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Adaptogens:
Nature's Stress Support

Adaptogens are plants and herbs that help your body adapt to stress more gracefully. Instead of numbing stress or overstimulating you, they act like noise-canceling headphones — softening the impact and helping your system stay steady. Over time, they support a calmer mood, smoother energy, and more resilient stress response.

Adaptogens = plants that help the body adapt to stress (e.g., ashwagandha, rhodiola).

01 **Mini Teaching**
They don't numb stress; they steady your response to it.

02 **Example**
They're like noise-canceling headphones for your stress system.

03 **Try This Today**
Swap one caffeinated drink for an adaptogen blend — like ashwagandha, rhodiola, or holy basil — and notice how your focus feels.

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http://healthyuacademy.com

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