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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How Much Sun Does My Chinese Ginseng Need?

By Jin Huang

Ginseng is widely used in the United States to improve overall energy and vitality, particularly during times of fatigue or stress.

On ideal ginseng growing sites, soil should be slightly on the acidic side but limestone-based with relatively high calcium and a preferred calcium/magnesium ratio of five to one. Soil maps, topographic maps and companion plants give the ginseng grower a good idea of where ginseng may grow best. You can augment this through a soil analysis done by your local county extension office or by state agricultural laboratories. These services are usually conducted for a nominal fee or free of charge.

Ginseng also grows remarkably well when surrounded by a healthy layer of leaf litter. Leaves accumulate behind these natural barriers and create the "beds" in which the wild ginseng will thrive in a few years. While one could discover through topographic and soil maps the approximate best locations for ginseng, a more thorough knowledge of the soil nutrient content will (as with most other crops) require a chemical analysis.

As mentioned below, it is possible to continue the organic certification which is preferred for virtually wild ginseng and yet add certain natural amendments to the soil such as gypsum (hydrated calcium sulfate) for enhancing the calcium content or Epsom salts (hydrated magnesium sulfate) for raising the magnesium content. While nutrient balance is highly important for growing healthy ginseng, the best approach is to locate the best sites first and carefully target your ginseng planting to those sites, rather than adjusting soil on sub-standard sites.

Ginseng grows best in a rich, shady forest with reasonably open lower layers. Thus a forest with a canopy of high trees and a rich ground cover of herbs and wildflowers is ideal, but not one with an under, or mid-story of densely growing plants like cedars and briars, which slow ginseng growth. The over-story should provide 70-80% shade, giving the forest a very obvious dappled effect.

Remember that the 70-80% shade rule is not a hard and fast rule across the forest. Small gaps in the canopy occur whenever trees fall, but ginseng survives in most cases: the excess sunlight merely retards ginseng growth for a few years while the canopy is open, then resumes at its normal growth

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rate as the canopy begins to fill in.

Chinese herbs and Chinese medicines have been used for thousands of years to help people feel better, more vital and live longer. Find out How Ginseng Can Benefit You at

<http://ChineseMedicine.smartreviewguide.com>

The Yin And Yang Of Chinese Herbs

By Jin Huang

The Chinese believed human body is just like the Universe. The Chinese believed that the Universe is formed by two elements called "Ying" and "Yang". "Yang" represents "sun light", "positive" or "hot". Ying represents "dark", "negative" or "cold".

All the Chinese food or herbal medicine was classified in one way or another as either with "Ying" characteristic or with "Yang" characteristic. The "Ginseng" was considered as one of the herbs with "neutral" characteristic. It means "do not expect "ginseng" to cure most forms of diseases". Many people have a wrong idea that ginseng heal every forms of disease.

Ginseng is probably the most famous Chinese herb. It has been used in Asia for more than 5,000 years. In China, ginseng has been treasured since the dawn of written history. In the Qing Dynasty of ancient China, ginseng was prized more than gold.

Ginseng is available in literally thousands of tonic formulations and it is featuring the most of the traditional preventative herbal remedies. Many people seeking to improve energy and vitality use ginseng daily.

Chinese medicine doctors specified "ginseng" as the main herbal medicine to heal any forms of disease. The ginseng is usually considered as a "supplement" for people with all forms of disease. The "neutral" herbs are good to help your body maintain "neutral", if your body is in balance of "Ying" and "Yang". The "Ying" and "Yang" in human body must be balanced in order to maintain health. If the human body has too much "Ying" or "Yang", people will get ill. The examples of disease resulting of too much "Ying" (cold) in the body are "Pneumonia", "Coryza", and "Diarrhoea". The examples of disease resulting from too much "Yang" (hot) in the body are "cancer", "Constipation" etc...

Ginseng requires about six years maturing, but it is difficult and expensive to grow. Its value is found in its stained root which contains a complex mixture of carbohydrate compounds, nitrogenous compounds, fat-soluble compounds, vitamins and minerals. The curative powers of ginseng are unique in the way they affect the whole body. Ginseng has also been recognized as a potent immune system tonic by modern researchers.

A good herbal medicine doctors are those who know how much unbalances that a patient has in his/her body. How much "Ying" or "Yang" is needed to get the body balanced? In addition, how much is "too much" or "not enough" for human body to take. The combination of different "food" or "herbal

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medicine" to create "Ying" or "Yang" to "just right" for the human body is the basic principle behind almost all the Chinese medicine. Please do not confuse the "cold" and "hot" with the weather. Cold weather does not necessarily make your body system "cold", in Chinese medicine point of view. If

The "balance" is the most important "word" of human health and spirit in the Chinese medicine point of view.

Jin Huang has an interest in Chinese Culture related subjects. If you are interesting in finding out more information on Chinese Culture, please visit this successful Chinese Cooking site:

<http://chinesefood.smartreviewguide.com>



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