A stubby little plant from the icy periphery of Siberia, Rhodiola rosea, could benefit from the extracts of Rhodiola. The researchers aren’t sure how R. rosea is keeping the flies alive, but the answer probably lies in the many hormesis of the Baklak Mountain. Hormesis has been used for centuries to treat the seasonal depression that’s rampant there. At some point, the flies found their way across the Altai Mountain into Mongolia and Siberia, where it commonly used in alternative treatments.

But Western doctors only began to appreciate the drug’s effects on mental health in 2007, when a German clinical trial showed 50 milligrams of Rhodiola root helped treat mild to moderate depression.

It’s also current in the treatment of depression and anxiety. It’s been found to be especially effective in treating anxiety disorders, and it has been shown to be particularly effective in the treatment of seasonal affective disorder (SAD) and depression. It is also recommended by doctors and therapists as a natural treatment for a variety of mental health problems, including depression, anxiety, and stress.

Rhodiola rosea is also used in pharmaceuticals to treat mood disorders, including depression and anxiety. It is available as an extract or as a supplement in many forms, including capsules, pills, and liquid extracts.

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