

## QUICK REFERENCE SHEET

# GINKGO

*Ginkgo biloba*



Part Utilized:  
Leaf



### PROPERTIES:

Stimulant, Nervine, Astringent, Diaphoretic, Antifungal, Antibacterial (the seeds are stronger than the leaves for antimicrobial factors)

### SYSTEMS AFFECTED:

Circulatory (especially to the brain), Nervous, Urinary

### POSSIBLE USES:

vertigo, short-term memory loss, headaches, depression, age related brain dysfunctions, circulation issues

### INGREDIENT IN:

AL, Ginkgo/Dong Quai, MS

### GENERAL INFORMATION:

The vein and arterial toning properties of Ginkgo retard the aging process in the brain by improving blood flow through the arteries that feed the brain. Ginkgo reduces the odds of stroke as it strengthens tiny vessels and capillaries in the brain tissue. Improvement is also seen in issues like tinnitus, vertigo, headaches, depression, poor concentration, and short-term memory loss. Considered one of the great herbs for extending mental acuity into old age. Besides improving circulation to the brain, neural activity is also enhanced by Ginkgo.

Ginkgo shows other properties for aging as it improves circulation throughout the body, but especially to the extremities. Particularly useful for elderly people and for those whose hands, legs, and feet never seem to be warm. Ginkgo is a blood clotting agent and an antioxidant, making it a good remedy for arteriosclerosis, high blood pressure, angina, and for the prevention of strokes and heart attacks.

Ginkgo has been shown to improve vision, hearing, balance, mood, varicose veins, and hemorrhoids. The circulatory effects of Ginkgo seem to extend to the urinary tract, improving kidney and bladder function and alleviating both incontinence and excessive urination.