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*Zakir Ramazanov, Brian Appell*

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More than 80 percent of illnesses have their roots in stress and obesity. Therefore, reducing stress and maintaining a healthy body weight are important. Siberian Rhodiola rosea (Golden root) and Caucasian Rhododendron (Alpine snow rose) contribute to healthy longevity by ameliorating the effects of stress and reducing body weight.

This book reveals significant discoveries made by Russian and Georgian researchers focusing on effective stress and weight management through the use of these ancient natural medicines. Now that Rhodiola rosea is available in the U.S. dietary supplement market, the question every consumer must ask is: Is this ancient root from Siberia really worth its weight in gold? We urge you to read the information presented in this book and decide for yourself.

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