

## Rhodiola Rosea: The All-Purpose Root

Grown in the high altitudes of the Arctic and mountainous regions throughout Europe and Asia, *Rhodiola Rosea* (“golden root” or “Arctic root”) is a popular plant in traditional medical systems in Europe and Asia and has been intensively studied in Russia and Scandinavia for more than 35 years. The Russians were the first to classify *Rhodiola* as an adaptogenic herb in 1947.

### ***What is an ‘adaptogen’?***

When we experience stress, adaptogens allows our bodies to better handle that stress. Put simply, whatever our body needs to maintain optimal functions, adaptogens seem to deliver. In the case of *Rhodiola*, it is thought to influences the levels of the body’s natural painkillers, beta-endorphins.

### ***What are the effects of Rhodiola Rosea?***

Research has shown *Rhodiola Rosea* to have plentiful benefits for the body:<sup>[1]</sup>

- ✓ Significant ability to scavenge the free radicals that damage our DNA and lead to disease
- ✓ Improving aspects of learning and memory
- ✓ Protecting against heartbeat irregularities
- ✓ Decreasing tumor growth, cancer metastasis and extending survival time
- ✓ In all, *Rhodiola Rosea* has been found to helpful for:
  - Depression
  - Insomnia
  - Fatigue
  - Headaches
  - Colds/flu
  - High blood pressure



*A truly versatile herb, Rhodiola may protect your heart, improve learning, help protect you against cancer, and may even help with depression.*

### ***Make sure your Rhodiola Rosea supplement is standardized***

All reputable supplements will have standardized extracts stated on their bottle. For *Rhodiola rosea*, the root should be standardized to a minimum 3 percent Rosavins and a minimum 1 % salidroside. If the supplement does not state standardization, you just don’t know what you’re getting.

Recommended dosages for *Rhodiola rosea* is 100-170 mg per day for extracts that contain 3% rosavins.

### Reference

1. Kelly, G.S., *Rhodiola rosea: a possible plant adaptogen*. *Altern Med Rev*, 2001. 6(3): p. 293-302.