



**Adaptogens: Bring Balance Into Your Life: 7
Herbs That Deliver Strength, Stamina and Stress
Relief (Playing the "Is It Healthy?" Game Book
34)**

Siri Khalsa

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Studies show that the vast majority of us are so overworked, over-stressed, fatigued, and burned out. Adaptogens are group of nutritional substances that enhance the body's ability to adapt to stress.

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