



GINKGO BILOBA

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Ginkgo is a large tree with fan-shaped leaves. Although Ginkgo is native parts of Asia, including China, Japan, and Korea, it has been grown in Europe since around 1730 and in the United States since around 1784. It supposedly has been around since the time of the dinosaurs, and one tree in **China** is about 3,500 years

old. The tree species is native to Southeast Asia, but was brought over to the US in 1784. Some meanings behind the word Ginkgo, "silver apricot", and biloba, two-lobed", which comes from a Japanese origin.

Health Benefits:

Ginkgo leaf is often taken by mouth for memory disorders including [Alzheimer's disease](#). It is also used for conditions that seem to be due to reduced blood flow in the brain, especially in older people. These conditions include [memory loss](#), [headache](#), [ringing in the ears](#), [vertigo](#), [dizziness](#), difficulty concentrating, mood disturbances, and hearing disorders. Some people use it for other problems related to poor blood flow in the body, including [leg pain](#) when walking (claudication), and Raynaud's syndrome (a painful response to cold, especially in the fingers and toes).

Ginkgo leaf is also used for thinking disorders related to [Lyme disease](#), [chemotherapy](#), and [depression](#).

Ginkgo been used for [eye problems](#) including [glaucoma](#), diabetic eye disease, and age-related [macular degeneration](#) (AMD), as well as attention deficit-hyperactivity disorder (ADHD), autism, [heart disease](#) and heart complications, [high cholesterol](#), [premenstrual syndrome](#) (PMS), and bloody [diarrhea](#). Ginkgo leaf is also taken by mouth for [chronic fatigue syndrome](#) (CFS), [schizophrenia](#), and to prevent winter [depression](#), preventing mountain sickness and aging, controlling [stomach](#) acid, improving liver and [gallbladder](#) function, and controlling [blood pressure](#). It is also taken by mouth to treat asthma, [allergies](#), [bronchitis](#), and for disorders of the central [nervous system](#).

Important Notice:

Ginkgo seeds contain substances that might kill the bacteria and fungi that cause infections in the body. The seeds also contain a toxin that can cause side effects like seizure and loss of consciousness.