. Jockers

March 20, 2019 at 8:37 am

Yes, we use this supplement which supports dopamine pathways but is not addictive and doesn't have side effects. But follow the recommendations on it:

<https://store.drjockers.com/products/dopamine-plus>

[Reply](#)

Nicole Talbot

April 21, 2022 at 4:18 pm

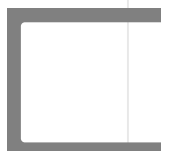
How come every time i take ashwagandha root powder (1 ts) in my smoothy I get sick for almost two days (i vomit)

I tried lest 1/2 ts. But same result.

Thank

Nicole Talbot

[Reply](#)



Dr. Jockers

April 23, 2022 at 7:46 am

Sorry to hear this Nicole!

[Reply](#)

Tracy Pike

June 24, 2022 at 1:37 pm

When you take a new supplement, you should always start out with a small dose such as 1/8 teaspoon for a few days, then gradually increase your dosage. Sometimes, the body needs to adjust to the herb or supplement being taken. It may also make a difference if you're taking it on an empty stomach or with a meal. Instead of powder, try taking it in a capsule or a tablet form. They now have gummies available, too. Some prefer the alcohol or glycerin-based forms. It could also be something in the "solids" that your body is reacting from, so try using the powder in a good teabag that strains out the "solids." Additionally, your adverse reaction could be an indication that you need to detox or cleanse your system first. Also make sure that it isn't reacting with another supplement or medication you may be taking.

[Reply](#)

Michelle

June 24, 2022 at 5:04 pm

I've been taking a pill supplement. The directions on the bottle do not indicate if I should take with food or on an empty stomach? Please advise.

[Reply](#)



Dr. Jockers

June 26, 2022 at 8:03 am

It can be taken with or without food.

[Reply](#)**Letha**

October 15, 2022 at 9:16 am

I just want to say thank you for taking the time and effort to provide these publications to the public in such a way that is so easily understood along with visual aids to assist in presenting a clear understanding of the health issues. I am so very impressed with your articles as well as the practical explanation of them. It is rare that a physician goes into such laymen details in order to help people get the full understanding of the topic. Also you offer these publications free, who does that?? Thank you so. much and God bless you.

[Reply](#)**Dr. Jockers**

October 20, 2022 at 3:55 pm

Thank you so much for all your support Letha! Blessings!

[Reply](#)**Pauline**

November 26, 2022 at 7:17 am

Are there Any contraindications taking this while taking an SSRI?

Thanks



[Reply](#)

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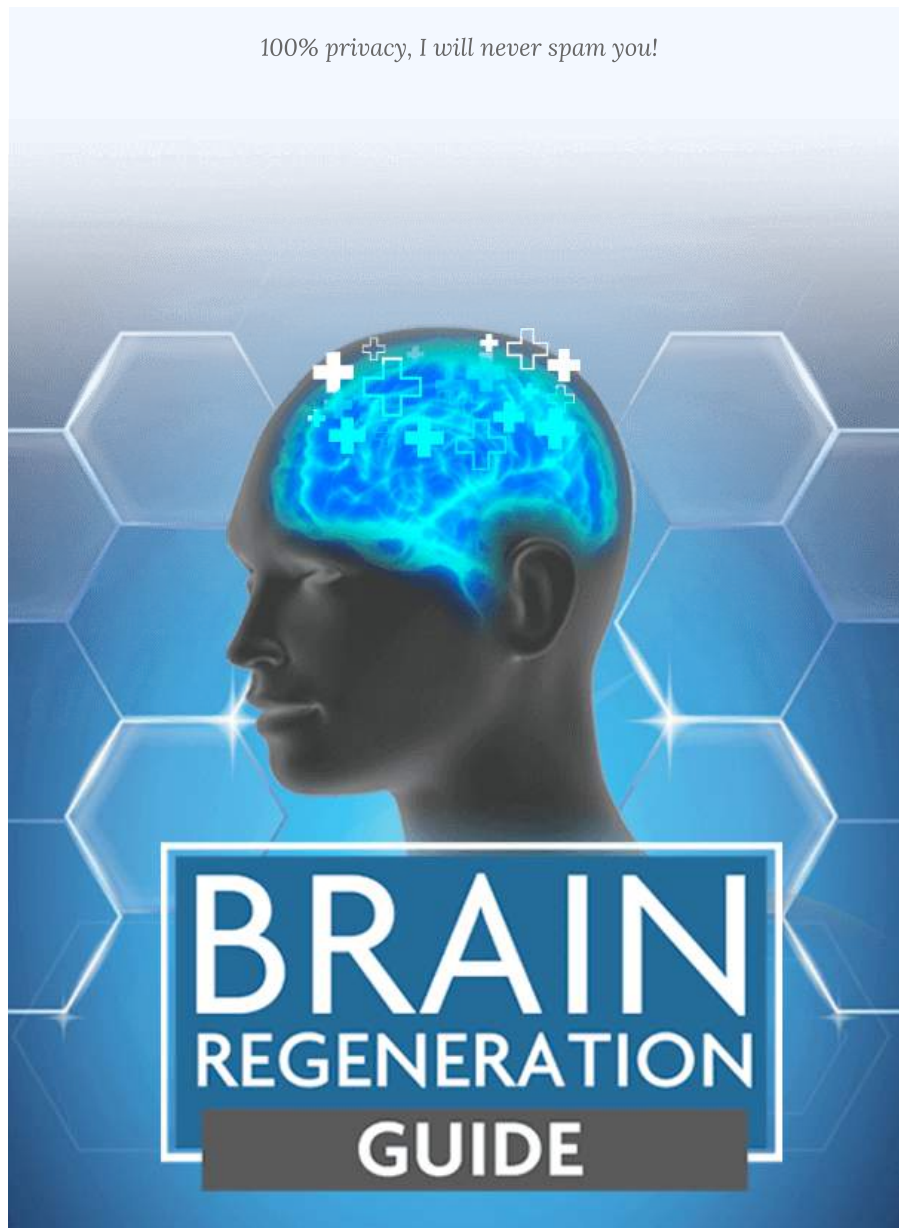
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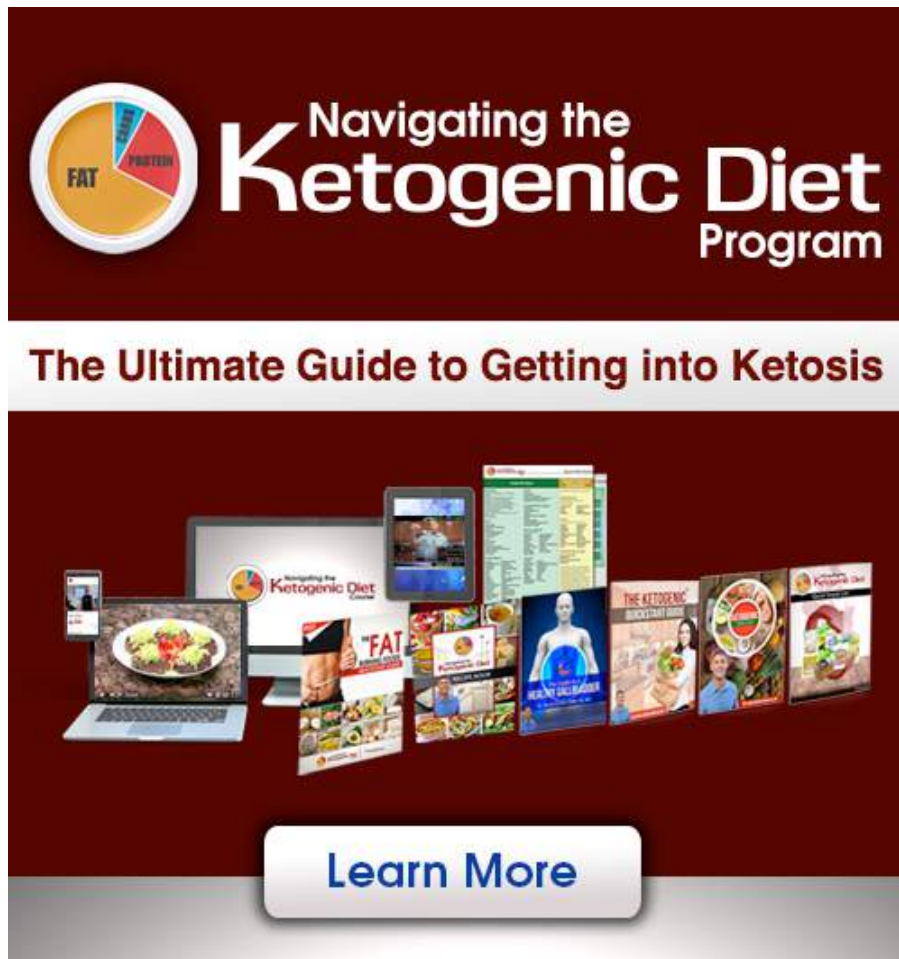
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