

Kuding Tea Bai Hao

**GINSENG** 

- Red Ginseng
- White Ginseng
- Ginseng Oolong
- Red Ginseng Slices
- White Ginseng Slices

### **Scented Tea**

- Carnation
- Rose Tea
- Chrysanthemum tea
- Lily Tea
- Osmanthus tea
- Lavender tea

See all categories..







Name: Panax Korean Red Ginseng Root

Grade: Highest quality, 5~6 years old.

Weight: 100 grams (3.5 ounces)

Origin: China's northeast Changbai Mountain

**Attention:** it is pure, non-polluting. North Korea near its origin. Therefore, it's very high quality. Even in China, which is also a valuable traditional medicines and health products.

# Best Gineng Oolong Tea. Great aroma and exquisite

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### **About Ginseng**

Scientific Name: Panax Ginseng

Other Names: Asian Ginseng, Chinese Ginseng, Ginseng, Panax, Guigai, Japanese Ginseng, Korean Ginseng, Ninjin, Oriental Ginseng, Panax schinseng, Seng

### Who is this for?

NOTE: Panax ginseng is different from American ginseng and Eleuthero (formerly Siberian ginseng). They are not interchangeable.

Ginsengs are best known as "adaptogens", which are substances that may help individuals cope with physical and emotional stress. As a part of traditional Chinese medicine for thousands of years, Panax ginseng has been used to treat almost every possible ailment from anxiety to cancer. Currently, it is used extensively in Oriental countries as an everyday tonic to maintain overall health as well as to treat several illnesses, including heart

Panax ginseng is related to American ginseng, but they differ in some important aspects. Panax ginseng is native to Asia, while American ginseng originated on the North American continent. The two plants have slightly different chemical compositions. The most notable difference is that Panax ginseng has higher levels of a steroid-like chemical (ginsenoside) known as Rg1 and lower levels of another ginsenoside - Rb1. Both Rg1 and Rb1 have some similar effects - they are both believed to enhance memory, for example. However, Rb1 may have more stress-relieving effects; while Rg1 have more impact on the immune system.

In western herbal medicine, Panax ginseng's immune regulating effects have been studied for potential effectiveness in preventing colds, flu, and some forms of cancer. In clinical studies, Panax ginseng has been shown to lower blood levels of both sugar and cholesterol, therefore it may help treat type 2 diabetes and high cholesterol. Its other potential uses are not as well defined, however. In separate studies of laboratory animals and humans, Panax ginseng showed a relaxing effect on muscles in the lungs. The resulting airway expansion may help relieve asthma symptoms and other lung conditions that result from constricted airways. In other studies, a combination of Panax ginseng and gingko is believed to have boosted memory and thinking processes. Early results from laboratory study may show that chemicals in Panax ginseng promote the growth of blood vessels, which could be valuable in treating extensive injuries. All of these possible effects continue to be studied.

When it is applied to the skin, Panax ginseng may increase the production of both collagen and blood vessels. Collagen is a protein makes up most of the connective tissues that support skin. Because collagen production generally decreases with aging, collagen supplementation may prevent or improve signs of aging such as wrinkles and age lines. Additionally, Rg1 and other chemicals in Panax ginseng seem to promote angiogenesis — the growth of new blood vessels. While angiogenesis allows tumors to spread, it also helps wounds to heal and restores blood flow to injured tissue. Topical Panax ginseng creams and lotions are also used to treat acne scars and skin wounds.

Both topical and oral forms of Panax ginseng are used to treat erectile dysfunction in men. One large study also found that taking Panax ginseng orally improved male fertility by increasing number, quality, and movement of sperm. Although the exact reasons that Panax ginseng may enhance male fertility are not completely known, chemicals in Panax ginseng are believed to activate the body system that increases production of certain hormones. Whether Panax ginseng increases testosterone levels in the blood is uncertain, however. Nevertheless, due to proposed hormonal activation, Panax ginseng is frequently added to sports drinks or supplements as a way to enhance athletic performance, even though no evidence supports this

Through the same activation of hormone production, chemicals in Panax ginseng are thought to exert an effect similar to the female hormone, estrogen. In some laboratory studies, Panax ginseng accelerated the growth of breast cancer cells, perhaps by activating estrogen receptors. Other laboratory and animal studies suggest that Panax ginseng may increase blood levels of substances that the body converts into estrogen. Results of a recent chemical analysis show that some of Panax ginseng's possible estrogenic effects may be due to a fungus that frequently contaminates Panax ginseng roots. Much more research is needed to understand more clearly Panax ginseng's possible estrogen-like effects.

- (1) cooked serving. Ginseng into 2cm slices will be placed in jars, fill water, sealed disk. 4-5 hours can be steamed cooked in vinegar and placed in use.
- (2) chewing.2-3 tablets containing ginseng to ponder over in population, health-refreshing, stomach and delicious.
- (3) mills. Ginseng flowers into powder to day swallowing tea. Will be attended thinly sliced, or on a low flame before pouring, prepared with water, so it can use to build five minutes later.
- (4) island. Will be thinly sliced ginseng root into a jar full use of the liquor soaked 50-60.
- (5) heat food. Ginseng is often accompanied by a bitter taste in food, and if people lean meat, chicken, fish, cooked meals together, remove bitterness.



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