



Ginkgo

This botanical family was believed to be extinct until the discovery of the ginkgo. The tree has survived about 200 million years and has remained basically unchanged which has been verified by 200 million year old fossils. Because of the trees survivability and hardiness, it was believed to increase stamina and longevity and has been called 'The Fountain of Youth'. The earliest known medicinal use dates back to 2800 B.C. [1]

Ginkgo today seems to be becoming the "herb of choice". It has for Germany, where ginkgo is ranked the #1 prescribed herb with sales reaching 280 million dollars in 1993. In 1995, ginkgo was ranked 5th in popularity at U.S. health food stores. European researchers have been constantly studying ginkgo since the 1960's.

Ginkgo is used for a wide variety of ailments from dementia or senility, asthma and allergies, tinnitus (Ringing in the ears), and fibromyalgia.

It is also used as an anti-oxidant, to improve circulation, brain functions and memory. The seeds are said to possibly contain anti cancer properties and are sedative and astringent.

A blind study showed positive results in early stages of Alzheimer's Disease over a period up to 3 months. Some improvement showed in 1 month.