

Are you under too much stress?

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IN today's fast-paced and competitive world, feeling stressed is perfectly normal. Stress has become an inevitable part of everyday life. It is your body's reaction to the pressures and demands of work, school and family.



Not all stress is bad for you. How do you tell the difference between good stress and bad? A little stress can be motivating, but it is only beneficial if it is short-lived. When your body's stress response goes on for a prolonged period, it will lead to many health issues, including cardiovascular diseases, diabetes, anxiety or depression.

Chronic stress can cause a variety of symptoms and wreak havoc on your mind and body. Spot these signs of overstress before you hit rock bottom: irritability, insomnia, fatigue, changes in appetite, headaches and anxiety, among others. If you find yourself having any of these symptoms, it is time to take action and keep your stress at a healthy level.

Relieve stress naturally

While it is impossible to remove all stress completely, there are steps you can take to relieve the pressure and regain control. You may consider seeking stress relief through yoga, meditation or herbal remedies.

Ashwagandha (*Withania somnifera*), often referred to as the "king of Ayurvedic herbs", is an adaptogen which has long been prized for its stress-relieving effects. It helps lower your levels of cortisol, a hormone produced by your adrenal gland in response to stress.

Ashwagandha can calm you down while giving you an energy boost to fight fatigue and increase your resilience to stress.

The patented KSM-66 ashwagandha

extract is the full-spectrum ashwagandha extract which is standardised to more than 5% withanolides, the highest concentration among other major root-only extracts. This provides a consistent dosage delivery and guaranteed potency.

KSM-66 is extracted through the "green chemistry" principles without the use of alcohol and any other chemical solvent. According to a study, two capsules of 300mg of high concentration and full-spectrum ashwagandha root extract can effectively improve your stress tolerance and quality of life.

Lavender is also one of the most sought-after remedies for anxiety. It contains linalool and linalyl acetate, which have sedative and anti-anxiety effects to promote sleep and relaxation.

Taking KSM-66 ashwagandha extract and lavender extract together may produce a synergistic effect to relieve stress, promote relaxation and lessen anxiety attacks. These two herbal extracts may also help to reduce sleeplessness, allowing you to get your well-deserved good night's sleep.

This informational article is brought to you by Herbs of Gold.

For enquiries, call 1800 183 288.

Reference:

Chandrasekhar, K., Kapoor, J., & Anishetty, S. (2012). A prospective, randomized doubleblind, placebo-controlled study of safety and efficacy of a high-concentration fullspectrum extract of ashwagandha root in reducing stress and anxiety in adults. *Indian journal of psychological medicine*, 34(3), 255-262.