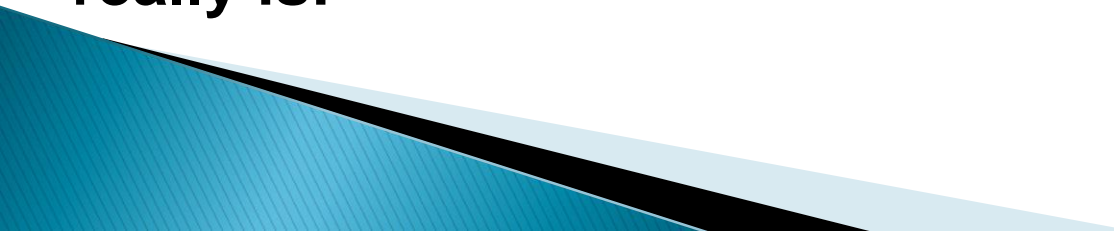


Ashwagandha As A Cure For Stress And Anxiety



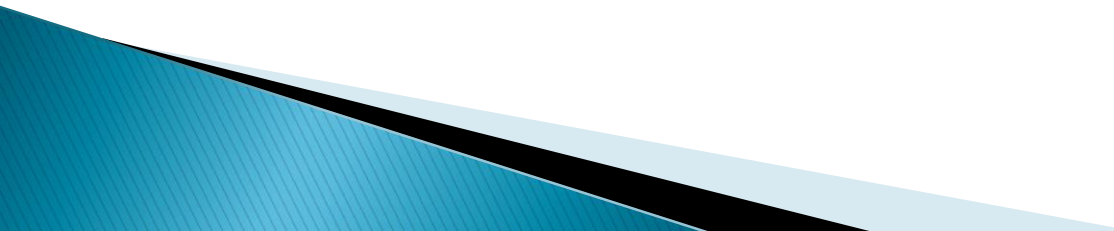
Ashwagandha has become a raging trend recently, though this Ayurvedic herb has existed since 1000s of years. With Bollywood and Hollywood celebrities endorsing the potential benefits of this calming superfood, this herb that is native to South Asian and North African countries, is spreading the winds of its fame in many countries, making more people aware of its benefits.

The herb is credited with helping to reduce stress and anxiety and since Stress has become a normal part of modern life, Ashwagandha's popularity is also on the rise. But how does it help? To know this, it's crucial to first know **what Ashwagandha really is!**



Ashwagandha is a potent plant extract whose root and berry is used in Ayurvedic medicines. It grows as a shrub mostly in Africa, the Middle East, India and China, with yellow flowers and red berries that resemble raspberries. Ashwagandha is referred to as, “Indian ginseng,” in scientific terms and has been used for 5,000 years to relieve stress and help calm the mind and body.

Ashwagandha is mostly consumed in powdered form by taking it directly or filling that powder up in a capsule and taking those capsules along with water or milk. However, it is preferred to take [organic Ashwagandha powder](#) as it has additional benefits of being chemical free grown.



Organic Ashwagandha powder benefits

- ▶ **Tackles anxiety and stress**

Ashwagandha is an adaptogen that regulates the levels of cortisol, the “stress hormone” in the body that rises as a body’s natural reaction to anxiety or stress. This in turn helps to manage occasional stress and adrenal fatigue issues. It helps the body adapt to stress situations and deal with it calmly.

- ▶ **Fights bipolar disorder or depression**

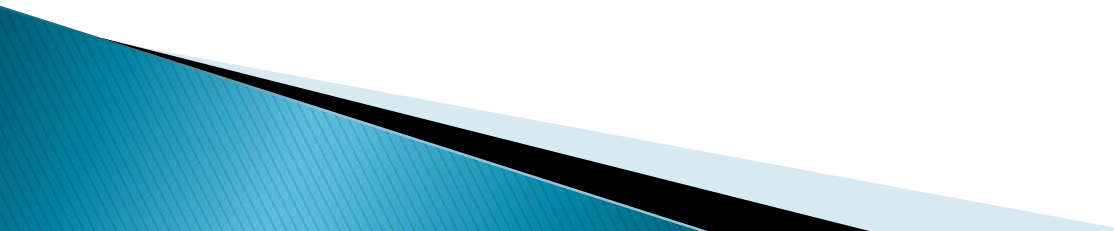
The imbalanced cortisol levels that occur due to prolonged stress can cause a multitude of problems such as anxiety, depression and sleep issues. Ashwagandha helps fight such disorders like bipolar or depression by strengthening the nervous system and calming down the negative effects of hormonal imbalances.

Reduces asthma

Ashwagandha has anti-inflammatory properties, which ward off respiratory infections and reduce allergies and breathing problems like Asthma. It can help you relax and de-stress so that you can put your mind at ease before bedtime.

Fights sleep issues

Feeling anxious for a long period of time can cause physical illness and mental health issues that tend to cause sleeplessness and digestion problems. **Organic Ashwagandha powder benefits** the nervous and immune system and makes your mind relaxed by inducing sleep.



Ayurvedic methods and herbs like ashwagandha have a good reputation in calming nerves and helping those who are anxious and stressed. To tackle bouts of anxiety instead of long-term mental health issues, ashwagandha is highly recommended. Ashwagandha supplements, when mixed in food or beverages or taken orally as a tablet or capsule, offer a natural way to relieve stress and anxiety.

Fights all lingering worries with Sweet Pluck's Ashwagandha Turmeric Latte Mix

Ever heard of **organic superfood powders**? Yes, Sweet Pluck's Turmeric & Ashwagandha latte is a mix of Turmeric (*Curcuma longa*) and Ashwagandha (*Withania somnifera*) with plenty of other botanicals. Releasing a rich yellow color, it is known for its anti-inflammatory and antioxidant properties. Add this **organic superfood powder** to any smoothie, milk, or even oatmeal to have a healthy drink that is truly healing!

Thank you

