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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!**

**Memory Herbs: Why Gingko Doesn't Always Work**

**By Brian B. Carter, MS, LAc**

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Q: When reading, I can't seem to focus or retain information as I once did. I was wondering if you had any suggestions, herbal remedies, or insight to offer. I appreciate your assistance.

A: Memory function is a complex issue that an overly simplistic herbal approach cannot solve.

**Why Gingko Doesn't Always Work For Memory**

Popular magazines said that gingko was the herbal memory cure, but people's experience and science have not borne this out. I'm not surprised. In Chinese medicine, we recognize that one symptom can be have multiple causes. We have to look for the root, and look at the surrounding symptoms and signs to find the appropriate cure.

Your memory loss/concentration could be due to something that gingko can address, or to something else. If you give it to a bunch of people without first differentiating the cause of their problem, you won't know who will get better and who won't. Although gingko is a Chinese herb, we generally don't use it for memory or concentration problems. It does "move the blood," though, so problems due to "blood stagnation" might improve with it.

**The Root Causes of Memory and Concentration**

So what are the causes of memory loss and concentration problems? The disease of Impaired Memory (Jian Wang) is subdivided into:\*

Heart/Spleen vacuity: Caused by overthinking, overwork, insufficient nutrition. Symptoms of palpitations, insomnia, fatigue, poor appetite, loose stool.

Kidney jing vacuity: Caused by overwork, disease, ageing, too much sex. Symptoms of loose teeth, loss of or early greying of hair, low back and knee weakness and soreness, weak bones.

Non-interaction of Heart and Kidneys: Caused by constitutional (genetic) weakness, disease, too much sex, or extreme emotional disturbances. Symptoms of dizziness, ear tinging, palpitations, low back and knee soreness and weakness, feel hot in afternoon and evening, sweat while sleeping, insomnia.

## Memory Herbs: Why Gingko Doesn't Always Work

**Phlegm:** Caused by excess emotions, anger, frustration, digestive deficiency. Symptoms of sleepiness, dizziness, nausea, reduced appetite, phlegm in throat.

**Blood stasis:** Caused by stagnation, stress, emotions, trauma. (This is the most likely of the five that might respond to ginkgo) Symptoms of sudden and enduring impaired memory, abdominal fullness and pain, easy defecation of dark stool.

Concentration is very similar, and the above patterns more or less fit. For more information along the lines of attention deficit disorder, see this vast bunch of info.

For herbal remedies, see an acupuncturist/herbalist. They can make sure which type you have, and help you get better.

Chinese herbal remedies are personalized, synergistic, balanced... the best way to go in my opinion –

much better than a number of single herbs from the health food store.

### Difficulty Reading

Although not as likely in your case, since you used to do better with reading, many people learned to read wrong. They learned to visualize the entire word as a picture (using the wrong part of the brain), instead of sounding it out (phonics – using the correct part of the brain). If you use the visual part, it takes more mental effort, and makes you sleepy. So it is possible that as you age, or if you get worn out, using the visual part of the brain for reading would be more and more impossible.

If this is your problem, you may want to see a specialist, or look into various phonics products – they say you can re-learn reading even as an adult. But this isn't my area of expertise. It's just a supplemental idea for you to think about, and pursue with others.

\*Source of the Pattern Differentiation: The Treatment of Disease in Chinese Medicine, Vol 1 by Philippe Sionneau and Lu Gang.

Acupuncturist, herbalist, and medical professor Brian B. Carter founded the alternative health megasite The Pulse of Oriental Medicine (<http://www.PulseMed.org/>). He is the author of the book "Powerful Body, Peaceful Mind: How to Heal Yourself with Foods, Herbs, and Acupressure" (November, 2004). Brian speaks on radio across the country, and has been quoted and interviewed by Real Simple, Glamour, and ESPN magazines.

## Natural Remedies That Work To Boost Your Memory

**By Brandon C. Hall**

Natural supplements are gaining popularity as they work towards improving many aspects of health and well-being. There are supplements available that aid in memory clarity and have a positive effect on boosting memory. These remedies are derived from substances that occur naturally and have been consumed in one form or another for centuries. Their impact on body functions proven over time and their ability to aid in clearing a cloudy memory are worth investigating.

## Memory Herbs: Why Ginkgo Doesn't Always Work

A bit of research will reveal one supplement that seems to lead the pack when it comes to keeping a person's ability to remember at its highest level. That supplement is Ginkgo Biloba Extract. The reason that it's thought to have such a significant impact on memory function is that it helps with the flow of blood throughout the body. This of course includes the flow of blood to the brain. Blood contains oxygen and having a steady and constant flow of blood keeps the memory sharp. There are numerous different brand names of supplements that proclaim to be the best source of Ginkgo Biloba Extract therefore it's up to the potential consumer to decide which one is best suited for their needs.

Another supplement that appears to offer benefits in the memory department is rosemary. Rosemary is often thought of as a spice we use when cooking. The effects of it as a herbal supplement are interesting. Rosemary works as a way of stimulating the brain. Keeping the brain stimulated is essential in making certain that memory is working correctly. There are different varieties of supplements that contain rosemary and checking the dosage and strength is always recommended.

Many of the natural remedies that offer benefits in memory function work towards other health goals as well. An example of this is green tea. Green tea is becoming a natural cure for many ailments or conditions. It's thought to have a positive effect on memory function and along with black tea when consumed in moderation seems to help in optimizing a person's ability to remember.

Ginseng also seems related to improved memory function. Ginseng is a herb that is often associated with improving energy and people who are aging swear by its ability to revitalize. If it has this profound effect on other parts of the body it would seem reasonable that it would work as a booster to the mind and the memory. There are several different supplements that can be purchased that contain ginseng and it's important to weight the benefits of the other ingredients when choosing one that is specifically formulated in helping with memory function.

For people who are just beginning to feel the signs of memory loss, possibly because of age or in some cases with the stress of everyday life small details seem to slip the mind, taking a natural supplement can be the ideal solution. They generally offer fewer side effects than traditional medication along with substantial benefits that reach well beyond their memory boosting attributes.

Brandon C. Hall maintains (

) which contains many articles and resources

on memory boosting at (

). There is also

information on dozens of other topics.



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