



Korean Ginseng

Stock #665-4 (100 capsules)

Panax ginseng, also known as Asian, Chinese, and Korean ginseng, has been used in China for some 5,000 years as a tonic and restorative herb. Most of the *panax ginseng* sold today is cultivated in China and Korea. This herb has been used in China as an anti-aging herb, as well as a natural cure for calming nerves and healing ulcers. Today, Korean ginseng is used around the world for increasing immunity to disease, fatigue, and stress; delaying the effects of old age; enhancing the secretion of hormones; improving stamina; reducing blood sugar and cholesterol levels; and providing an overall sense of better health. Many claim Korean ginseng acts as an aphrodisiac.

Traditional Chinese medicine has employed the use of Korean ginseng to bring about positive results for problems such as anemia, atherosclerosis, blood sugar imbalances, carbuncles, convalescence, coughs, debility, diabetes, diarrhea, gout, impotence, incontinence (especially bed-wetting at night), indigestion, insomnia, kidney degeneration, leprosy, liver disease, nausea, radiation poisoning, rheumatism, sexual indifference, shortness of breath, spontaneous perspiration, suppurating sores (sores which secrete pus), tuberculosis and weakness of the spleen. Those who suffer from the stressful effects of chronic and debilitating diseases, including chronic anemia, coronary problems, depression, infections, and recovery following illness, injury or surgery, have experienced great benefit from the use of Korean ginseng. This remarkable herb is now known throughout the world, gaining popularity in the treatment of allergies, AIDS, cancer, *Candida albicans*, high cholesterol and rheumatoid arthritis.

Scientists have found Korean ginseng contains a rare substance known as germanium, which facilitates cellular and tissue oxygenation, promoting detoxification and regeneration of damaged cells. Recent studies have confirmed what the Chinese already knew—Korean ginseng supports the immune system. In 1986, researchers determined the presence of immune-boosting polysaccharides in Korean ginseng. Further investigations discovered cholesterol-lowering saponins and potent antioxidant compounds in the herb. Korean ginseng activates the immune system and multiplies liver cell regeneration by increasing oxygen absorption and usage on the cellular level. Korean ginseng also contains substances which stimulate the brain, central nervous system, heart and blood vessels, liver enzyme production and overall metabolism.

Korean ginseng is classified as an adaptogen—a harmless substance which raises the body's immunity to negative biological, chemical and physical influences, such as extreme temperatures, hunger, and emotional or mental stress. Korean ginseng helps the body modify adrenal and thyroid imbalances and "adapt" to stress. Active constituents called ginsenosides are responsible for this quality and have a similar structural makeup to the body's own stress hormones. Interestingly, studies show Korean ginseng has a minimal effect on the body when there is no stress. However, when stress occurs, Korean ginseng promotes both a quicker response from stress hormones and a faster return to homeostasis (balance or normalcy), without causing excessive stimulation or disrupting normal sleep. In fact, Korean ginseng actually promotes a sedative effect upon the body when sleep is needed.

Korean ginseng has been reported to help prevent hair loss and brittleness, perhaps due to its ability as a vasodilator—more blood supply to the hair follicles means more nutrients available to encourage hair growth and health.

Research published in the *Archives of Andrology* showed Korean ginseng raised testosterone levels and decreased the size of prostate glands in test animals. This may confirm the belief held for centuries by many older Oriental men, that ginseng helps one's virility, stamina and sex life.

According to a recent study, *panax ginseng* has been shown to improve certain cognitive functions such as abstract thinking and reaction time.

A German research study was conducted in 1995 to determine the effects of a standardized Korean ginseng extract on oxygenation, pulmonary functions, and walking capabilities of 15 participants. A summary of the study was published in *Health Counselor*. These individuals, with a mean age of 67, all suffered severe chronic respiratory problems and required the use of home oxygen treatments. Participants received two 100mg capsules of a standardized Korean ginseng extract daily for 3 months. Their physical performance was evaluated with a 6-minute walking test. After only 1½ months on the Korean ginseng, oxygenation and respiratory strength had improved and walking distance had increased 42.3%. At the end of the three-month study, participants' walking distance had increased another 31.4% for a total gain of 87.1% above their walking ability prior to taking Korean ginseng. The improvement in walking distance was determined as the result of increased oxygenation and pulmonary function achieved by taking Korean ginseng.

The above research findings echo those of a 1991 study involving 120 “relatively” healthy men and women, ranging from 40 to 60 years of age. This study found those receiving Korean ginseng showed enhanced respiratory function in comparison to the placebo group. Even though organ functions generally decrease with aging, those taking Korean ginseng experienced an average improvement of 10%. Interestingly, the severely ill participants in the 1995 study exhibited the greatest improvements—actually doubling their walking distance—compared to the relatively healthy participants involved in the 1991 study.

Researchers believe Korean ginseng works by increasing the ability of respiratory muscles to contract, thereby improving the overall strength and endurance of the respiratory system. Such improvement is believed to result from increased blood flow through the ventilatory muscles, and increased oxygenation. Neither study reported any side effects. Researchers concluded that daily Korean ginseng supplementation can increase oxygenation and pulmonary capacity in individuals suffering from severe chronic pulmonary disorders.

Another research study found Korean ginseng significantly increased the performance of 20 “top” athletes, ranging in age from 18 to 31.

Korean researchers, Taik-koo Yun and Soo-Yong Choi, published study findings in 1995 showing regular use of Korean ginseng lowers the risk of cancer by 50%. Yun and Choi performed a “case control” study of 1,987 “pairs” of humans, one diagnosed with cancer and the other, cancer-free. In summary, the results showed that, although differing forms of ginseng exhibited varying degrees of protection, overall, for all types of cancer and all forms of ginseng, cancer rates dropped consistently with length of ginseng use and entire lifetime consumption. Patients who had used ginseng for one year exhibited 36% less cancer occurrence than non-users, while those who had used ginseng for 5 years or more had 69% less cancer occurrence. Additionally, individuals who had taken ginseng less than 50 times showed a 45% drop in cancer rates, while those who had taken ginseng over 500 times had a 72% reduction. Altogether, ginseng appeared to be most effective in protecting against cancer of the esophagus, larynx, ovaries, pancreas and stomach, but demonstrated no significant effect against bladder, breast, cervical or thyroid cancer.

Test tube studies in Japan have found Korean ginseng causes liver cancer cells to return to normal form.

It should be noted that Chinese herbalists recommend taking Korean ginseng for no longer than 6 weeks at a time. This herb is also not typically recommended for pregnant women, individuals under 40 years of age, or those with acute inflammatory conditions, excessive anxiety, depression, fever, flu symptoms, high blood pressure, hot flashes/night sweats, or hypoglycemia (as this type of ginseng lowers blood sugar levels).

Excessive intake can cause faster breathing, headache, increased blood pressure and heart rate, insomnia, restlessness, and other side effects, particularly when taken in conjunction with alcohol, bitter or spicy foods, caffeine, and turnips.