



The Amazing Benefits of Ashwagandha

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This worksheet is a supplement training guide to “The Amazing Benefits of Ashwagandha” video published on September 7, 2016. Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

It's Humpday Hustle! Time to take care of our body, our true temple. Today's video is all about Ashwagandha. If you read this title and thought, “I don't even know what ashwagandha is,” you're not alone. Although this Ayurvedic herb is gaining in popularity, it's still very much under the radar. As holistic medicine, wellness, and nutrition movement grows, you will likely hear more and more about this special herb. We are joined today by Mary Ann Marsala, holistic nutritionist and peak performance consultant. Check out our video and be sure to download your free worksheet.



Check out our supplement of the month, ashwaganha, below. Find out why it is important to build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

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Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeytopersonalgreatness.com

SUPPLEMENT OF THE MONTH

Ashwagandha (*Withania Somnifera*)

Ashwagandha, or Winter Cherry, is a powerful healing herb that grows in the Indian subcontinent, the Middle East and North Africa. It been used for centuries in India and is a central component of Ayurvedic medicine - one of the world's oldest holistic healing systems. Ashwagandha is also an adaptogenic herb, known to help the body acclimate to stress, improving overall health, vitality and longevity. In India, ashwagandha is often referred as the "strength of the stallion" since it has traditionally been used to strengthen the immune system after illness.

There are a variety of health benefits when you supplement with ashwagandha!

- Ashwagandha has a soothing and calming effect on the body and is extremely effective in supporting adrenal function, allowing you to overcome adrenal fatigue and chronic stress.
- In Ayurvedic medicine, ashwagandha has been used to help control the symptoms of diabetes and can improve blood sugar. It has also been used to regulate cholesterol levels and improve a wide range of cardiovascular diseases.
- Ashwagandha is a powerful antioxidant. Because we often undergo physical, emotional and chemical stress, ashwagandha can destroy free radicals reducing overall cellular stress and inflammation. Antioxidants also protect the brain from deterioration, improving symptoms of Alzheimer's disease.
- Ashwagandha can improve your mood and is effective in treating anxiety and depression.
- Ashwagandha stimulates the thyroid gland and can help people with thyroid issues such as hypo or hyperthyroidism. This herb is also known to support those diagnosed with Hashimoto's or Graves disease.
- Ashwagandha has powerful anti-tumour effects and its extract has been shown to prohibit the proliferation of cancer cells.
- Ashwagandha can increase stamina and endurance in physical activity, improve muscular strength and augment recovery.
- Ashwagandha is a natural aphrodisiac and can improve sexual health, increasing fertility and sperm count.