

Could This Common Herb Help You Beat Depression?

Rhodiola rosea, also referred to as Golden Root, is an adaptogen of the herbal world. It is indigenous to Asian Arctic regions, European, and North American mountainous areas.

This flowering plant was once used by Scandinavian Vikings and Emperors of China. In the past it was well known for building strength, but today it is used to treat depression as well as assist people who wish to lose weight. *Rhodiola* provides numerous wonderful health benefits to boost positive well-being.

Lose Weight with *Rhodiola*

Obesity is now considered a global epidemic and statistics from WHO reports that it has more than doubled in the last 35 years. More than 1.9 billion adult individuals were diagnosed as overweight in 2014, and over 600 million of these adults were considered obese. Astonishingly, in 2013, 42 million children who were below age 5 were overweight and/or obese. It is believed that *rhodiola* can be an effective weapon in the battle against this dangerous epidemic.

An active property known as rosavin is found within *rhodiola*. This compound has shown an ability to assist the body in the fat burning process. Rosavin activates an important enzyme referred to as lipase. This enzyme effectively breaks down fat molecules. The Georgian State Hospital conducted a study in which *rhodiola* was used in conjunction with a low caloric diet to treat patients who were overweight. In comparison, those who received *rhodiola* lost 11 pounds more than those who only underwent caloric restrictions.

Rhodiola raises the amount of red blood cells in the body,

which increase energy levels by fueling the body with increased ATP. ATP is an essential fuel for the cells of the body. Raised energy levels help you stay active and increase the likelihood that you will want to remain active. Physical activity is a key component in any weight loss regimen. As mentioned above, rhodiola is an adaptogen which regulates stress and reduces cortisol levels. Cortisol is believed to be a key factor in weight gain, most especially within the abdominal area.

Depression and Rhodiola

Rhodiola may also be used as an effective treatment for depression as well as improve overall brain function. The compounds found in rhodiola encourage brain receptors to be more sensitive to both serotonin and dopamine. These are neurotransmitters scientifically known to increase cognitive function. They also activate pleasure centers and produce feelings of well-being and contentment.

A government clinical trial conducted by the University of Pennsylvania researched the effectiveness of rhodiola rosea as a treatment for depression. The participants who received rhodiola showed marked improvement in their depression symptoms as well as emotional stability and insomnia over those who instead received a placebo. The participants who were not given rhodiola as treatment showed no such improvements.

Another clinical trial which consisted of 150 participants being treated with rhodiola for a 30-day period. Upon completion of this trial, full remission of depression symptoms was reported by 66 percent of the participants. Another added benefit of this type of treatment is the lack of serious side effects that are generally associated with the use of prescription grade anti-depressant pharmaceutical.

Don Colbert, M.D. *has been board certified in Family Practice*

for over 25 years and practices Anti aging and Integrative medicine. He is a New York Times Best-selling author of books such as The Bible Cure Series, What Would Jesus Eat, Deadly Emotions, What You Don't Know May be Killing You, and many more with over 10 million books sold. He is the Medical Director of the Divine Health Wellness Center in Orlando, Florida where he has treated over 50,000 patients.

For the original article, visit .