

QUICK REFERENCE SHEET

RHODIOLA ROOT

Ganoderma lucidum



Part Utilized:
Root



PROPERTIES:

Tonic, Alterative/Adaptogenic, Nervine, Anti-viral, Anti-bacterial

SYSTEMS AFFECTED:

Endocrine/Glandular (adrenals, pineal, pituitary, pancreas, thyroid), Liver, Reproductive, Brain

POSSIBLE USES:

Improving cognitive function and mental alertness, increases neurotransmitters in the brain that stabilize and improve mood, supports healthy serotonin levels, reduces anxiety and depression, helps manage stress, improves energy and reduces fatigue, as a potent anti-inflammatory, to protect and strengthen the heart muscle, lowers blood sugar levels, improves adrenal function, assists with weight loss

INGREDIENT IN:

BT

GENERAL INFORMATION:

My favorite herbs to learn about are those that have a long history of use in similar situations in a variety of cultures. This is very true of this very interesting and effective herb.

Traditional uses of Rhodiola are also backed up by a wide variety of modern scientific and outcome-based studies, which makes Rhodiola all the more impressive. One of the most impressive of these studies was conducted on women who had ceased ovulating at a very young age (Premature Ovarian Failure). It was a small study but at the end of the study 25 of the 40 participants had regained normal periods and 11 of the women were pregnant!

Rhodiola contains a list of components—flavonoids, coumarins, and phenyl glycosides—that have been shown to reduce the damage that medications and chemicals can cause in the liver. At the same time, these components protect the liver against the very debilitating and life-threatening Fatty Liver Disease by preventing and reducing fat buildup in the liver.

Rhodiola has been shown to have a positive impact on the ability to quickly understand and remember new concepts. Scientists participating in these studies are even hopeful that this herb—or the compound in it (as a drug)—will be found useful as part of treatment protocols for ADHD, Alzheimer's, dementia, and other neurodegenerative diseases. (My own experiences with herbs and drugs, over many years, have taught me that the herb, in whole form, is more effective and eliminates the side effects found in prescription medications and other drugs.)

This herb is regarded and has been used, in Traditional Chinese Medicine (TCM) as an effective treatment for a list of what are called 'age-related' diseases, such as high blood pressure, as well as in regulating cortisol levels. Regulating cortisol levels is absolutely necessary for maintaining or restoring proper adrenal function.

Recent research with rats strongly indicates that Rhodiola lowers blood sugar levels. Further testing on humans is underway. Rhodiola is also known as golden root and arctic root.