

## Ginseng

Botanical name: *Panax ginseng*

Energetics/Actions: sweet, bitter, warm, stimulant, tonic

### Description

Ginseng has been used in Chinese medicine for centuries. It is an excellent herb to use short term when an energy boost is needed. It decreases fatigue and improves mental and physical performance. A potent anti-inflammatory and antioxidant, many studies have shown a decreased risk of cancer in people who take ginseng. Note: *Panax ginseng* is a powerful energetic herb and should not be used for people who are very weak or debilitated. It is a better herb for people with generally strong constitutions and for men, in my opinion. An alternative to *Panax ginseng* is *Panax quinquefolius* (American ginseng) which also provides energy but is a little gentler, cooler and moistening.



### Uses

Fatigue: Good for short term treatment of fatigue.

Physical and mental performance: Improves stamina, mental function and memory.

Recovery: Helpful when recovering from upper respiratory illnesses like bronchitis.

Blood sugar balance: Supports pancreatic cell function and increases insulin production.

### Dose

Standardized extract: 200 mg a day.

Dry root: 500 mg-2000 mg a day.

Keep in mind that Red ginseng is hotter, or more powerful, than standard ginseng. Most Korean ginseng is Red ginseng.

Do not use ginseng for more than 2 weeks at a time.

### Safety Information

Do not use if you have high blood pressure. Do not use during acute infections or asthma attacks. This is an herb best taken during recovery from illness, not during illness. Talk to your health care provider if you are taking blood thinners, diabetes medication or other medicines for chronic disease.