

## Beating Anxiety & Stress With Golden Root

First and foremost, anyone who feels they show any type of symptoms of anxiety or depression must always check with a healthcare professional before treatment.

An herbal remedy that was first recorded for its medicinal applications is called Rhodiola Rosea. This herbal remedy has been used extensively in Russian medicine since 1969.

Rhodiola Rosea is a natural remedy and the latest to join the ever-growing arsenal of natural stress and anxiety reducers.

Rhodiola Rosea is a native plant of Arctic Siberia and commonly known as Golden Root. Eastern European and Asian cultures have used this herb for centuries for work productivity and longevity, physical endurance, resistance to high altitude sickness, to treat fatigue, anemia, depression, impotence, infections, nervous system disorders and gastrointestinal ailments.

Considered an adaptogen, which means it has an overall stabilizing effect on one's body without disrupting any other functions. Because of its ability to normalize the hormones, it may well be an effective treatment for people that suffer from anxiety and depression.

Westerners have only begun to become aware of the health benefits of Rhodiola Rosea in spite of its long history. Because of studies, which tested its effect on combating stress and anxiety, natural health care practitioners, have started paying more attention to this herbal remedy.

Studies have been conducted to identify its effects on chemical, biological and physical stress. Adaptogen's have been shown to improve the body's overall ability to handle stress.

Studies have been performed to test the effects of Rhodiola Rosea when stress is caused by some sort of intense mental work such as a final exam. These tests resulted in an increase in mental clarity and a reduction in the affects of fatigue, which in turn produced much improved quality of work.

In a report by the American botanical Council Rhodiola Rosea was tested on both anxiety and stress from a physical and emotional standpoint. The report showed most of the users found that their mood had improved, as well as their mental clarity and their energy level. Another study has shown the possibility that Rhodiola Rosea could increase one's stress tolerance at the same time protecting the heart and brain from physical effects of stress.

Consumers need to be aware that Rhodiola can also be sold using a species that do not share the common properties of Rhodiola Rosea or could possibly be ineffective for treatment. The properties should be a minimum 0.8% salidroside and 3% rosavin.

Always remember to fully investigate any herbal remedy and check with your health care professional to be sure it is the right remedy for you.

Source: <http://www.articlecircle.com>

### About the Author

Carlie Edwards publishes articles & useful information on Today's Issues & Topics. For more information on Anxiety Panic Attack visit: <http://anxiety-and-panic-attack.com>. To find a variety of topics & issues visit: <http://health-and-beauty-worx.com>