



# Ginkgo Biloba

The Ginkgo Biloba Tree was originated in China thousands of years ago, and now grows in temperate climates throughout the world. The extract of its fan-shaped leaves is one of the world's most popular products.

Ginkgo Biloba is a completely non-toxic health promoter. We know that Ginkgo trees have survived since prehistoric times, making them certainly one of the oldest species of trees living today. The Ginkgo tree has lived this long, only because of its relative immunity to biological and environmental stress. The Chinese, who have always recognized the tree's unique stamina and longevity, have used Ginkgo for thousands of years for cancer, asthma, lung weakness, congestion, impaired hearing and to increase sexual energy and generally promote longevity. Today, the ancient Ginkgo has sparked renewed interest throughout the world because medical researchers have isolated chemical compounds from Ginkgo that show startling effects on humans. These compounds regulate blood flow to the brain, legs and other extremities and control levels of various neurotransmitters in the brain, thus helping to counteract memory loss, depression, and lack of alertness which may develop in old age. These same compounds also block a substance called platelet activating factor (PAF) which, by over-stimulating the immune system, may lead to conditions such as asthma, toxic shock from bacteria poisons and perhaps even atherosclerosis and stroke. The major therapeutic uses of Ginkgo are in the following areas:

## **Vascular Insufficiency**

The Primary therapeutic property of Ginkgo is to increase the flow of blood into areas previously deprived of this life-giving substance to one degree or another, including the brain, the lower limbs, all arteries, veins, even the smallest capillaries. Decreased blood flow to the brain can adversely affect memory, concentration, intellectual ability, vision equilibrium, and balance. It may also lead to symptoms such as headaches, depression and mental confusion. Stroke can occur because of lack of blood flow and oxygen to the brain tissue. Ginkgo is used to prevent and even treat all of these conditions. Hearing disorders, ringing of the ears (tinnitus), disturbance of balance, dizziness (vertigo), sudden hearing loss and hearing weakness may all result from the lack of proper blood circulation. These conditions can also be caused by free radical damage. These problems that have resulted from a disturbance in blood supply (and most problems have a vascular component) can be beneficially affected by the ingestion of Ginkgo Biloba Extract.

## **Free Radical Inhibitor**

Researcher's data suggests that free radicals are inherently involved in the aging process and in degenerative diseases such as cancer, diabetes, blindness, atherosclerosis and so forth. Free radicals are generated by the natural metabolic process of the body. In recent years, in many experimental trails, Ginkgo has shown considerable ability to act as an oxygen scavenger and directly prevent the occurrence of free radical damage. The presence of very potent flavonoids in the extract is primarily responsible for high degrees of anti-oxidant activity.

Barrett B, Kiefer D, Rabago D. Assessing the risks and benefits of herbal medicine: an overview of scientific evidence. *Altern Ther Health Med* . 1999;5(4):40-49.

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**Order Desk** 800-798-0707 Ext 1

**E-Mail** [sales@aerobiclife.com](mailto:sales@aerobiclife.com)  
**Website** Under Construction

**Fax** 602-283-0760