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Ginkgo Biloba: Anti-Aging, Brain Boosting and Many More Health Benefits!

Breakthrough research shows that Ginkgo biloba extract has more beneficial and far-reaching effects on our body's health, on so many different levels, than any other nutritional supplement!

Read this Health & Wellness Update to learn how Ginkgo helps:

- Slow down the aging process
- Protect mitochondria, the tiny energy factories inside cells that provide the "spark of life"
- Sharpen your mental performance
- Protect against Alzheimer's and other neurodegenerative disorders
- Increase your concentration and short-term memory
- Boost your energy levels
- Improve circulation to your feet, legs and hands
- Enhance your sex life as a result of increased blood circulation

In the past we've discussed how to choose a safe, effective and superb Ginkgo biloba supplement. Today, we'd like to share the latest scientific research on Ginkgo and how this best-selling herb is much, much more than a mind booster. Breakthrough research has shown that Ginkgo actually stimulates our body's natural protective mechanisms on a genetic level—which means that Ginkgo biloba extract can help slow down the aging process!

What is Ginkgo used for?

The therapeutic use of Ginkgo biloba goes back centuries, and is described in traditional Chinese pharmacopoeia. Today, it is recognized around the world for its ability to neutralize free radicals and support healthy circulation to the brain and extremities. By increasing blood flow, Ginkgo exerts a positive effect on the entire vascular system, and particularly helps provide nourishment to the brain, eyes, ears, and heart muscle.

Ginkgo also helps prevent blood clots and has been used successfully for problems relating to poor circulation, such as phlebitis (inflammation of a vein) and diabetic peripheral vascular disease and even impotence. Since Ginkgo helps support peripheral circulation, it may provide relief to people who suffer from leg pain during or after exercise, and cold hands and feet. Ginkgo is also used to relieve the annoying ringing in the ears associated with tinnitus.

It's in the Genes

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There have been hundreds of studies done on Ginkgo biloba extract in the past three decades, but the most significant discoveries have just recently been made. This research has utilized new techniques that allow scientists to examine how a compound such as Ginkgo changes the expression of genes in our cells. With these methods it is now possible to examine how something affects thousands of genes at one time. In a way, this is like seeing what different buttons get pushed inside cells, and this lets scientists see how a compound truly affects how the cells function.

It would be hard to imagine a product that pushed more of the right buttons than Ginkgo. This research has shown that Ginkgo is able to induce a variety of our cells' natural protective enzymes, including those involved in antioxidant protection, energy production, cellular maintenance, and DNA repair. Additionally, levels of important growth hormones within the brain were dramatically enhanced.¹

It now seems certain that Ginkgo's unique and impressive properties come from its synergistic combination of antioxidant and protective constituents, combined with the extracts' ability to induce our cells' own natural antioxidant and protective factors. This makes Ginkgo truly unique as it not only provides us with a source of healthful flavonoids and terpenes that possess a variety of beneficial properties, but also actually stimulates our body's natural protective mechanisms on a genetic level. There is no other product that has so many beneficial and far reaching effects on our body's health, on so many different levels.¹

Ginkgo is a proven longevity supplement

Research has shown that as we age, mitochondria become less efficient at producing energy and more efficient at generating damaging free radicals. This vicious cycle is now believed to be a major contributor to the aging process, and not surprisingly, also to memory loss.

Health Topics A-Z



- Acetyl-L-Carnitine (ALC)
- Adrenal Fatigue
- Allergies
- Alpha Carotene
- Alpha Lipoic Acid
- Alzheimer's Disease
- Amino Acids
- Andrographis Paniculata
- Anti-Aging
- Antioxidants
- Anxiety
- Apple Extract
- Arginine
- Arginine Pyroglutamate
- Arthritis and Joint Health
- Artichoke Leaf Extract
- Ashwaghandha
- Aspergillus
- Astaxanthin
- Astragalus

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Recent research has also shown that Ginkgo biloba extract is remarkably effective at protecting mitochondria from damage. Even more impressive, Ginkgo has been shown to not only preserve mitochondria structure and function in aging animals, but to also significantly extend their life span!

Bilobalide is proving to be a major contributor to Ginkgo's ability to protect mitochondria from the effects of aging and damage, which is a proven strategy to extend life span. All the more reason to take a Ginkgo supplement with as much bilobalide content as possible!

Ginkgo protects your brain from long-term damage

Scientists believe that aging and many diseases, including arthritis, cancer, Alzheimer's, and atherosclerosis, are the result of oxidative stress and the accumulation of damage, especially in our mitochondria. Ginkgo's antioxidant properties neutralize the free radicals that can damage proteins within the cell, enzymes, or the fragile lipid membranes that surround and protect the cell. Additionally, it is particularly effective at protecting and preserving mitochondrial function.

Brain cells are composed mainly of fat, which is particularly vulnerable to free radical damage. Individuals who sustain free radical damage over a long period of time may experience deterioration in their mental capacity. Ginkgo has been proven to protect the delicate brain cells from this devastating damage.

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The natural health solutions described in this article are available through many on-line retailers including those listed below. By clicking these links you help support the important alternative health research we provide.

Visit www.amazon.com – a great way to find competitive deals on supplements offered by many different manufacturers.

Visit www.hfn-usa.com – when commitment to quality and freshness is important, this factory direct solution is preferred by many of our readers.

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References

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7-Keto	Coenzyme Q-10	Green Coffee Bean	Metabolic Syndrome	Salvia Miltiorrhiza
Acetyl-L-Carnitine (ALC)	Copper	Green Tea	Minerals	Schisandra Berry
Adrenal Fatigue	Cranberry	Gymnema Sylvestre	Mixed Tocopherols	Selenium
Allergies	Curcumin Extract	Health Commentaries	Multi-Vitamins	Sexual Health
Alpha Carotene	Cysteine	Health Freedom	Myricetin	Silymarin
Alpha Lipoic Acid	D-Ribose	Health Questionnaires	N-Acetyl Cysteine (NAC)	Skin, Hair and Nails
Alzheimer's Disease	Daidzein	Heart Attacks	N-Acetyl-carnosine	Sleep
Amino Acids	Dehydroepiandrosterone (DHEA)	Heart Health	Naringenin	Soy Phytosterol
Andrographis Paniculata	Depression	Herbs	Nattokinase	St. John's Wort
Anti-Aging	Detoxification	High Blood Pressure and Hypertension	Nettle	Stinging Nettle
Antioxidants	Devil's Claw	Hormone Support	Notoginseng	Stress
Anxiety	DHA	Huperzine	Nutrition	Strontium Citrate
Apple Extract	Di-indolylmethane	Immune System Support	OKG	Suntheanine
Arginine	Diabetes and Blood Sugar	Inflammation	Olive Leaf	Taurine
Arginine	Digestive Health	Joint Pain	Omega-3 Fatty Acids	Terminalia Chebula
Pyroglutamate	Diindolylmethane (DIM)	Keto-Terranean	Oolong Tea	The Common Cold
Arthritis and Joint Health	Dimethylaminoethanol (DMAE)	Ketosis	Oral Chelation	Therapy for Hormones
Artichoke Leaf Extract	Dong Quai	Kohki Tea	Oral Health - Teeth and Gums	Turmeric Root
Ashwagandha	Echinacea	L-Arginine	Ornithine	Tyrosine
Aspergillus	Eclipta Alba	L-Citrulline	Osteoporosis	Uridine
Astaxanthin	EDTA	L-Cysteine	Overall Health	Urinary Tract Health
Astragalus	Egg Shell Calcium	L-Theanine	Pain Relief	Urtica Dioica Root
Bacopa monniera	Elderberry	L-Tyrosine	Parkinson's Disease	Varicose Veins
Bamboo Extract	Eleutherosides	Licorice Extract	Passionflower	Vinpocetine
Banaba	Emblica	Life Extension	Peony	Vision Health
Beauty From Inside Out	Energy	Lipoic Acid	Persimmon	Vitamin B
Berberine	Essential Fatty Acids	Liver Support	Phenylalanine	Vitamin C
			Pheromones	Vitamin D
				Vitamin E
				Vitamin K

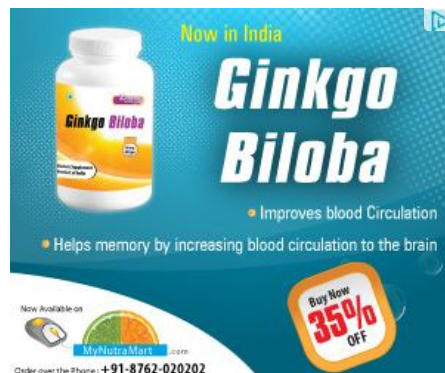
Your Heart, Arteries, Memory, and More—Has Just Become Even More Effective

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Bio-identical Hormone Replacement Therapy	Evodia Extract	Lutein	Phytosterol	Vitex
Black Cohosh	Eye Health	Luteolin	Pine Bark	Weight Management
Bone Health and Osteoporosis	Ferulic Acid	Lycium Berry	Policosanol	White Peony
Bosw ellin	Fiber	Lycopene	Pomegranate	Winthanolides
Brain Health and Memory Support	Fish Oils	Lysine	Pregnenolone	Women's Health
Calcium Citrate	GABA	Magnesium	Probiotics	Xylitol
Calcium Disodium EDTA	Gamma Tocopherol	Magnolia	Prostate Health	Yohimbe
Cancer	Garlic	Malic Acid	Pueraria Mirifica	Zeaxanthin
Cardiovascular Health	Ginger Extract	Mastic Gum	Pumpkin	Zinc
Carnosine	Ginkgo Biloba	Mediterranean Diet	Pygeum Africanum	
Centella Asiatica	Ginseng	Medium-Chain Triglycerides	R-Lipoic Acid	
Chelation	Glucosamine	Melatonin	Red Wine	
Cholesterol	Goji Berry	Memory	Resveratrol	
Choline	Gotu Kola	Men's Health	Rhodiola Rosea	
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Cinnamon Extract		Menopause		
Citrulline				

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