



# Willow Moon Herbals



## Ginkgo

**Latin binomial:** *Ginkgo biloba* L.

**Description:** Often misspelled as “Gingko” and known as “Yin Xing Ye” in traditional Chinese herbal medicine, this noble tree is also known as the Maidenhair Tree. The sole remaining member of a primeval tree species dating back over 270 million years, she stood only 1,130 meters from the epicenter of the Hiroshima bomb blast in 1945, and yet began to bloom again in the following spring! Her distinctive fan-shaped leaves turn a brilliant shade of yellow in the Autumn, and are made into the standardized extract.

**Uses:** Often hailed as one of the most important herbs for countering the neurological ravages of aging, substantial research in Europe is showing that it helps to improve blood circulation to the brain, thus receiving the benefit of improved memory, mental clarity and mental alertness. In Europe, Ginkgo is often recommended to help slow the progression of Alzheimer’s and dementia. The standardized extract can also provide improved circulation to the eyes, ears and legs. Ginkgo’s antioxidant activity, coupled with improved circulation, makes it useful for reducing tinnitus, protecting eyesight, and has shown positive results for benefitting macular degeneration.

**Dosage:** For mild to moderate symptoms, take 2 to 3 droppersful daily of the standardized extract for up to 60 days. For moderate to severe symptoms, take one capsule of 60mg standardized extract 2 to 3 times daily. As always, check with your physician.

**Caution:** More than 240 mg of the highly purified extract can cause irritability, restlessness, diarrhea and/or gastrointestinal irritation.

*Sources: The Green Pharmacy, Herbal Remedies for Dummies, A Modern Herbal*

*Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.*

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