



# **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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Previously classified studies from the former Soviet Union reveal the emergence of an herbal superstar, *Rhodiola rosea*.

From two respected physicians--including the author of *Stop Depression Now*--comes an authoritative new book that explores the amazing healing powers of *Rhodiola rosea*. Compelling scientific evidence about this commonly available herbal supplement confirms its ability to help:

- Melt away extra pounds
- Combat fatigue
- Sharpen memory and concentration
- Enhance physical performance
- Strengthen immune function
- Protect against heart disease and cancer

As more people turn to *Rhodiola rosea* to improve their health and vitality, they will look for a trustworthy, authoritative resource to answer all their questions. *The Rhodiola Revolution* - by Richard P. Brown, M.D., Patricia L. Gerbarg, M.D., with Barbara Graham - is that resource, providing the latest news from the front lines of research as well as clear instructions on using the herb for maximum medicinal effect.

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