

HERB	Catabolic	Anabolic	Thyroid	Liver	Oxidation	Blood sugar	CNS	GI	Special
<i>Panax ginseng (uncured)</i>	Slows autolysis and excess adrenergic stress	Fosters increase in storage and structure	Slightly stimulates in deficiency	Increases anabolism, lessens catabolism	Increases nitrogen metabolism	Modulates spikes, good for NIDDM	Moderate stimulant	Stimulant to primal energy, with better assimilation	Cooling to hypothalamic stress
<i>Panax quinquefolium</i>	Slows autolysis and excess adrenergic stress	Limits stress-derived anabolic dominance	Slightly depresses when excessive	Lessens catabolism, moderates cortisol stress	Moderately Increases nitrogen metabolism	Modulates spikes, better for NIDDM	Stimulant at first, strengthens dreaming, sleep cycle	Better secretions, better appetite, less profound than previous	Cooling to hypothalamic, thyroid, anabolic stress
<i>Eleuthero - coccus senticosus</i>	Slows autolysis and excess adrenergic stress	Fosters increase in storage and structure	Ø	Increases anabolism, lessens catabolism	Lessens oxidative stress in disease or injury recovery	Modulates spikes, good for NIDDM	Moderate stimulant for a few, otherwise Ø	Ø	Lessens physical exhaustion, shortens rebound
<i>Aralia racemosa and friends</i>	Slows autolysis and excess adrenergic stress	Stimulates in adrenergic stress, otherwise Ø	Ø	Lessens catabolism, moderates cortisol stress	Ø	Modulates spikes, good for NIDDM	Ø	Stimulant to primal energy, with better assimilation	Useful when prone the respiratory stress of all types
<i>Oplopanax horridum</i>	Cools adrenergic stress more generally	Fosters increase in storage and structure	Slightly stimulates in deficiency	Increases anabolism, lessens catabolism	Increases nitrogen metabolism	Very good for NIDDM, in the anabolic and Syndrome X	Moderate stimulant	Promotes secretions, hunger, may be excess for some	Deflects a hot liver, stimulates a cool liver
<i>Centella asiatica</i>	Ø	Stimulates structural protein synthesis in the impaired	Best adaptogen for stress-induced thyroid depression	Helps lessen structural damage to diseased liver	Lessens free radicals and inflammation under stress	Ø	Large doses can stimulate then depress. Hightens sensorium	Ø	A specific for capillary fragility, claudication
<i>Sedum (Rhodiola) rosea</i>	Lessens adrenergic stress and resultant exhaustion	Good for "greaseballs" - better muscle tone	Slightly stimulating	Improves lipid metabolism	Better efficiency of CNS and muscles; fewer waste products	Modifies to the center	Stimulates, mood elevator, good for depression	Ø	May help bladder cancer; slightly hypertensive
<i>Withania somnifera</i>	Lessens adrenergic CVS and muscular stress	Useful for the anabolic person with adrenergic stress	mildly sedative	Aids protein metabolism, mildly hepatoprotectant	Ø	Favors glucagon over insulin, lessens spikes	Mildly sedative, cools agitation helps libido	Ø	Only sedative adaptogen
<i>Ganoderma lucidum</i>	Lessens adrenal exhaustion	Diminishes stress from anabolic overload	Ø	Protects against free radicals, lipid metabolites	Lessens oxidative stress; radical scavenging	Mildly hypoglycemic, w/o reactivity	Good for autotoxic agitation	Lessens reactivity, "leaky gut"	Useful in allergies, auto-immune flareups, cancer
<i>Cordyceps sinensis</i>	Lessens the likelihood of adrenergic "bonk"	Improves synthesis of protein, phospholipids	Lessens thyroid stress burnout syndrome	Stabilizes liver lipid metabolism, elevated cholesterol	More efficient combustion, fewer radicals	Lessens spikes	Lessens agitation, increases libido	Ø	Major aid in cancer treatment, prevention
<i>Lepidium meyenii</i>	Lessens adrenal exhaustion	Improves synthesis of protein, phospholipids	Slightly stimulates in deficiency	Aids protein metabolism, mildly hepatoprotectant	Increases nitrogen metabolism	Mildly hypoglycemic, w/o reactivity	Stimulates, mood elevator, good for depression	Stimulant to primal energy, with better assimilation	Indicated in sexual & general exhaustion, slow rebounds
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