Ginkgo Biloba: Anti-Aging, Brain Boosting and Many More Health Benefits!

Breakthrough research shows that Ginkgo biloba extract has more beneficial and far-reaching effects on our body's health, on so many different levels, than any other nutritional supplement!

Read this Health & Wellness Update to learn how Ginkgo helps:

- Slow down the aging process
- Protect mitochondria, the tiny energy factories inside cells that provide the "spark of life"
-Sharpen your mental performance
- Protect against Alzheimer's and other neurodegenerative disorders
- Increase your concentration and short-term memory
- Boost your energy levels
- Improve circulation to your feet, legs and hands
- Enhance your sex life as a result of increased blood circulation

In the past we've discussed how to choose a safe, effective and superb Ginkgo biloba supplement. Today, we'd like to share the latest scientific research on Ginkgo and how this best-selling herb is much, much more than a mind booster. Breakthrough research has shown that Ginkgo actually stimulates our body's natural protective mechanisms on a genetic level—which means that Ginkgo biloba extract can help slow down the aging process!

What is Ginkgo used for?

The therapeutic use of Ginkgo biloba goes back centuries, and is described in traditional Chinese pharmacopoeia. Today, it is recognized around the world for its ability to neutralize free radicals and support healthy circulation to the brain and extremities. By increasing blood flow, Ginkgo exerts a positive effect on the entire vascular system, and particularly helps provide nourishment to the brain, eyes, ears, and heart muscle.

Ginkgo also helps prevent blood clots and has been used successfully for problems relating to poor circulation, such as phlebitis (inflammation of a vein) and diabetic peripheral vascular disease and even impotence. Since Ginkgo helps support peripheral circulation, it may provide relief to people who suffer from leg pain during or after exercise, and cold hands and feet. Ginkgo is also used to relieve the annoying ringing in the ears associated with tinnitus.

It's in the Genes

There have been hundreds of studies done on Ginkgo biloba extract in the past three decades, but the most significant discoveries have just recently been made. This research has utilized new techniques that allow scientists to examine how a compound such as Ginkgo changes the expression of genes in our cells. With these methods it is now possible to examine how something affects thousands of genes at one time. In a way, this is like seeing what different buttons get pushed inside cells, and this lets scientists see how a compound truly affects how the cells function.

It would be hard to imagine a product that pushed more of the right buttons than Ginkgo. This research has shown that Ginkgo is able to induce a variety of our cells' natural protective enzymes, including those involved in antioxidant protection, energy production, cellular maintenance, and DNA repair. Additionally, levels of important growth hormones within the brain were dramatically enhanced. 1

It now seems certain that Ginkgo's unique and impressive properties come from its synergistic combination of antioxidant and protective constituents, combined with the extracts' ability to induce our cells' own natural antioxidant and protective factors. This makes Ginkgo truly unique as it not only provides us with a source of healthful flavonoids and terpenes that possess a variety of beneficial properties, but also actually stimulates our body's natural protective mechanisms on a genetic level. There is no other product that has so many beneficial and far reaching effects on our body's health, on so many different levels. 2

Ginkgo is a proven longevity supplement

Research has shown that as we age, mitochondria become less efficient at producing energy and more efficient at generating damaging free radicals. This vicious cycle is now believed to be a major contributor to the aging process, and not surprisingly, also to memory loss.

Recent research has also shown that Ginkgo biloba extract is remarkably effective at protecting mitochondria from damage. Even more impressive, Ginkgo has been shown to not only preserve mitochondria structure and function in aging animals, but to also significantly extend their life span!

Ginkgo is proving to be a major contributor to Ginkgo’s ability to protect mitochondria from the effects of aging and damage, which is a proven strategy to extend life span. All the more reason to take a Ginkgo supplement with as much bilobalide content as possible!

**Ginkgo protects your brain from long-term damage**

Scientists believe that aging and many diseases, including arthritis, cancer, Alzheimer’s, and atherosclerosis, are the result of oxidative stress and the accumulation of damage, especially in our mitochondria. Ginkgo’s antioxidant properties neutralize the free radicals that can damage proteins within the cell, enzymes, or the fragile lipid membranes that surround and protect the cell. Additionally, it is particularly effective at protecting and preserving mitochondrial function.

Brain cells are composed mainly of fat, which is particularly vulnerable to free radical damage. Individuals who sustain free radical damage over a long period of time may experience deterioration in their mental capacity. Ginkgo has been proven to protect the delicate brain cells from this devastating damage.

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**Editor’s Note:**

The natural health solutions described in this article are available through many on-line retailers including those listed below. By clicking these links you help support the important alternative health research we provide.

Visit [www.amazon.com](http://www.amazon.com) — a great way to find competitive deals on supplements offered by many different manufacturers.

Visit [www.hfn-usa.com](http://www.hfn-usa.com) — when commitment to quality and freshness is important, this factory direct solution is preferred by many of our readers.

This article is not intended to diagnose, treat, cure, or prevent any disease. Always consult with a physician before embarking on a dietary supplement program.

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**References**

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