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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!**

**Use Ginkgo Biloba to Starve Off Alzheimer's and Dementia**

**By Rudy Silva**

Dementia, Alzheimer's, and other mental diseases are accelerated by the,

- \* The lack of blood to the brain
- \* The lack of oxygen to the brain
- \* The lack of minerals and vitamins to the brain
- \* The lack of glucose to the brain
- \* Increase of toxins to the brain.

The lack of blood to the brain is caused by arteriosclerosis – plack buildup along the arteries causing them to narrow. Arteriosclerosis occurs when you have a diet that causes damage to the artery walls promoting cholesterol and other minerals and nutrients to patch up the damage. Over time, as this patching continues, this area will become narrow and in some case blocks the flow of blood.

As early as possible it is always recommended that you research what a health diet is. Find a diet that will minimize damage and inflammation in your body. Starting a healthy diet at any age is helpful but the sooner you start the better.

Ginkgo Biloba has been found effective in increasing the circulation of blood throughout the body including the brain. When this happens more blood moves into the brain and supplies it with the nutrients in the blood.

Ginkgo Biloba also helps brain cells use glucose and thereby increases brain energy. It helps improve brain cell transmission and brain wave tracing. It helps short-term memory by speeding up the brain cell impulses.

Using Ginkgo Biloba for dementia and Alzheimer's has show to slow down, delay, and even reverse these conditions in some cases. Use of Ginkgo Biloba is more effective when used in the early signs

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of senility, dementia, or Alzheimer's.

If Alzheimer's is well progressed, Ginkgo may have only a slight value. But when Alzheimer's and other dementia issue are due arteriosclerosis or lack of blood to the brain, then Ginkgo may provide some relief and improvement in these conditions.

Here is the type of Ginkgo you should use:

\* Ginkgo Biloba Flavonglycosides Extract 24%, 40 mg per day

Results in using Ginkgo Biloba can take from 3 – 12 weeks. It is a safe herb and may only have slight side effects such as headaches and dizziness, but these will disappear as you continue to use it.

If you are faced with signs of reduced mental capacity, Ginkgo Biloba is but one nutrients that can help you starve off it progression. There are many other nutrients that you need to add to your diet to help Ginkgo Biloba do its job better.

Rudy Silva is a Natural Nutritionist. To learn more about the other nutrients you need to hold off signs of dementia or Alzheimer's go to

<http://www.for—you.com/dementiaremedies>

### **Ginkgo Biloba And Drug Interactions**

**By Sarah Thomas**

The ginkgo biloba tree has been around for more than 200 million years. And it has been used for all sorts of health issues in China beginning 5000 years ago. By the 1600's, ginkgo biloba was thought to have died out but a German botanist found that in the pagoda gardens cared for by the Buddhist monks in China, it was still very much alive. At present, the plant can be found all over the world including Europe where it is used a great deal for its various healing properties.

If a person takes certain medications in combination with ginkgo biloba, the affects of could be either positive or negative. Therefore it is important to proceed with caution and consult a doctor to avoid ginkgo drug interaction issues. Ginkgo biloba drug interactions may positively affect a person when combined with cyclosporine drugs. This interaction guards the cell membrane from damage. A drug like papaverine, that is used to cure erectile dysfunctions, will also benefit from the ginkgo drug interaction. It improves the success rate of the drug because the ginkgo biloba has similar properties. Another possible positive affect of the combination of drugs and ginkgo biloba is the increase in the affects of the anti depressant drug, monoamine oxidase inhibitors (MAOI) in patients. This affect may go either way though so one has to be careful.

There are other drugs that work badly with ginkgo biloba. In these rare instances, you must be careful and follow your doctor's advice. One such area is the drug interaction with ginkgo biloba that may

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decrease the affect of drugs such as carbamazepine or valproic acid. These drugs are anticonvulsants taken by patients to help with seizures.

Ginkgo drug interactions have an impact on anyone who is using anti-coagulant medications. Ginkgo has blood thinning or anticoagulant properties. If you are taking drugs such as clopidogrel, heparin, ticlopidine, warfarin or dipyridamole you should avoid ginkgo biloba supplements.

People who are suffering with high blood pressure could be affected by the ginkgo biloba and drug interaction especially if they are using thiazide during treatment. Then there is trazodone, another antidepressant, in this instance, the drug and ginkgo biloba interaction may cause a coma. If you take only recommended amounts of ginkgo biloba and avoid the plant extract when there could be a negative interaction with other drugs, you should be fine.

If you have any concerns or questions about the safety of taking ginkgo biloba supplements while you are taking other medication, then you should discuss the issue with your physician who will be able to advise you based on your particular medical situation.

Sarah Thomas is an established freelance writer. You can find more of her writing at

<http://www.ginkgobilobasource.com>

and

<http://www.herbalwire.com>

Coping With Alzheimer's Disease



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