



Wild American Ginseng

Stock #725-8 (50 capsules)

Panax quinquefolium, commonly known as American ginseng, was originally used by Native Americans and did not gain popularity until the 1700's, when it began to be exported because of its value as a wild species. Wild roots are considered to have a higher potency and are thus, more valuable. During the mid-18th century, exportation of ginseng to China became an herbal goldrush, with many Native Americans participating in the collection of wild roots. Unfortunately, the Objjwa people may have been the only ones to plant seeds to replace the herb.

Today, American ginseng is listed under the Convention of International Trade in Endangered Species (CITES) to preserve what remains of native populations. This plant is rarely seen in the wild due to over-harvesting. Wild American ginseng is now being cultivated in Wisconsin, China, and France.

The Chinese consider American ginseng an entirely different plant with different medicinal properties than *Panax ginseng* (Korean ginseng). American ginseng is a white ginseng with cooling, anti-inflammatory properties. It is considered more balancing, or more yin, and is often recommended for individuals with "overheated" conditions due to stress, excessive caffeine intake, or over-stimulation. American ginseng is used to break fevers such as scarlet fever and stimulate fluid production, especially saliva, in dehydrated individuals.

The Chinese also consider American ginseng to be beneficial for the lungs and use it to treat dry coughs due to *lung chi* deficiencies. Chinese medicine prescribes American ginseng as a *yin* tonic for treating blood loss, coughs, fatigue, fever, hot flashes, irritability, night sweats, smoking, thirst, weakness, and wheezing, and for weakened individuals, to improve the body's tolerance to various types of stress. American ginseng is also recommended for relieving bleeding due to *internal heat* such as blood in the urine and stools, nose bleeds, and excess uterine bleeding.

Women entering menopause may find American ginseng helpful for the unpleasant side effects often associated with this period in life. American ginseng can cool hot flashes and night sweats and help relieve irritability. However, Dr. Letha Hadady, author of *Asian Health Secrets*, warns that American ginseng can promote water retention in the digestive tract, especially in those with slow metabolism.

Older Asian women are said to drink a tea made from American ginseng every day to maintain their beauty, tone and refine their skin, strengthen fragile capillaries, and reduce dryness and wrinkles.

Unfortunately, at present, there is a lack of solid scientific research on verified American ginseng studies, as most research conducted to date used panax ginseng or did not specify which species were used.

American ginseng should not be used during colds or flu as it is known to stimulate fluids and increase phlegm. Women should avoid using American ginseng during pregnancy.