



American Ginseng Lingzhi Heart Health Tea



Ingredients: American Ginseng, Lingzhi (Reishi Mushroom), Astragalus, Cardamom, Cinnamon, Hawthorn Berry, Hawthorn Leaf & Hawthorn Flower, Hibiscus, Linden Leaf and Linden Flower, Lavender, Rosehips, Roses

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Summary

Our heart is the most important organ, which is responsible for all of our lives- from the delivery of oxygen to the immune system. The taking care of our heart should be the topmost important thing in our lives.

The main ingredients within our ginseng lingzhi heart health tea are American ginseng, lingzhi (Reishi mushroom), we also add hawthorn berry, astragalus, hibiscus, roses, rosehips, cinnamon, cardamom, linden leaf flower and lavender.

Scientific evidence has proven that ginsenoside, the primary ingredient within American ginseng, works well on the cardiovascular system for blood regulation, especially for patients with arrhythmias, myocardial ischemia, and high cholesterol. Therefore, taking ginseng in the long term can significantly improve cardiovascular rate, cardiovascular function, and promote heart health.

From the view point of Oriental medicine, the Ganoderma lucidum contain within lingzhi (reishi mushroom) has a wide range of applications. Because the product can enter into the five internal organs of the body, which are the heart, lungs, liver, spleen, kidney, it can repair damages to the organs and increase immune function. When Ganoderma lucidum is taken correctly, it can enhance immune function and improve the overall resistance of the body.

Our tea is a combination of traditional Chinese and European herbal formulas. It is different from most drugs for the treatment of certain diseases, nor is different from the general camp eating health food is only one aspect of inadequate nutrient supplement and strengthen, but in the whole bidirectional, overall activity coordination cardiovascular system, regulating body functions balanced mobilize the body's internal energy, memory can regulate body metabolism, improve their own immunity, prompting all the internal organs or organ function of normal health.

Our Ginseng, lingzhi (reishi) Mushroom, as well as the key ingredients of our tea are collected in New York, California, North Carolina, Canada and other organic forest cultivation, our teas are made of the highest quality and safety. Our ginseng tea is warm, decaffeinated, of great tasting, suitable for both young and old.

American Ginseng Lingzhi Heart Health Tea aims at strengthening the overall cardiovascular health system. Our ginseng has been found on the shady, rich, moist but well-drained sites in Catskill Mountain, New York. All the ingredients within our tea are organic, home-grown, and of finest quality.

Health Benefits of American Ginseng



Provides energy and prevents fatigue: Ginseng stimulates physical and mental activity among people who are weak and tired. A Mayo Clinic study revealed that ginseng showed good results in helping cancer patients with fatigue.

Improves cognitive function: Ginseng may improve thinking ability and cognition. Research published in the *The Cochrane Library*, conducted at the Medical School of Nantong University in China, examined whether this claim holds any truth.

Lead author, JinSong Geng, M.D., said that given the results of the study "Ginseng appears to have some beneficial effects on cognition, behavior and quality of life."

Another study, published in the *Journal of Dairy Science*, explored whether it would be possible to incorporate American ginseng into foods. The researchers developed ginseng fortified milk with sufficient levels of ginseng to improve cognitive function.

Has anti-inflammatory effects: Ginseng has seven constituents, ginsenosides, which have immune-suppressive effects, according to results of experiments which were published in the *Journal of Translational Medicine*

Allan Lau, who led the study, said that "the anti-inflammatory role of ginseng may be due to the combined effects of these ginsenosides, targeting different levels of immunological activity, and so contributing to the diverse actions of ginseng in humans".

Prevents cancer: There may be substances in ginseng that have anticancer properties. A few population studies in Asia have linked the herb's consumption to a lower risk of cancer.

Vanderbilt-Ingram Cancer Center researchers found that Ginseng improved survival and quality of life after a diagnosis of breast cancer.

The American Cancer Society said that "clinical trials are still needed to determine whether it is effective in people."

May help men with erectile dysfunction: Men may take ginseng to treat erectile dysfunction. A 2002 Korean study revealed that 60 percent of men who took ginseng noticed an improvement in their symptoms. In addition, research published in the *British Journal of Clinical Pharmacology* provided "evidence for the effectiveness of red ginseng in the treatment of erectile dysfunction."

Health Benefit of Lingzhi (Reishi Mushroom)



Anti-Allergic/Anti-Inflammatory Activity: Studies showed that Reishi extract significantly inhibited all four types of allergic reactions, including positive effects against asthma and contact dermatitis and effectively used in treating stiff necks, stiff shoulders, conjunctivitis (inflammation of the fine membrane lining the eye and eyelids), bronchitis, rheumatism and improving "competence" of the immune system without any significant side-effects.

Anticonvulsant Effects: A water extract from Reishi mycelium significantly increased the threshold for psychomotor seizures in mice.

Mycelial extracts also confer anti-inflammatory activity as evidenced by inhibitory activity of lipopolysaccharide (LPS)-induced nitric oxide (NO) production in murine macrophage-like cell line RAW264.7 cells.

Cancer: The use of *G. lucidum* has also been explored as a complementary adjunct treatment in patients undergoing chemotherapy treatment. A recent meta-analysis of five randomized control trials showed that patients responded more positively when given *G. lucidum* alongside their chemotherapy regimen, and the studies also showed that patients had improved immune functions that was measured by their elevated levels of immune response cells. Several compounds in *G. lucidum* have been studied for apoptotic activity in colon cancer cells, antiproliferative effects in ovarian cancer cells, and induction of apoptosis in human gastric carcinoma cells.

Cardiovascular Risk Factors: Previous clinical evidence suggested that *G. lucidum* may have antioxidant, cardioprotective, and glycemic regulatory effects. However, a 2015 Cochrane review did not find evidence to support the use of or treatment of cardiovascular risk factors in people with type 2 diabetes mellitus.

Diabetes: Several compounds in *G. lucidum* (including polysaccharides, proteoglycans, proteins and triterpenoids) may have hypoglycemic effects. In vitro evidence suggests that protein tyrosine phosphatase 1B is a promising therapeutic target in diabetes, and a *G. lucidum* proteoglycan can inhibit this enzyme. Secondly, *G. lucidum* demonstrates inhibition of aldose reductase and α -glucosidase, which can suppress postprandial hyperglycemia. A proteoglycan enhanced insulin secretion and decreasing hepatic glucose output (along with increased adipose



and skeletal muscle glucose disposal) and normalized serum lipids in a murine model of diabetes. A polysaccharide also demonstrated hypoglycemic effects in type 2 diabetic mice.

Gastrointestinal Health: Recent murine studies suggest that *G. lucidum* may positively impact gut microflora to attenuate metabolic risk factors contributing to obesity.

Hepatoprotection: *G. lucidum* significantly decreased serum ALT and AST levels in mice livers injured with α -amanitin. A proteoglycan also demonstrated hepatoprotective effects in carbon tetrachloride-induced liver injury in vitro and in vivo.

Immunostimulation: *G. lucidum* contains beta glucans and other polysaccharides to stimulate innate immune function and signaling and activate dendritic cells.

Neuroprotection: *G. lucidum* protected dopaminergic neurons through inhibition of microglia.

Health Benefits of Astragalus



Astragalus (*Astragalus membranaceus*) has been used in Traditional Chinese Medicine (TCM) for thousands of years. It was often combined with other herbs to strengthen the body against disease. Astragalus is called an adaptogen, meaning it helps protect the body against various stresses, including physical, mental, or emotional stress.

Astragalus may help protect the body from diseases such as cancer and diabetes. It contains antioxidants, which protect cells against damage. Astragalus is used to protect and support the

immune system, preventing colds and upper respiratory infections, lowering blood pressure, treating diabetes, and protecting the liver.

Astragalus has antibacterial and anti-inflammatory properties. People sometimes use it on the skin for wound care. In addition, studies have shown that astragalus has antiviral properties and stimulates the immune system, suggesting that it may help prevent colds.

In the United States, researchers have looked at astragalus as a possible treatment for people whose immune systems have been weakened by chemotherapy or radiation. In these studies, astragalus supplements seem to help people recover faster and live longer. Research on using astragalus for people with AIDS has produced mixed results.

Recent research in China suggests that, because astragalus is an antioxidant, it may help people with severe forms of heart disease, relieving symptoms, lowering cholesterol levels, and improving heart function. At low-to-moderate doses, astragalus has few side effects. However, it does interact with a number of other herbs and prescription medications. Astragalus may also be a mild diuretic, meaning it helps rid the body of excess fluid.

Health Benefits of Hawthorn Berry, Leaf and Flowers



Hawthorn is used to help protect against heart disease and help control high blood pressure and high cholesterol. Both animal and human studies suggest hawthorn increases coronary artery blood flow, improves circulation, and lowers blood pressure. It has also been used on the skin to treat boils and skin sores.

Heart failure

Hawthorn has been studied in people with heart failure (a condition in which the heart is unable to pump enough blood to other organs in the body). A number of studies conclude that hawthorn significantly improved heart function. Studies also suggest that the herb can enhance a person's ability to exercise following heart failure. Participants in studies have reported that hawthorn significantly improved symptoms of the disease (such as shortness of breath and fatigue).

A large study found that a standardized hawthorn supplement was effective in 952 people with heart failure. The study compared conventional methods of treating heart failure (with different medications) with hawthorn alone and in addition to the drugs. After 2 years, the clinical symptoms of heart failure (palpitations, breathing problems, and fatigue) decreased significantly in people taking the hawthorn supplement. People taking hawthorn also took less medication for their condition.

*****Heart failure is a serious condition, and you should never try to self-treat with hawthorn. Ask your doctor if hawthorn is right for you.

Chest pain (Angina)

Preliminary evidence suggests hawthorn may help combat chest pain (angina), which is caused by low blood flow to the heart. In one early study, 60 people with angina were given either 180 mg/day of hawthorn berry leaf flower extract or placebo for 3 weeks. Those who received hawthorn experienced improved blood flow to the heart and were also able to exercise for longer periods of time without suffering from chest pain. More studies are needed to say for sure whether hawthorn is effective.

High blood pressure

Although hawthorn has not been studied specifically in people with high blood pressure, some people think its benefits in treating heart disease may carry over to treating high blood pressure (hypertension). However, there is not enough research to conclude whether hawthorn is effective at lowering blood pressure, and if so, by how much.



In one study, hawthorn extract was found to be effective for hypertension in people with type 2 diabetes who were also taking prescribed medicines. Participants took 1,200 mg hawthorn extract daily or placebo for 16 weeks. Those taking hawthorn had lower blood pressure than those taking the placebo.

*****You should talk with your doctor before taking hawthorn if you have high blood pressure.

Side Effects

*****Overdose can cause cardiac arrhythmia and dangerously low blood pressure. Milder side effects include nausea and sedation. Patients taking [digoxin](#) should avoid taking hawthorn.

Health Benefits Hibiscus



The tea is popular as a natural diuretic; it contains vitamin C and minerals, and is used traditionally as a mild medicine.

A 2008 USDA study shows consuming hibiscus tea lowers blood pressure in a group of prehypertensive and mildly hypertensive adults. Three cups of tea daily resulted in an average drop of 8.1 mmHg in their systolic blood pressure, compared to a 1.3 mmHg drop in the volunteers who drank the placebo beverage.

Study participants with higher blood pressure readings (129 or above) had a greater response to hibiscus tea: their systolic blood pressure went down by 13.2 mmHg. These data support the idea that drinking hibiscus tea in an amount readily incorporated into the diet may play a role in controlling blood pressure, although more research

Hibiscus rosa-sinensis has a number of medical uses in Chinese herbology. Sidram A. et al. their research indicates some potential in cosmetic skin care; for example, an extract from the flowers of *Hibiscus rosa-sinensis* has been shown to function as an anti-solar agent by absorbing ultraviolet radiation.

In the Indian traditional system of medicine, Ayurveda, hibiscus, especially white hibiscus and red hibiscus (*Hibiscus rosa-sinensis*), is considered to have medicinal properties. The roots are used to make various concoctions believed to cure ailments such as cough, hair loss or hair greying.

Hibiscus tea also contains bioflavonoids, which are believed to help prevent an increase in LDL cholesterol, which can increase the buildup of plaque in the arteries.

Health Benefits of Rosehips



The fruit acids and pectin in rose hip tea is a mild diuretic and laxative. It is used to improve, and relieve the symptoms of kidney disorders, or to help in the case of mild constipation. To make the tea simply pour a cup boiling water over a tablespoon of crushed, dried hips and let steep. After straining out any pieces of the hips you can add honey and drink.

Drinking rose hip tea daily will also benefit your skin. Rose hips have a high vitamin A content.

Vitamin A is commonly referred to as the "skin vitamin". It helps to regenerate skin cells, healing wounds and scars. It also helps to keep the skin elastic and nourished. This will not only prevent wrinkles, but can actually help to minimize any that have already appeared.

The vitamin A is also beneficial to the immune system. It can help to prevent infections from both bacteria and viruses. It helps the immune system to fight off any infections that do occur too.

Many complementary medicine physicians use rose hips to treat wounds and inflammations. Research in Denmark and Germany used a rose hip remedy. The results showed that the remedy was actually very beneficial in treating rheumatoid arthritis. The group taking the remedy had an improvement in their mobility by 20 to 25%. They experienced less pain and a general overall improvement in mood and the way they felt. The studies showed significant improvement in individuals suffering from osteoarthritis as well, proving the anti-inflammatory properties.

Because they contain a variety of antioxidants; carotenoids, flavonoids, polyphenols, leucoanthocyanins and catechins, rose hips are considered to be a good cancer preventative. These same antioxidants are also used to prevent against cardiovascular disease.

Health Benefits of Cinnamon



Packed with fibre and calcium, cinnamon is great for the heart. Since the fibre and calcium help transport bile salts outside the body, the body produces more bile salts for other bodily functions by breaking down [cholesterol](#). This directly translates to lower cholesterol levels which protect the heart from blockages and the arteries from atherosclerosis.

Cinnamon inhibits the release of inflammatory fatty acids such as arachidonic acid, from the blood's platelet membranes. It also works to reduce the formation of thromboxane A₂, which is an inflammatory molecule found in the blood stream. This is helpful as an anti-inflammatory, but in addition, it helps to keep the blood the proper thickness.



Platelets help the blood to clot together whenever there is an emergency, such as a cut. In many people, the platelets work too hard and can thicken the blood significantly. This can cause a [rise in blood pressure](#), which in turn can damage the arteries and other organs of the body. Cinnamon stops the platelets from thickening the blood too much.

Cinnamon may lower blood sugar in people with type 1 or type 2 diabetes, according to Diabetes UK. However high quality research supporting the claim remains scarce.

According to the U.S. National Library of Medicine, Cinnamon can be used to help treat muscle spasms, vomiting, diarrhea, infections, the common cold, loss of appetite, and erectile dysfunction (ED).

Fungal infections

According to the National Institutes of Health, cinnamaldehyde - a chemical found in Cassia cinnamon - could help fight against bacterial and fungal infections.

Diabetes

Cinnamon may help improve glucose and lipids levels in patients with type 2 diabetes, according to a study published in *Diabetics Care*.

The study authors concluded that consuming up to 6 grams of cinnamon per day "reduces serum glucose, triglyceride, LDL cholesterol, and total cholesterol in people with type 2 diabetes." and that "the inclusion of cinnamon in the diet of people with type 2 diabetes will reduce risk factors associated with diabetes and cardiovascular diseases."

In addition, a certain cinnamon extract can reduce fasting blood sugar levels in patients, researchers reported in the *European Journal of Clinical Investigation*.

Alzheimer's disease

Tel Aviv University researchers discovered that cinnamon may help prevent Alzheimer's disease. According to Prof. Michael Ovadia, of the Department of Zoology at Tel Aviv University, an extract found in cinnamon bark, called CEppt, contains properties that can inhibit the development of the disease.

HIV

A study of Indian medicinal plants revealed that cinnamon may potentially be effective against HIV⁴. According to the study authors, "the most effective extracts against HIV-1 and HIV-2 are respectively *Cinnamomum cassia* (bark) and *Cardiospermum helicacabum* (shoot + fruit)."



Multiple Sclerosis

Cinnamon may help stop the destructive process of multiple sclerosis (MS), according to a neurological scientist at Rush University Medical Center. Cinnamon could help eliminate the need to take some expensive and unpleasant drugs.

Lower the negative effects of high fat meals

Penn State researchers revealed that diets rich in cinnamon can help reduce the body's negative responses to eating high-fat meals.

Treating and healing chronic wounds

Research published in the journal ACS Nano suggests that scientists have found a way to package antimicrobial compounds from peppermint and cinnamon in tiny capsules that can both kill biofilms and actively promote healing.

Health Benefits of Roses



Here are ten medicinal ways to use roses to increase your Herbal First Aid readiness:

- **Anti-inflammatory**

Use rose topically or internally to calm inflammation. Use in lotions and liniments topically on inflamed muscles, joints. Apply a few drops of rose tincture and at the site of infections. Internally, taking a tincture or elixir can relieve inflammation on a body-wide scale.

- **Cardiac Tonic**

Hawthorn, which is known for its heart health benefits, is a relative of Rose. As such, they possess some of the same heart-protective properties, often attributed to the high level of bioflavonoids in both rose hips and hawthorn berries.

- **Refrigerant**

Rose has a cooling effect on the body, making it great for any irritation that involves heat and redness- think rashes, itching, sunburns, bug bites, etc.



- **Analgesic**

Great for sore throats, burns, and general pain, rose-infused honey, rose glycerite, rose tincture, and rose salve, can provide effective pain relief.

- **Hepatic**

While some herbs stimulate liver function, rose has a different action upon the liver. Rose relaxes and soothes the liver, rather than stimulating it. This is very useful when faced with hepatitis.

- **Calming/anti-anxiety**

Rose is known for its ability to encourage a blissful state of mind and a sense of peace. Rose-infused honey, rose elixir, and rose tincture can all be used after a traumatic event to help re-center a person and cope with what has happened.

- **Anti-spasmodic**

Rose can be included into topical applications, such as lotions and creams which absorb into the skin, to relieve muscle spasms. Try rose tincture to calm intestinal spasms and rose elixir or syrup to calm bronchial spasms.

Health Benefits of Cardamom



Cardamom is an ideal spice with many health benefits. The most popular and well known health benefits are listed below.

Anti-Carcinogenic Properties: Cancer, particularly colorectal cancer, is one of the leading causes of death around the world. The rising cost of conventional cancer therapy and the subsequent side effects have encouraged researchers to look for alternatives that are sustainable. Studies conducted

by Sengupta et al. at Chittaranjan National Cancer Institute in Kolkata have shown that dietary cardamom had a positive result in counteracting colorectal cancer to an extent of 48%.

Good for Cardiovascular Health: Research studies conducted at the Department of Pharmacology and Pharmaceuticals at the College of Pharmacy of King Saud University, Saudi Arabia showed that cardamom administration for cardiovascular conditions resulted in a lower heartbeat or controlled rhythm, and control of hypertension.



Control of Cholesterol: The micronutrients found in cardamom can counteract the surge of lipids in the body. In experiments conducted at the Pharmacology and Toxicology Division at Hindustan Antibiotics Limited in Pune, India by Dhuley, hepatic and cardiac antioxidant enzymes from cardamom were administered to mice, which were fed a high-fat diet. The antioxidant enzymes had an influence on the cholesterol levels and helped in significantly controlling them.

Anti-Depressant: Cardamom is also believed to possess anti-depressant properties. Cardamom essential oil is one of the major oils used in aromatherapy. It can be used not only for depression, but also as a cure for various other diseases ranging from stomach disorders to pulmonary diseases.

Treating Urinary Disorders: In Ayurveda, cardamom has been used as a remedy for urinary tract diseases and infections such as cystitis, nephritis, and gonorrhoea.

Protection Against Gastrointestinal Diseases: Cardamom has been traditionally used in Ayurveda, Chinese medicine and the Unani system as a remedy for gastrointestinal disorders. The methanolic extract from cardamom is the component that helps in controlling gastrointestinal disorders such as acidity, flatulence, and stomach cramps. Studies conducted by Jamal et al. at the Department of Chemistry, Jamia Hamdard, in New Delhi, India have concluded that the extracted volatile oils from cardamom have shown positive effects on gastrointestinal disorders.

Antimicrobial Properties: For many millennia, cardamom was thought to possess infection-fighting properties. For modern science, it means that cardamom contains antimicrobial properties. This theory was tested at the Van Yüzüncü Yil University by Ağ Aoğlu et al. Experiments were conducted on the volatile extracts of cardamom. It was observed that the oils from cardamom were able to inhibit the growth and spread of some of the very dangerous microbes that regularly cause food poisoning.

Anti-Spasmodic Properties: Muscle spasms are often reported by older people. A sudden contraction of the muscles causes these spasms. When the muscles contract, they can result in a sudden emergence of pain. Researchers Al-Zuhair et al. at the King Saud University in Saudi Arabia have performed animal-based research and concluded that cardamom can be used as a controlling measure for muscle spasms.

Dental Diseases: Cardamom has been used in Ayurveda as well as traditional Chinese medicine for dealing with dental problems for many centuries. After the invention of antibiotics, it was found that these antibiotics produced mixed results, as well as side effects. Some side effects included

the inhibition of friendly probiotic bacteria thriving in the intestines. However, the use of spices, on the other hand, is ideal because they inhibit only infectious microbes, not the probiotic bacteria. A study conducted by Isao Kubo, Masaki Himejima, and Hisae Muroi at the Division of Entomology and Parasitology at the University of California has verified the presence of antimicrobial properties in cardamom.

Linden Leaf and Linden Flower Health Benefits



The dried flowers are mildly sweet and sticky, and the fruit is somewhat sweet and mucilaginous. Linden tea has a pleasing taste, due to the aromatic volatile oil found in the flowers. Active ingredients in the linden flowers include flavonoids (which act as antioxidants), volatile oils, and mucilaginous constituents (which soothe and reduce inflammation). The plant also contains tannins that can act as an astringent.

Linden tea has also been notable as being effective in lowering high blood pressure. Linden herb is chock-full of antioxidants and ingredients that affect your cardiovascular, digestive and respiratory tract. Linden is best known to help with mild insomnia and anxiety.

Linden flowers are used in colds, cough, fever, infections, inflammation, high blood pressure, headache (particularly migraine), as a diuretic (increases urine production), antispasmodic (reduces smooth muscle spasm along the digestive tract), and sedative. The flowers were added to baths to quell hysteria, and steeped as a tea to relieve anxiety-related indigestion, irregular heartbeat, and vomiting. The leaves are used to promote sweating to reduce fevers. The wood is used for liver and gallbladder disorders and cellulitis (inflammation of the skin and surrounding soft tissue). That wood burned to charcoal is ingested to treat intestinal disorders and used topically to treat edema or infection, such as cellulitis or ulcers of the lower leg.

Tilia has been studied in only a few test tube and animal trials. It appears to have antispasmodic (reducing muscle contractions), astringent (drying), diuretic, and sedative properties. Note that different parts of *Tilia* species are used in treating specific conditions and symptoms.

Colds and Coughs

Linden (Tilia cordata/platyphyllos) flowers are sometimes suggested to treat colds, cough, fever, infections, inflammation, high blood pressure, headache (particularly migraine); as a diuretic (increases urine production), antispasmodic (reduces smooth muscle spasm along the digestive tract), and sedative.

Other

- *Tilia cordata/platyphyllos* wood is used for liver and gallbladder disorders and cellulitis (inflammation of the skin and surrounding soft tissue).
- *Tilia cordata/platyphyllos* charcoal has been used orally to treat intestinal disorders and used topically to treat swelling (edema) or infection (such as cellulitis or ulcers) of the lower leg.

Health Benefits of Lavender to our heart



Lavender flower has long histories in herbal medicine.

The relaxing qualities of lavender, which come from its organic compounds and antioxidants, also help the heart by reducing blood pressure and easing the tension of blood vessels. This can prevent atherosclerosis and other cardiovascular issues, thereby lowering your risk of strokes and heart attacks.

Insomnia or Agitation

Scientific evidence suggests that aromatherapy with lavender may slow the activity of the nervous system, improve sleep quality, promote relaxation, and lift mood in people suffering from sleep disorders. Lavender flowers have also been approved in Germany as a tea for insomnia, restlessness, and nervous stomach irritations.