

Ginkgo in Brain & Memory Function

With the increased attention over the past two decades of Alzheimer's, dementia, and reduced brain function causing diseases, anxiety levels have increased for many. The World Health Organization estimates there are 18 million people currently suffering from various forms of dementia and that number is expected to double over the next 17 years. These staggering numbers and an aging population have brought a great deal of interest in finding solutions to Memory Function / Dysfunction.

Dr. Andrew Weil is a leading expert in the fields of Natural Health and Natural Medicine. Of the subjects he has interviewed he finds that the majority are dealing primarily with a fear of reduced brain & memory function. 'In my experience this fear is more of a problem than memory loss itself.'¹ The fear and anxiety of an aging population does not mean it is all in our heads. There is still a large number of the population who will be stricken with brain function disease and intelligent attempts at prevention may be the best option for all.

There are many aspects to a healthy lifestyle such as following a balanced diet, regular exercise, and stress reducing activities. Additionally, wearing your seat belt, practicing safe sex, regular mental activity, getting plenty of rest, etc. will assist in your longevity and protect your brain function. There are some specific steps we can take that will not only better our brain function, but will also improve our over all vascular system.. anti-oxidant mix and ginkgo supplementation.

Your anti-oxidant supplement mix work to reduce oxidation, which will in turn reduce the number of free radicals that can potentially damage DNA. The potential damage can cause many forms of cancer and disease many of which will directly affect brain and memory function. Look for a mix or combination of supplements that contain Beta-carotene, Vitamin E, Vitamin C, and Selenium. Another supplement that targets the health of the brain and the memory function is.. Ginkgo or otherwise known as Ginkgo Biloba.

Ginkgo as a supplement is harvested and produced from the ginkgo tree. This supplement has been used for centuries in the Orient for complaints associated with aging. While it is fairly new to western cultures studies have shown measurable improvement in mental function in as little as 8 weeks. It is generally considered that use of this supplement for less than a 8 week period is too little for marked improvement to be realized. Studies have shown a quality Ginkgo product with 24% ginkgo flavones at 60mg per day to be a beneficial supplement.

Ginkgo appears to promote vascular efficiency (blood flow) to the brain and beyond. This not only helps the functions of memory, but also assists the bodies vascular system throughout. If improvement of memory and/or dementia related disease protection is your goal, the supplementation of Ginkgo appears to have the greatest amount of support for your health.

** Be sure to check with your physician if you are currently taking any prescription medications, are pregnant, nursing, or suffer from chronic disease before taking these or any additional supplements.

¹ Weil, Andrew. Natural Health, Natural Medicine. 1998. Houghton & Mifflin. Pg 316