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The Rhodiola Revolution: Transform Your Health with the Herbal Breakthrough of the 21st Century

Richard P. Brown, Patricia L. Gerbarg, Barbara Graham

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From 2 leading physicians, one the co-author of *Stop Depression Now*, comes this groundbreaking book that introduces Americans to the amazing healing powers of Rhodiola rosea. With unprecedented access to more than 30 years of compelling scientific research, including top-secret studies from the former Soviet Union, Dr. Richard Brown and Dr. Patricia Gerbarg offer exclusive proof of rhodiola's remarkable ability to:

- Help melt away extra pounds
- Maximize energy
- Fight stress and aging
- Sharpen memory and concentration
- Enhance sexual function and physical performance
- Protect against heart disease and cancer

The Rhodiola Revolution also offers fascinating insight into Rhodiola rosea's rich and intriguing history, as well as concise directions on using the herb for maximum medicinal effect. It's the resource of choice for anyone who wants to use rhodiola to optimize their health and vitality.

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