The Brain Boosting Benefits of Gingko Biloba

Ginko is considered the memory herb for its powerful brain boosting benefits.

The Ginkgo Biloba trees , one of the oldest trees in the world, are native to China but are now cultivated in plantations around the world for their remarkable health benefits. These trees reach up to 40 meters in height and have characteristic greenish-yellow fan-shaped leaves. These trees have remarkable adaptive and stress enduring qualities and have been noted to live over 1000 years of age.

Gingko Has Profound Adaptive Abilities

It is reported that the only trees that survived the Hiroshima nuclear blast were ginkgo trees. This is an example of the profound strength and endurance these trees have against even the harshest of environmental stressors. These same qualities of strength and endurance are passed on to the leaves and the extracts and then into the people who are consuming these botanicals.

The most powerful components of Ginkgo leaves are the flavonoid glycosides myricetin and quercetin. They also contain terpenoid anti-oxidants ginkgolides and bilobalides. Flavonoids are plant-based anti-oxidants that protect the cardiovascular system, neurons, and retina. Terpenoids enhance blood flow by dilating the blood vessels and reducing platelet aggregation.

Gingko Improves Neurotransmitter Function

These molecules are shown to be non-discriminative monoamine oxidase inhibitors that maintain optimal levels of major

neurotransmitters such as serotonin, dopamine, and norepinephrine in regions of the brain. This is a similar mechanism as common pharmaceuticals that are used to treat depression and bipolar disorders.

These anti-oxidant flavonoids are also highly neuroprotective from the dangers of oxidative stress. Prolonged oxidative stress in particular regions of the brain is the leading factor in the development of neurodegenerative disorders such as dementia, Parkinson's, and Alzheimer's Disease. This anti-oxidant protection also boosts memory, mood, and creative thinking.

Gingko is The Memory Herb

Several different studies have showed that ginkgo can improve memory and attention span in healthy individuals with peak performance coming about 2 hours after ingestion. Ginkgo also improves vision and overall eye health as it prevents against macular degeneration, glaucoma, and cataracts.

The ginkgolides are potent antagonists against platelet activating factors and are very useful in protecting against thrombus, endotoxic shock, intermittent claudication and myocardial ischemia. Ginko has been shown to improve blood flow into all regions of the body which is particularly useful for sexual dysfunction in women and erectile dysfunction in men.

Gingko Is Approved By The World Health Organization

The World Health Organization has reported that gingko can benefit individuals suffering from cerebrovascular insufficiency which may be experienced as poor concentration, memory problems, and headaches. They also endorse its use for peripheral arterial occlusive diseases which include claudication or painful walking, Raynaud's disease, and

diabetes. It has also shown to benefit individuals with vertigo and dizziness.

Optimal dosage of ginkgo appears to be between 120-600 mg per day. Very high doses may cause side effects such as nausea, dizziness, headaches, rapid heartbeat, and allergic reactions. Be sure to always get organic gingko from the highest quality sources.

Sources For This Article Include:

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