Rhodiola Rosea Could Potentially Aid in Fighting Depression

Melissa Scott  October 10, 2017

This amazing formula is highly potent and pure, and is carefully manufactured to deliver the goodness of this amazing herb.

(Newswire.net -- October 10, 2017) Orlando, FL -- Today, there are many pharmaceutical drugs used for depression. The good news is that there are also some natural alternatives believed to be useful against this type of brain disorder.

Rhodiola Rosea could potentially aid in fighting depression. This herb grows in the most inhospitable areas of the Earth such as cold mountains and barren lands. It also goes by the names of Siberian root, rose root, golden root, or artic root.

It is known as a strong adaptogenic herb that may help the body become more resistant to various types of stressors. It is worth mentioning that adaptogens are known to aid in the creation of a state of balance in the body.

Adaptogens may help in restoring the body’s natural homeostasis. For over sixty years, this herb has been used for health-based purposes in Russia. According to some experts, it may help increase endurance, energy, and stamina.

It is also believed to aid in reducing stress levels as well as situational anxiety. Further, it has been found to enhance mental clarity and mood and has a potential to decrease mental fatigue.

In the Comprehensive Reviews in Food Science and Food Safety, a report authored by Farhath Khanum, Amarinder Singh Bawa, and Brahm Singh, aimed at investigating the herb and how it works.

In rat toxicity studies, it was found that this herb may have a very low level of toxicity. It was able to enhance mental clarity, energy level, and mood.

In 2007, Medical News Today reported that Rhodiola rosea extract was helpful for sufferers of mild to moderate depression. This is according to one of the first randomized, double-blind, placebo-controlled studies about this supplement involving subjects with depression. The findings of this trial were published in the Nordic Journal of Psychiatry.

Richard P. Brown, M.D., Associate Professor of Clinical Psychiatry at Columbia University College of Physicians and Surgeons, concluded that, based on the results of the study, the herb significantly reduced depression symptoms.

The participants were sufferers of mild to moderate depression, and their improvements were compared to the placebo group in this randomized clinical trial.

Aside from mood elevation, the evidence also demonstrated that the herb may also improve sexual and cognitive function. It was also believed to be beneficial for physical and mental performance under stress.

Experiencing the potential benefits of this herb may be done through the use of Divine Bounty's Rhodiola Rosea formula. This amazing formula is highly potent and pure, and is carefully manufactured to deliver the goodness of this amazing herb.

(https://amazon.com/dp/B07416DYPB)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.
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