PLANTS & HERBS

Ginseng: The Legendary Health Benefits of the Immortality & Strength Herb

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Ginseng is considered to be one of the most legendary medicinal herbs known to man. This plant is so valuable that in the past, Chinese emperors appreciated it more than gold.

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In Traditional Chinese Medicine, this is one of the most potent plants with rejuvenating, strengthening, and restorative abilities. All of them work together to harmonize the health of your mind, body, and spirit. It is important to note that there are 3 types of ginseng, Siberian, Panax, and American and in this article; the focus will be on the Panax one.

The 5 Health Advantages of Ginseng

Ginseng possesses strong healing properties which researchers believe are a result of the ginsenosides present in it, as well as of the sterols and saponins. These compounds can do wonders for the body and mind.

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Below, check out a list with the major benefits of regular usage of ginseng and why you need to have it in your kitchen cabinet:

- **Natural aphrodisiac**

Ginseng is a potent aphrodisiac which is suitable for both men and women. It will naturally elevate your libido, pleasure, and performance. Men can also benefit from it to alleviate erectile dysfunction because it can elevate the production of nitric oxide, similarly to Viagra (but without the side effects).

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- **Loss of weight**

The energizing ability of ginseng will boost the metabolism and thus, enhance the processing of macronutrients like sugars, carbs, and fats and minimize the level of fat which the body keeps. Several studies have found that it can elevate the fat metabolism in both animals and humans and thus, it can be used as a natural remedy for a better burning of fat.

- **Anti-aging properties and longevity**

Ginseng, when taken on a regular basis, can prolong your lifespan by minimizing the occurrence of illnesses in the body. Studies done with laboratory mice have found that ginseng has a mitochondrial-protective effect that can elevate the longevity in mammals.

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- **Boosts the brain function**

Several studies indicate that ginseng has a positive impact on the memory, learning speed and retention, and reaction time. Some animal studies found that it has the power to keep the neurons safe and repair them from damage. They are important for several vital functions throughout the body. Another study done with Alzheimer's patients concluded that daily consumption of ginseng for

a period of 12 weeks bettered the patients' mental performance.

- **Reduces stress**

This plant has the power to relax you without causing drowsiness and tiredness. It will keep the body calm, yet still maintain your alertness and awareness.

Want to learn more about the healing abilities of ginseng? No worries; check out this article!

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Sources:

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