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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!

The Skinny On Siberian Ginseng

By Laura Turner

Ginseng is yet another addition to the category of Hot supplement topics. Of course – if there is a naturally occurring substance that helps to stimulate mental and physical energy, decrease incidence of cancer and ward off colds and flu – I certainly want answers! Although I'm still left a bit confused about all the different varieties – Siberian ginseng appears to be a popular, commercially available and beneficial form.

The Claims:

Decrease/Prevent Stress and Stress Related Illness: Created from the root of the Eleutherococcus senticosus plant native to Siberia, Siberian ginseng has been used as an energy tonic by the Chinese for over 5,000 years. This is exciting news as it appears that ginseng improves both mental alertness and attention to detail. It has been noted in many studies to improve endurance and increase overall energy in many athletes. For me, this begs the question: "Could ginseng be a natural solution to ADD?" It does appear so. And where stress is concerned – in documented patient studies, rates of stress were lower in individuals who supplemented. Ginseng has shown promise in both the relief of stress and decreased incidence of stress related diseases, such as arteriosclerosis, by improving circulation and normalizing blood pressure.

Relief of Menopause Discomforts:

Siberian ginseng – in many of the articles and studies I found – works to stabilize hormone levels to decrease or relieve the discomforts of menopause, i.e. emotional instability and hot flashes. Also ginseng is used in much the same way to stimulate the endocrine gland and also assimilate vitamins and minerals.

Increase Male and Female Fertility:

In females – many of the studies suggest – ginseng supports uterine function. This will strengthen the female uterus and aim to make it more fertile. In males, ginseng acts in much the same way by stimulating testosterone levels.

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Treatment of Cold and Flu:

In many cases, Siberian ginseng has helped to stimulate the immune system to both decrease the symptoms of cold and flu and support the body by warding off infection of cold and flu, entirely.

Other Noted Pathologies Relieved by Siberian Ginseng

· Decreased symptoms of Alzheimer's · Decreased symptoms of rheumatoid arthritis · Decreased symptoms of chronic fatigue syndrome and fibromyalgia · Decreased symptoms of multiple sclerosis · Decrease in general fatigue associated with PMS

The Bad News:

As customary, I always want to know "what's the bad news?" First, my usual disclaimer: Always check with your doctor before beginning any supplementation – in this case especially. Ginseng, it's known, could mimic a period in menopausal women. Also check with your doctor about any drug interactions. Other bad news – there has been mild diarrhea in rare cases associated with Siberian ginseng supplementation and – oddly enough – it should be avoided if you have high blood pressure, are menstruating or are pregnant. Otherwise Siberian ginseng appears to be very safe at recommended doses. With high doses, insomnia, nervousness, irritability and anxiety have been reported.

How To:

In everything I've read, the information was consistent: Take ginseng on an empty stomach, before breakfast or 1 hour prior to meals. To decrease risk of insomnia, avoid taking ginseng close to bedtime. Also consistent: Make sure you obtain your Siberian ginseng from a reputable source. Other tips: Be sure the ginseng is "standardized" and contains at least 0.9% of its active ingredient "eleutherosides."

When supplementing Siberian ginseng – according to my favorite source, Dr. Earl Mindell (see sources below) take 2–3 caps of 100–200mg daily as a preventative. There are many recommendations for different ailments – including rotating different varieties of ginseng. If you have a pathology you think may be helped by ginseng – discuss with your doctor how to treat it accordingly. It is also known that the body likes a breather from ginseng – therefore, according to all sourced noted, be sure to take two weeks off every three months.

In addition to WebMD – my favorite resources (and research sources for this article) Include:

Balch, Phyllis A., CNC. Prescriptions for Nutritional Healing. New York: Penguin Putnam, 2004.
Khalsa, Dharma Singh, M.D. Food As Medicine. New York: Simon & Schuster, 2003. Mindell, Earl, R.P.h., Ph.D. The Vitamin Bible. New York: Warner Books, 2004. Mindell, Earl, R.P.h., Ph.D. Prescription Alternatives. New York: McGraw–Hill, 2003.

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of Your Health!" and check out her latest book: Spiritual Fitness!

What The Chinese Knows About Ginseng

By Jin Huang

The Ginseng plant grows in rich woods throughout eastern and central North America, especially along the mountains from Quebec and Ontario, south to Georgia. It was used by the North American Indians. It is a smooth perennial herb, with a large, fleshy, very slow-growing root, 2 to 3 inches in length (occasionally twice this size) and from 1/2 to 1 inch in thickness. Its main portion is spindle-shaped and heavily annulated (ringed growth), with a roundish summit, often with a slight terminal, projecting point.

At the lower end of this straight portion, there is a narrower continuation, turned obliquely outward in the opposite direction and a very small branch is occasionally borne in the fork between the two. Some small rootlets exist upon the lower portion. The colour ranges from a pale yellow to a brownish colour. It has a mucilaginous sweetness, approaching that of liquorice, accompanied with some degree of bitterness and a slight aromatic warmth, with little or no smell. The stem is simple and erect, about a foot high, bearing three leaves, each divided into five finely-toothed leaflets, and a single, terminal umbel, with a few small, yellowish flowers. The fruit is a cluster of bright red berries.

To evaluate how "cold" or how "hot" in human body is a state of art. For instance, traditionally, the bitter melon was considered as a mild "Ying" or "cold" type of food. In Chinese medicine point of view, it will help fighting diseases caused by too much "Yang" or too "hot" in the body system. The water melon is considered as an extremely "cold" food. For people with serious illness resulting from "too hot" (such as stomach cancer), the water melon may cause adverse effect. Why? Think about putting hot water into iced cold glass that causes the glass to crack. The body will not be able to take it. The above is just a simple example of how Chinese medicine works and what the basic concept behind it was. It does not make sense to many scientists however; it does work in many cases.

There are several types of ginseng available: Asian ginseng, also called panax ginseng, American ginseng, Siberian ginseng and Japanese ginseng. Panax ginseng, which is grown especially in Korea, China and Japan, is the most widely used. American ginseng grows commonly in wooded areas from Quebec to Minnesota and south to Georgia and Oklahoma. Siberian ginseng grows in forests of Russia, China, Korea, and Japan.

Only Asian and American ginseng is known for their exceptional curative properties. These two species of ginseng look very similar and have also similar chemical compositions. These days, North American Ginseng is cultivated in British Columbia, Ontario, and Wisconsin, and is a valuable export. North

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American ginseng is often considered the most valuable and beneficial. For the past few years, The Chinese government and the Taiwanese government spend a great deal of resources trying to figure out "how it works" and "why it works".

There will be many years before people are able to completely figure out what make Chinese medicine works. The Chinese do not know either. Not yet and not completely anyway, but they will find out..

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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