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Herbs List

A Guide To Medicinal Herbs

« *American Ginseng*

Chlorella »

Rhodiola Rosea

By [Herbs List](#) | Published: 05/11/2011



Rhodiola Rosea Plant

Rhodiola Rosea Benefits

Rhodiola Rosea is considered an adaptogen. This means that it has an overall balancing and tonic effect on the body while causing it no harm.

It also exerts a beneficial effect on the adrenal glands and protects the person taking it against stresses of all types. It enables one to adapt better to harsh environments and challenging circumstances.

It's excellent for increasing physical strength and endurance. It provides protection from extreme cold or hot climates. It's known to allow the body to use less oxygen on a cellular level, making it useful for mountain climbing.

It's also good to prevent high altitude sickness. It enhances mental processes and

improves memory.

This herb is very popular with athletes, especially the Russian Olympic athletes. They always take this herb while training and competing. They believe it gives them a physical and mental advantage over those who don't take it.

Besides increasing strength, it dramatically cuts the recovery time needed after intense workouts. This helps the athletes train faster and with better results.

The Russians have been giving this herb to it's cosmonauts for years for it's strength and endurance building effects. Plus, it helps keep the mind sharp and causes the body to require less oxygen.

Rhodiola Rosea is a powerful stress reducer, helping one cope with stresses of all kinds, either mental or physical. It improves mood and decreases depression and anxiety as it boosts the beneficial neurotransmitters, norepinephrine, serotonin and dopamine. It can be used as a safe general tonic for overall health and wellbeing.

Some studies suggest that Rhodiola Rosea is just as effective as prescription anti-anxiety and anti-depression drugs. This herb is relaxing to the mind and doesn't have the harmful side-effects of prescription drugs.

Besides treating anxiety, Rhodiola Rosea can also be used to treat headache, and even migraines. It works as a muscle relaxant and regulates blood flow very efficiently.

For the many people who suffer from fibromyalgia, Rhodiola Rosea may prove helpful. It has the ability to regulate the adrenal glands, helping them produce sufficient amounts of cortisol. Cortisol is needed by the body to reduce stress and pain in the muscles. Since it regulates the glands, it is also helpful to people who's adrenals produce too much cortisol. It helps the body by encouraging a steady supply throughout the day and night.

Rhodiola helps the body maintain metabolic balance by protecting and stimulating the immune system. It increases the production of natural killer cells, helping the body to fight off illness.

Rhodiola is good for depression reduction. Research indicates that Rhodiola Rosea extract can enhance the transportation of tryptophan and 5HTP into the brain. These are important precursors of serotonin. Serotonin is an important brain neurotransmitter that performs many functions in the body and brain, such as mental state, appetite, blood pressure, respiration and pain perception.

The lack of sufficient amounts of serotonin in the brain is the cause of most cases of depression. Besides being an effective treatment for clinical depression, Rhodiola Rosea is widely used to treat SAD (seasonal affective disorder). This type of depression is brought on by lack of sunlight in the rainy and winter months.

If You Are Over 30

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Rhodiola Rosea Uses

- Improve concentration, memory, clear thinking and attention span
- Induce emotional calming
- Protect against free radicals
- Relieve fatigue
- Increase ATP (cellular fuel)
- Increase beneficial creatine monohydrate levels
- protect the nervous system
- Increases the capacity for physical work
- Shorten recovery time after strenuous activity
- Reduce the symptoms of menopause
- Improve the functioning of the adrenal glands
- Protect against extreme hot or cold temperatures
- Cause the body to use less oxygen
- Prevent high altitude sickness
- Increase beneficial neurotransmitters, serotonin, dopamine and norepinephrine

Scientific name

Rhodiola Rosea

Common names

Golden Root, Arctic Root, Arctic Rose, Roseroot, Aaron's Rod

Where It Grows

This plant is native Siberia.

Which Part Of The Plant Is Used

The root



Dried Rhodiola Rosea Root

How It Works

Rhodiola Rosea contains rosavin, salidroside, rosarin and tyrosol. These are thought to be responsible for its medicinal benefits. It stimulates the neurotransmitters in the brain causing it to work more efficiently.

How It's Used

Rhodiola Rosea may be used by pulverizing the root and making it into tea or by boiling the root in water (called a decoction). It may also be extracted in alcohol (called a tincture) or put into capsules that contain the powdered root. It can also be taken as a liquid extract.

Precautions and Side Effects:

Rhodiola Rosea can cause restlessness, irritability and insomnia if taken in high doses. People with bi-polar disorder should not take the herb. It should not be taken by women who are pregnant or nursing without consulting a doctor.

Description and History of Rhodiola Rosea

Rhodiola Rosea is a perennial plant with yellow flowers that grows in Siberia, where it thrives in cold, dry arctic climate. It is primarily found at high altitudes.

Rhodiola name is derived from the Greek word "rhodon". It means rose, as the root taste and smell like roses. For many centuries, villagers collected and used this herb to cure all illnesses and ailments. It has as well been used by Chinese Emperors as well as the Vikings for its powerful adaptogen properties which enhance physical and mental strength and endurance. It's often used by Soviet Olympic athletes and cosmonauts.

Editor's Comments

This has to be one of my favorite herbs. It really packs a lot of power. Rhodiola Rosea, if taken daily will build up your physical strength and stamina to a high degree. This herb is perfect for people who work hard for a living or are into any type of strenuous physical exercise. After a hard day working outdoors, I feel less tired when I take this herb.

It also helps you to recover much more quickly after strenuous activity. I take one capsule in the morning on an empty stomach and one again right before lunch. Besides the physical benefits, this amazing herb also has a wonderful effect on the mood and mind. It increases mental clarity to a noticeable degree and makes thinking and problem solving easier.

It's great for people who are depressed or just feeling down. It really lifts your spirits and puts one in a better mood. Rhodiola Rosea is great for stress too. You can just handle problems better, without getting upset so easily. It's also great in the hot summer months when you don't want to take Korean ginseng because of its warming properties. You can

take this instead, as it doesn't warm you up like some Asian ginsengs do.

I highly recommend taking **Perfect Rhodiola Rosea**. It's 100% wild-crafted freeze-dried Siberian Rhodiola Rosea. It's the most potent form available anywhere.

Recommended Product

Click Picture For Price and Description



References

[Sloan-Kettering Rhodiola Rosa reference](#)

[Clinical trial of Rhodiola rosea L. extract in the treatment of mild to moderate depression](#)

[Rhodiola rosea: A Phytomedicinal Overview](#)

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The study did not measure for a direct increase in HGH.

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