

~ A Healthier You ~

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Rhodiola rosea

Antioxidants and the herb Rhodiola

Rhodiola rosea is also known as “golden root”. It has been used in Traditional Chinese Medicine (TCM) for hundreds of years as a means to gently stimulate the nervous system, decrease depression and fatigue, and aid in cardiovascular function. This herb has been studied in Russia for the past quarter century with many positive results.

Basically, Rhodiola is not only a powerful antioxidant, but is also what’s known in the herb world as an ‘adaptogen’. An adaptogen produces an increase in resistance against stressors such as physical, chemical and biological agents. It has a normalizing influence on the effects in the body due to excess stress. It is not capable of influencing normal body functions more than required to achieve homeostasis (a balancing of body systems).

Rhodiola has shown beneficial results against stressors such as fatigue and nervous tension as well as anxiety. It offers generalized, non-specific resistance to stressors you may experience in every day life, without affecting normal body functions. It enhances the quality of life. Scientists believe that Rhodiola does this by promoting the release of certain neurotransmitters, which are responsible for well-being as well as regulating hormone production in response to stress.

The dual action of cognitive stimulation and emotional calming creates benefits for both immediate cognitive and memory performance as well as long-term

preservation of brain functions. It also imparts antioxidant protection by protecting the nervous system from oxidative damage of free radicals.

There are over 200 different species of *Rhodiola*, but researchers believe the phytochemicals responsible for these unique characteristics are found only in the *Rhodiola rosea* species. Other species don't offer the same benefits as 'rosea'. Look for a quality *Rhodiola rosea* supplement that is standardized to contain a minimum of 3% rosavins.