

## ***Rhodiola rosea – The Golden Root***



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***Evoeina Rhodiola Sàrl - Les Jardins de la Santé***

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**The Roseroot or *Rhodiola rosea* L.**, also called Golden Root, is a perennial plant in the family Crassulaceae. Mentioned as early as 77 AD by Pedanius Dioscorides in his encyclopedia *De Materia Medica*, this plant of the mountainous parts of Europe, known for more than 2000 years, is as powerful as ginseng. It grows preferably on mountains at high altitude and is part of the Russian and Scandinavian pharmacopeia.

Our herbalist Andrée Fauchère says about the plant: *"More than ten years ago, the Golden Root came to me. First, I observed her, then analysed and loved her. I learned everything about her; how to raise seedlings, how to prepare crops, how to support her in her growth, to take care of her, even to pamper her. She rewarded me a hundred-fold becoming beautiful, tall, strong, healthy and generous. As many as seven years will be necessary for the plant to grow to maturity and enable the harvest of its rhizome. It is the plant of health!"*

It is unequalled at supporting the body's own abilities to cope with stress and fatigue. The Golden Root is generous, it helps to recover, enables oxygen to regenerate the body's cells. It gives, to everyone who uses it, the possibility to deal with difficult situations.

The first time one consumes this plant, it becomes rapidly clear that it is a great help overcoming the small inconveniences of daily life. It is widely recommended for persons exposed to particular stress: a physical effort in sport, an intensive intellectual work or a difficult recovery after a bereavement, an ache, a disease.

It is perfect, it's the plant of the 21st century.

### ***Rhodiola rosea* is adaptogen!**

Traditional medicines from China or India, Inuit or shamanic medicines, use adaptogen plants for millennia. *Rhodiola rosea* has always been a part of the pharmacopeia from the healers in the Mongolian, Viking and many other tribes. Let us not forget that the homeland of the plant is Siberia, where therapists and shamans still practice their art.

This fabulous golden root has a positive effect on our body when affected by physiological disturbances like fatigue or illness: it stimulates the body's own natural defences to re-energize it or to calm down its pains.

The plant is also helpful in case of depression and burnout because it will act on the brain by calming nervous tensions and bringing comfort, confidence and serenity.

The efficacy of adaptogen plants like *Rhodiola rosea*, has been well described by Breckhman in the following way:

- *Rhodiola rosea* increases the body's resistance to the numerous chemical and biological aggressions from our daily life.
- *Rhodiola rosea* has a normalizing effect, decreasing imbalances resulting from stress or pathology-related.
- *Rhodiola rosea* does in no way disturb the normal functioning of the body.
- *Rhodiola rosea*, like other adaptogens, is a general regulator of intern functions and provides the balance necessary for keeping us alive.
- *Rhodiola rosea* helps our body to adapt to hardships and transformations (environment, pollution, allergies, virus, microbes, etc.).

Especially the anti-fatigue action is very rapidly noticeable. Therefore, several researchers contend that *Rhodiola rosea* L. is an adaptogen with extremely fast effects.

As many other plants, *Rhodiola rosea*, should not be used by the pregnant or breastfeeding women.



**We cultivate *Rhodiola rosea* at an altitude of more than 2000 m in the “Val d’Hérens”, with much love and respect.**

## Siberian Herbal Tea

### THE GREAT PLEASURE TO MEET UP WITH OUR SIBERIAN TEA!

The bagging machine which arrived 8 month late, is now fully in use and gives us great satisfaction. Therefore we can offer our two new packaging options of the Rhodiola rosea Siberian Tea:

The 25 grams of Golden Root Tea, in a new bag, more convenient,  
for **CHF 19.-** per bag.



In the evening: put the equivalent of half a teaspoon of Rhodiola rosea roots powder in cold water (for two bowls).  
Slowly heat to boiling then pour into an isothermal container.  
The next morning sieve and drink the herbal tea, latest until 2:00 pm.  
It can be consumed every day.

*Rhodiola rosea, should not be used by the pregnant or breastfeeding women.*



And **an exceptional and limited offer (until the stock lasts):**

The 20 grams of RHODIOLA ROSEA PETALS, for a sale price of **CHF 19.-**

In the evening: put one petal (or two, depending on the size) of Rhodiola rosea in cold water (for two big bowls).

Slowly heat to boiling then pour into an isothermal container.

The next morning sieve and drink the herbal tea, latest until 2:00 pm.

It can be consumed every day.



*Rhodiola rosea, should not be used by the pregnant or breastfeeding women.*

## The 15 drops of the Golden Root

The mixture (liquid solution) "*Les 15 gouttes de la Racine d'Or*", is prepared according to ancestral principles, with no other ingredients than rhizomes and roots (**from our organic cultures**) of *Rhodiola rosea*, water and Vodka alcohol (15%).



"*Les 15 gouttes de la Racine d'Or*" can be taken in different ways: directly on the tongue, in some water or on a sugar lump (in the morning and by 2:00 pm at the latest).

Of course, one can share the 15 drops dosage into two: 7 to 8 drops between 7:00 and 8:00 am and again 7 - 8 drops around 13:30-14:00 pm.

If you go hiking or for any other sports practice, prepare yourself a bottle of water in which you have added 15 drops of *Rhodiola*; this will allow a fast recovery by maintaining the oxygen level in the body.

We sell "*Les 15 gouttes de la Racine d'Or*" in 30ml bottle, for **CHF 49.-** per unit (one bottle is enough for 1 month) + shipping costs.

### A few important tips:

- It is not necessary to store the "*Les 15 gouttes de la Racine d'Or*" in the fridge, just keep them at room temperature.
- Some small particles in suspension may appear; this is normal and due to the naturally homemade production process without addition of stabilizer.
- Simply shake the bottle before use.





## Rhodiola rosea Capsules

For a fully organic and natural preparation of our Rhodiola rosea we offer organic and Demeter capsules containing only powder of our plants, cultivated at more than 2000m altitude above the village of Evolène.



The vegetarian capsules can be opened in order to consume only the powder.

Take 2 capsules a day (one capsule at breakfast, the second one at lunch or both together in the morning at your convenience).

**Rhodiola rosea capsules** in containers of 60 (one container for 30 days) for a sale price of **CHF 49.-**.

(One capsule contains 200 mg Rhodiola rosea plant powder).



## Andrée's Golden Root Candies

These candies are made from *Rhodiola rosea* and sugar. They are a good help for tired bodies, during a hike, a mountain race or other kind of sport.



You may have 4 to 5 candies a day, besides taking the 15 drops or the capsules.

Do not give more than 3 candies a day to children.

### **Andrée's Golden Root Candies**

A box of 50 g (about 25 pieces) for a sale price of **CHF 12.-**.



## Balm EVOLEINA

Being herself allergic to all kind of radiations, Andrée Fauchère has been searching for years, which plants could help her handle with the modern world and its multiple pollutions (WI-FI, Handys and all connected devices).

Andrée, working in a perfect collaboration with Mediplant in Conthey, selected radioprotective\* plants and essential oils and asked Julien Héritier to work up a precious balm. This cream passed all required tests: ocular and skin tolerance and necessary stability for the “challenge test”.

It has been created and developed in order to help radiation-sensitive (5G, destructive WI-FI waves...) people recover their energetic protective system for a healthy “normal” life.

One cannot be cured from these pollutions but, thanks to the radioprotective balm, it is possible to have a better quality of life in the “connected” world.



Evoleina Rhodiola Ltd and Mediplant do not provide just “simple” products made from the plant *Rhodiola rosea*.

This wonderful plant is not anonymous and not here for economic reasons or others; no, the plant is alive, “she” aims to be generous and healing.

So, this little cream has character and after several month of use we discovered its true nature, not only as radioprotective, but it also revealed all its intrinsic resources, energy, power, light and well-being.

Apply a little bit of balm in your hand, on your wrists or even behind your ears and massage gently.

**Crème Evoleina, 15 g, for a sale price of CHF 14.-.**

\*Radiation-protection or radiological protection is defined as the protection of people and environment from harmful effects of exposure to ionizing radiation. Wikipedia



## Rhodiola rosea Synergy

We live in difficult times with multiple pollutions, new health issues, almost constant fatigue and even more severe disabling diseases. To stay healthy and combat all these damaging physical and mental attacks, we need help. We were immediately thinking about our friends the plants and entered in deep reflexion with them.



**Artemisia annua**, a plant widely studied by Mediplant in Conthey. Recommended to fight against Malaria, it is also successfully used in the case of other diseases.

**Rhodiola rosea**, our adaptogen plant, is well-known for its anti-stress, anti-fatigue and recovery active principles. It has a favourable action on every body systems, in particular on the immune system.

We specially like the **Lemon Thyme**- *Thymus citriodora*; this plant known for millennia has already improved the well-being of thousand people thanks to its high levels of iron.

It can be used efficiently in food.

Our R&D work has been to show that the synergy between these three wonderful plants is able to give new strengths to our body.

Thus, we are pleased to introduce our new friend:

### **RHODIOLA ROSEA SYNERGIE**

The vegetarian capsules can be opened in order to consume only the plants powder.

Take 2 capsules a day (one capsule at breakfast, the second one at lunch or both together in the morning at your convenience).

**Rhodiola rosea SYNERGIE** in containers of 60 (one container for 30 days) for a sale price of **CHF 49.-**.

(One capsule contains 200 mg powder-mix of the three plants mentioned above).

## ETOILE, LUMIERE ET SOLEIL – STAR, LIGHT AND SUN

Since almost two years the world is concerned by a pandemic which affects our physical, emotional, mental and social lives.

Rather than falling into fear and endless discussions, our herbalist, happily ensconced in her chalet at the edge of the wood, decided to pursue her investigations into the ancient writings of the ancestral oral tradition.

Andrée Fauchère was wishing to associate two other plants, particularly close to her heart, to the beautiful *Rhodiola rosea*, this incredible adaptogen plant of light.

Our herbalist got the idea to add a star with the Star Anise and a vivacious sun with the Elecampane.



The star anise (*Illicium verum*), also called Chinese fennel or Siberian anise, is the fruit of the Badianier tree. It originates from China's Jiangxi province, from Laos, from Vietnam and from Japan. This fruit harvested green before being dried, consists of an eight branches star containing seeds.

It is well-known for its richness in active principles and particularly for its high content in Shikimic acid. Star anise is often used as a spice in Christmas recipes.

The elecampane (*Inula helenium*) originates from Asia, it is very well-known from the ancestral oral tradition and has been used for various therapeutic indications by Hippocrates (460 BC - 370 BC). It has been part of the medicinal gardens from the monasteries since the Middle Ages.

It is also called "vivacious sun".

Elecampane or indigenous quinine is considered as a mysterious plant, remarkable for its medicinal properties.

It is very interesting for respiratory disorders and improves the overall health.

This new mixture of Andrée's three favourite plants brings protection and new energy to tired bodies. We are pleased to introduce:

## RHODIOLA ROSEA\_ETOILE, LUMIERE ET SOLEIL

The vegetable capsules can be opened in order to consume only the powder.

Take 2 capsules a day of the plants powder Rhodiola rosea\_ETOILE, LUMIERE et SOLEIL.

One capsule at breakfast, the second one at lunch or both together in the morning at your convenience.

**Rhodiola rosea, ETOILE LUMIERE ET SOLEIL** capsules in containers of 60 (one container for 30 days) for a sale price of **CHF 49.-**.

(One capsule contains 200 mg of the above-mentioned plants powder).

### Kids Rhodiola rosea

KIDS Rhodiola rosea is a preparation intended for children, nevertheless it can also be of interest for hypersensitive individuals.

The mixture "*Les 15 gouttes de la Racine d'Or*" is prepared, is prepared according to ancestral principles, with no other ingredients than rhizomes and roots (**from our organic cultures**) of Rhodiola rosea, water and Vodka alcohol (15%).

Julien Héritier, Mediplant's director, did test and adapt this new formula in order to bring the concentrations of the active ingredients to lower levels than in the mixture "*Les 15 gouttes de la Racine d'Or*".

By adding jasmine flowers (*Jasminum officinale*), this mixture is enriched with new active ingredients, which bring relaxation, calm and serenity.

KIDS will provide stability and reduce the children's fears and tensions.

How to use: for children aged 3 and over give 8 to 10 drops (and up to 15 drops) in the morning, in a little bit of water or fruit juice.

**KIDS Rhodiola rosea** in 30 ml bottle, **CHF 47.-** per unit.

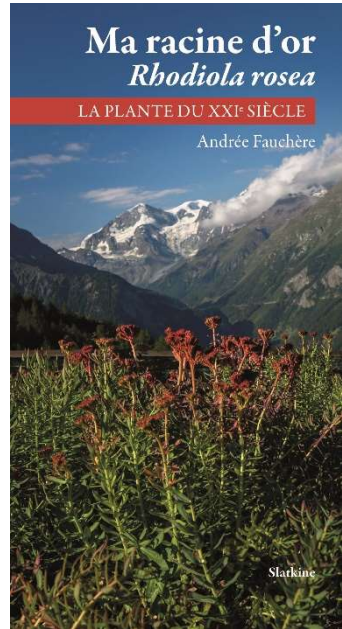


# Ma racine d'or, Rhodiola rosea

This book is born from the encounter between an herbalist, Andrée Fauchère, and the “Plant of Light”, Rhodiola rosea. Andrée Fauchère describes her good fortune to know the “golden root”, shares the history and properties of this perennial plant known as adaptogen, providing so many benefits for body and mind.

## The authoress

Andrée Fauchère dedicates her life for almost 40 years to plants and herbs. Herbalist, she is also a writer and signed around thirty books, most of them published by Editions Slatkine, about the village and land Evolène, about the land of Elsewhere”, the plants...



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For more informations: [www.a-fauchere.ch/L'herboriste/Rhodiola rosea](http://www.a-fauchere.ch/L'herboriste/Rhodiola%20rosea)  
ou [www.jardinsdelasante.ch](http://www.jardinsdelasante.ch)

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