

Leap Tall Buildings in a Single Bound with Rhodiola Herb

By Carolanne Wright, Natural News

Used by the ancient Greeks, Vikings and Chinese emperors to increase vitality, endurance and mental acuity -- rhodiola has a colorful history dating back thousands of years. In more modern times, it is known as a potent tonic for depression, heart arrhythmia and even cancer. With very few side-effects, rhodiola is a remarkable herb that just may activate superhuman powers for those who use it.

As a powerful adaptogen, *Rhodiola rosea* helps the body to resist stress. Take for example 64-year-old Juliette Bergman who worked in New York at the World Trade Center. In Chris Kilham's article, *Rhodiola rosea: Nature's antidepressant*, Juliette explains how rhodiola turned her life around. After suffering from post-traumatic stress disorder (PTSD), triggered by the trade center bombing and attack on September 11, Juliette was on anti-depressant drugs for over eight years. Wrestling with a 35 pound weight gain and severe depression that was not alleviated by the antidepressants, she was introduced to rhodiola by Dr. Patrica Gerbarg and Dr. Richard Brown. Her depression cleared and she felt energized for the first time in years.

Coveted by emperors, valued by Vikings

Countless studies confirm what Chinese emperors and Vikings knew: rhodiola is an extraordinary herb that boosts sexual vigor, stamina and clarity. When the body is under stress, adrenaline and corticotropin releasing factor (CRF) become elevated. These substances impair glandular function and promote a feeling of fatigue -- especially mental exhaustion. Rhodiola lowers CRF levels and helps to revive the libido, heal the glandular system and improve mental acuity. A clinical study in Russia found that among 35 men with erectile dysfunction, 26 showed improvement in sexual function after taking rhodiola for three months. Physical performance is also enhanced by this herb. Researchers discovered that out of 112 athletes supplementing with *Rhodiola rosea*, 89 percent showed rapid improvement and heightened endurance in sports.

Calming the heart and healing cancer

For those struggling with cardiovascular disease or cancer, rhodiola may provide welcome relief. Since cardiac problems are linked with stress, rhodiola protects against anxiety-induced hormones. These stress biochemicals raise blood pressure and can cause the heart to contract so severely that lesions are formed. By helping the body adapt to stress, rhodiola minimizes strain and damage to the cardiovascular system. It also assists in regulating heart arrhythmia.

As a mighty antioxidant, rhodiola helps to prevent and heal cancer by scavenging health harming free radicals -- reducing the risk of cellular mutations. It also hampers tumor growth. Russian researchers

found that rhodiola curbed tumor growth by 39 percent while it lowered metastasis by 50 percent. Overall, rhodiola increased cancer survival rates.

As observed by *Medicine Hunter* Chris Kilham:

"Rhodiola rosea offers a dynamic health experience for the herbal user. If you take it, you will feel it. Rhodiola is in my estimation the broadest, most remarkable feel-good botanical in nature's pharmacy."

Sources for this article include:

"Rhodiola" Memorial Sloan-Kettering Cancer Center. Retrieved on September 11, 2012 from: <http://www.mskcc.org/cancer-care/herb/rhodiola>

"Rhodiola rosea: Nature's antidepressant" Chris Kilham, Fox News Health, September 10, 2012. Retrieved on September 11, 2012 from: <http://www.foxnews.com>