

DR. MICOZZI'S

***INSIDERS'* CURES**

MOTHER NATURE'S "SECRET WEAPON" FOR OPTIMAL HEALTH AND LONGEVITY

One thing I learned early on about natural medicine is its ability to make the “impossible” possible. And there’s no better example of that than adaptogens.

Their potential is so tremendous, I believe everyone should consider taking an adaptogen every day — right along with other essential nutrients like vitamin D and omega-3 fatty acids. Let me explain why...

Adaptogens are individual herbs that have the unique ability to help your body adapt to changes, both internal and external. For example:

- If you’re cold, they help you warm up
- If you’re hot, they help cool you down
- If you’re tired, they wake you up
- If you need rest, they help you sleep

And so on. In fact, they have more serious effects, too. They can help return abnormal cells to normal. They can help promote healthy, balanced blood sugar. And they can help keep nerve cells and synapses in the brain firing on all cylinders.

There is no single drug that can do all of that.

But the human body has many mechanisms to maintain homeostasis, a “constant” internal environment. And adaptogens work by activating all of those mechanisms.

Modern-day miracles steeped in tradition

While adaptogens are still a foreign concept in western medicine, they’re well known — and commonly used — in Chinese and Indian medicine.

In China, the classic adaptogen is ginseng.

In Ayurvedic (traditional Indian) medicine, *Ashwaganda* is probably the best-known adaptogen. It is used for general longevity in Ayurveda (which itself means the “science of life, or “long life”), as well as for a number of specific indications.

But I’ve recently discovered another extremely powerful, yet little known adaptogen called *Sutherlandia frutescens*. *Sutherlandia* has been used in

South Africa for centuries. And it is revered there for its tremendous potential.

In fact, in 1879, as part of its colonization of South Africa, the British army attacked an aging group of Zulu tribesmen. The aging tribesmen were armed only with short spears and crude cow hide shields. And the British army — regarded at the time as the strongest in the world — fully expected to overwhelm the Zulu in mere minutes and then move on easily to their conquest of South Africa.

But a mysterious thing happened...

Zulus stun the world with their energy and grit

After hours and hours of fighting, the Zulus never gave up, never retreated and never tired. They kept on fighting with the energy, strength and focus of men *half* their age, until eventually they overpowered the British forces in a stunning victory in the infamous Battle of Isandlwana.

The stunning defeat shocked the British — and, indeed, the world. But the Zulus weren’t surprised in the least. Because they knew to rely on a coveted local herb to help boost their strength and vitality to newfound heights.

As time went by, that fierce battle reached almost mythical proportions in the history books. Yet the Zulu’s legendary herb remained a puzzling medical mystery to the rest of the world.

But after countless hours of research with some of South Africa’s brightest scientists and health professionals, I finally tracked down the answer to one of natural medicine’s most legendary mysteries...

It turns out the Zulu tribesmen took *Sutherlandia* before the famous battle. And they also used it to calm their nerves and lighten their mood upon their return home. But as I discovered in my research, that is really just the beginning of *Sutherlandia*’s story.

As it turns out, this herb has a rich history around the globe...everywhere except the US, that is.

As usual, America is late to the party

During WWI Sutherlandia was widely used overseas to help support immune systems as well as boost energy to help people cope with the stresses of wartime.

And it turns out Sutherlandia and other adaptogens have been studied and researched outside of the country for decades.

They've been used by everyone from Olympic athletes, to soldiers, to astronauts because of their amazing ability to help protect and preserve your body's youthful vitality.

And Sutherlandia is known far and wide throughout South Africa. In fact, it's so popular it's being sought after like South African diamonds!

BBC News even reported that one health manufacturer bribed several local farmers to plant as many acres of the herb as possible for fear of over-harvesting.

Unfortunately, despite the overwhelming demand, it remains virtually unknown — and hard to find — here in the U.S.

But regardless of which adaptogen you choose, I believe these balancing herbs are the "missing link" everyone in this fast-paced, "country of extremes" needs.

Head aging off at the pass

While other "anti-aging" remedies claim to minimize the effects aging has *already* taken on your body, adaptogens help head aging off at the pass by addressing subtle, stress-related changes that continually occur in your body on a **cellular level**.

As I often report, stress ages your body on multiple fronts.

Whether it's the physical wear and tear that takes its toll on your joints and skin, the psychological drain of a long day at work or the environmental toxins in the air you breathe, food you eat and water you drink.

When your body starts to sense these stressors, your cells shoot up tiny red flags — and that's where adaptogens go to work.

They may help to calm your joints, replenish your energy, or support your immune system — just to name a few ways they can help bring your body back into balance. And science continues to point to the fact that balance is the key to optimal health and longevity.

Adaptogens, then, are like Mother Nature's "secret weapon" for achieving both.

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