



# Maiden Hair

**Maiden Hair** is the *world's most used treatment for memory loss and degenerative diseases of the brain and central nervous system*. Because Maiden Hair increases the circulation of blood and oxygen to all parts of the body, it is *effective overall tonic* that aids in the treatment of a variety of conditions, ranging from impotence to ringing in the ears, and that is only the beginning!

**Information:** Herbals/Nutritionals/Medicinals can be very strong. Consequently, if they are not tailored to your specific needs, they can do more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at [www.VibrantHealthCommunity.com](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

**Botanical:** *Ginkgo biloba*

**Family:** *Ginkgoaceae* (ginkgo)

**Other common names:** Ginkgo Biloba

**History:** Maiden Hair comes from one of the oldest living tree species on earth, the Ginkgo, a deciduous conifer, dating back over three hundred million years. Individual trees may live for a thousand years, as they are resistant to viruses, fungi, insects, pollution and even radiation, and they may reach to 122 feet in height. Native to China, Maiden Hair has been included in Chinese herbal medicine's repertoire for almost five thousand years, where it was used for respiratory tract ailments and for memory loss in older adults. The trees were introduced to Europe in 1730 and the United States in 1784 as ornamentals, but since the 1980s, Western medical interest in the plant has grown dramatically since its potent actions on the cardiovascular system were identified. Different parts of the plant have different properties with different medical applications. Some of Maiden Hair's constituents include amino acids, tannins, quercetin, beta-carotene, flavone glycosides, bioflavones, sitosterol, lactones, anthocyanin, calcium, iron, magnesium, manganese, phosphorus, potassium, zinc, B-vitamins and vitamins A and C. Maiden Hair is now among the leading prescription medicines in both Germany and France.

**Beneficial Uses:** Maiden Hair improves blood and oxygen flow to the brain and has been most

effective in treating senility, dementia, depression, anxiety, forgetfulness, inability to concentrate and ADD (attention deficit disorder) in adults. Maiden Hair's most exciting application may be in the treatment of Alzheimer's disease by helping to speed the blood flow to the brain and aiding the brain to utilize glucose efficiently. Improved blood flow to the brain also helps to prevent strokes, cerebral arteriosclerosis and other diseases of peripheral circulation.

Maiden Hair may reduce the risk of heart attack. In the same way improved blood flow helps other vital areas of the body, Maiden Hair appears to prevent the blood clots that cause them. It blocks the platelet activation factor (PAF) that triggers the internal blood clots, which lead to heart attacks. In addition, one of Maiden Hair's flavone glycosides (ginkgolide) has been used to treat severely irregular heartbeat.

Problems associated with poor circulation, such as varicose veins, Raynaud's disease and macular degeneration have been alleviated with the use of Maiden Hair. It is a circulatory stimulant that relaxes blood vessels. By increasing peripheral vascular circulation, the pain and cramping associated with obstruction and narrowing in the arteries (reducing blood flow) is relieved. Improved blood circulation

may also help inner ear dysfunction, including tinnitus (ringing in the ears).

Maiden Hair helps promote good sexual health. Male impotence (erectile dysfunction) has been helped by the use of Maiden Hair. Studies showed that the herb improved blood flow to the penis in men who had narrowing of the arteries that supply blood to that area and were unable to achieve erections. Additionally, women who suffered sexual difficulties when taking antidepressants have benefited from the use of Maiden Hair, claiming that it enhanced orgasm and excitement.

Maiden Hair is said to fight melanoma by improving the delivery of oxygen to tissues throughout the body. Oxygenated blood creates a hostile environment for hormone-related malignancy, including bladder, breast, ovarian, etc.

As an astringent, antifungal and antibacterial, Maiden Hair helps to ward off kidney infections, diphtheria, dysentery, hemorrhoids and toxic shock, and has a beneficial effect on the urinary system, treating incontinence and excessive urination. It is also useful in treating vaginal infection.

Maiden Hair is a powerful antioxidant that helps to protect the brain from neurotoxicity. It is said to prevent free-radical damage and age-related declines in brain function. It may also prevent free radical damage in the kidneys and liver.

Problems with the respiratory tract are thought to be improved with Maiden Hair. This herb treats bronchial constriction, asthma, chesty coughs (with thick phlegm) and tuberculosis.

Maiden Hair has been known to provide relief for the symptoms of premenstrual syndrome, including fluid retention and breast tenderness.

**Contraindications:** Speak with your doctor before taking Maiden Hair if you are taking prescription MAO inhibitors (antidepressants) or blood thinners. Discuss its use before having surgery, if you are pregnant or if you take painkillers on a regular basis. It is not recommended for epileptics. Topical or internal use may cause skin irritations, mild headaches or mild upset stomach.

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