



# American Ginseng Pharm Regional Center

American Ginseng Pharm is dedicated to becoming the leader in the Ginseng and Reishi (Lingzhi) herbal supplement industry.



Ginseng and Lingzhi (Reishi mushrooms) have been used for medicinal purposes for at least 2,000 years. Ginseng was known as “**King of Herbs**” and Lingzhi known to the ancients as “**the mushroom of immortality**” and all for good reason. One legend told recent history is the story of Li-Ching-Yuen, herbalist master. Li Chin-Yuen was said to have lived to the age of 252, when interviewed, he mentioned the herbs he liked best and consumed



most of time were Ginseng, Lingzhi (Reishi mushroom), goji berries, gotu kola, and he shou wu. Inspiration by master Li's legacy, our supplements contains wild-simulated ginseng which we grow ourselves, lingzhi (reishi mushroom) and other herbs. Our logo-常參不老 means “regularly taking ginseng you would never become old”

Our wild-simulated ginseng and Lingzhi (Reishi mushroom) grow forest regions with in high altitudes, cold climate, and pristine soils high in minerals and other precious nutrients. Here is a list of the **benefits** that our wild-simulated American ginseng and Lingzhi (Reishi mushroom) have as a daily dietary supplement:



Slow the aging process, boost the immune system, reduce the risk of life-shortening conditions such as cardiovascular disease and cancer, boost energy, detoxify the body, reduce blood pressure, eliminate inflammation, improve cognitive ability, and relief from menstrual problems, obesity, and digestive disorders.

## Remarkable benefits of American Ginseng



Studies that have been done on the American Ginseng suggest that it can boost immune system, function as an antioxidant, has beneficial effects on inflammatory conditions, it may also be useful as an all-around stress tonic.

According to research published in the Journal of Herbs, Spices & Medicinal Plants, additional benefits include:

### Promoting heart health

American Ginseng shows promise for promoting heart health, including anti-hypertension effects and protection against heart failure.

### Alleviate inflammatory conditions

Accumulating evidence suggests that ginseng may have neuroprotective properties, including anti-inflammatory, antioxidant, anti-apoptotic as well as maintaining homeostasis and immune-stimulatory activities.

### Improve Memory

American ginseng has been found to improve working memory and mood in both young individuals and middle age adults. Studies have also revealed robust working memory enhancement following administration of American Ginseng.

### Anti-Cancer

American ginseng has anti-cancer properties that appear to suppress tumor growth. It has shown particular promise in treating colorectal cancer.

### Anti-Diabetes

American ginseng appears to have anti-diabetic properties. In an animal study, extract of American ginseng root lead to weight loss and lower blood sugar levels in mice with type 2 diabetes. It was also shown to increase insulin sensitivity in healthy individuals.



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## **Cold and Flu**

Older adults who took American ginseng has a 48% reduction in relative risk, and a 55% reduction in duration of respiratory illness.

## **ADHD**

A combination of American ginseng and ginkgo biloba may improve symptoms of attention deficit hyperactivity disorder in children and teens.

## **Fights Fatigue in Cancer Patients**

A Mayor Clinic Cancer Center-led study found, that high doses of the American Ginseng over two months reduced cancer-related fatigue in patients.

## **Cognition**

One preliminary study found that daily consumption of American ginseng enhanced cognitive function in mice.

## **Virility and Sexual Dysfunction**

Ginseng has also been reputed as an aphrodisiac, and is used to treat sexual dysfunction as well as to enhance sexual behavior in traditional Chinese medical practices and by Native Americans. Data from animal studies have shown a positive correlation among ginseng, libido, and copulatory performances, and these effects have been confirmed in case-control studies in human. These actions are mostly attributed to ginsenosides, the major pharmacological active components of ginseng.

## **Fertility, Menopause and Menstrual Problems**

American ginseng was used in Chinese traditional medicine and traditional Native American medicine to increase fertility and treat menstrual problems. A Study involving 384 postmenopausal women shown benefit was seen for depression and general well-being and health.



## Remarkable Benefits of Lingzhi (Reishi Mushroom)



- Recent studies show that Lingzhi ( Reishi mushrooms) have hundreds of components in three distinct classes of bioactive molecules, making them ideal for combating the complex and multifactorial diseases we face with advanced age.
- Lingzhi (Reishi Mushrooms) extracts prolong life spans in animal experiments by **9%** to more than **20%**.
- Lingzhi (Reishi mushrooms) boosts the immune system's vigilance against cancer cells, potentially reducing the risk of developing a detectable and deadly tumor.
- Lingzhi (Reishi mushrooms) extracts can suppress an overly vigorous immune response, helping to quell symptoms of allergies, asthma, and autoimmune diseases.
- Independent of their immune-modulating effects, Lingzhi-Reishi mushrooms' active molecules are showing promise in the battle against neurodegenerative diseases, obesity, diabetes, and liver disease.
- If there is such a thing as the "ideal" supplement, capable of attacking multiple complex diseases each with multiple causative factors, Lingzhi (Reishi mushrooms) are surely an outstanding candidate.

As recently as 2013, [a study](#) in *Food and Chemical Toxicology* used the Lingzhi (Reishi mushroom) to reverse chemical-driven liver damage in mice. The same triterpenes that displayed anti-cancer properties in other studies appear to aid the release of free radicals and promote liver cell regeneration,

In 2012, *Neuropharmacology* [released a study](#) that determined that the Lingzhi (Reishi mushroom) can have highly therapeutic effects on neurodegenerative disorders such as Alzheimer's and Huntington's disease. In this study, it was shown that Lingzhi (Reishi mushroom) extract supports the production of nerve growth factor, a protein that is vital for healthy neurological function.



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There is now a wealth of data that demonstrates Lingzhi's (Reishi mushroom) impressive life extending properties, its ability to significantly stimulate brain neurons, search and destroy cancer cells, and prevent the development of new fat cells in obese individuals. As an example science supporting the benefits of Reishi, researchers using laboratory mice have detailed life span extension of **9%** to more than **20%** —the equivalent of **7** to nearly **16** years in human terms.

Lingzhi's (Reishi mushroom's) numerous compounds show a therapeutic effect on asthma, allergies, autoimmune diseases, Alzheimer's, Parkinson's diseases, diabetes, liver disease, and more.



- Lingzhi (Reishi mushrooms) are very strong antioxidants. Antioxidants protect the body from the negative effects of free radicals that are formed inside the body by daily exposure to the sun, chemicals, and pollutants. Lingzhi (reishi mushroom) is proven to boost the immune system, especially when taken with other antioxidant supplements.
- It is believed that Lingzhi (Reishi mushroom) can suppress the growth of tumors in people with cancer. It can reinforce the membranes in cancerous cells to keep the tumor from spreading. For this reason, they are often used in efforts to prevent cancers.
- Lingzhi (Reishi mushroom) are also beneficial for people suffering from asthma and other respiratory conditions because it seems to have a healing effect on the lungs. They are good for building respiratory strength and curbing a cough.
- Lingzhi (Reishi mushroom) have anti-inflammatory properties and are therefore used sometimes for patients who have Alzheimer's and heart disease. This is based on the idea that inflammation plays a part in each of these conditions.
- As far as benefits for the heart, Lingzhi (Reishi mushroom) can improve the flow of blood to the heart and reduce the amount of oxygen the heart consumes. It can help to lower cholesterol and some of the ingredients may help combat high blood pressure.