



Siberian Ginseng

Supports the body by helping the liver detoxify harmful toxins and products of radiation exposure, depression, insomnia, consistent training, quicker reflexes, better stamina and increased energy, prevents infection.

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk 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 (or call 1-866-378-8253) before starting or changing your program.

Botanical: *Eleutherococcus senticosus*; formerly known as *Acanthopanax senticosus*

Family: *Araliaceae* (ginseng)

Other common names: Eleuthero, Russian Ginseng, Ci wu ju, Devil's Shrub, Eleuthero Root, Eleutherococcus, Touch-me-not, Wild Pepper, Shigoka

Tired? Why not *reduce fatigue and build stamina*, while *stimulating your immune system* against the effects of stress, with **Siberian Ginseng**. It helps to support the body's resistance to infection during prolonged periods of physical and mental stress, and athletes who want to increase performance and endurance favor its stamina-building benefits. Long used as a *sedative*, Siberian Ginseng's stress-fighting capacities have been useful in treating *depression, Attention Deficit Disorder (ADD), problems with concentration and environmental sensitivity*.

Beneficial Uses: Siberian Ginseng is considered an "adaptogen" in that it normalizes bodily functions during stressful or other situations that might alter those functions, helping the body to adapt and return to an overall sense of well-being. The herb contains active chemical ingredients called eleutherosides, which appear to inhibit the stress response by reducing the activity of the adrenal cortex and is an immune stimulant that is

especially useful for preventing infection during times of intense physical activity. Its stress-fighting and depression-relieving capacities have made it useful in the treatment of Attention Deficit Disorder (ADD).

Siberian Ginseng has been known to support the body by helping the liver detoxify harmful toxins and products of radiation exposure. Preliminary studies in Russia have confirmed the use of the herb for people undergoing chemotherapy and radiation treatments to help alleviate side effects. In human studies the herb has been successfully used to treat bone marrow suppression caused by chemotherapy or radiation.

Some researchers claim that Siberian Ginseng increases the synthesis of interferon, a powerful chemical that boosts immune system activity, literally interfering with every stage of viral infection.

It has also been known to stimulate the activity of several immune-system components, including the B and T cells that attack bacteria, making it useful in treating many kinds of infection. Siberian Ginseng is said to combat respiratory infections and has been used to treat bronchitis and chronic lung ailments.

In Chinese Traditional Medicine, Siberian Ginseng has been used to treat rheumatic diseases and heart ailments. The herb is thought to reduce cholesterol and blood pressure and restore cardiovascular health.

Many claim that Siberian Ginseng aids in restoring memory, concentration and mental clarity, which may be impaired by poor blood supply to the brain.

Siberian Ginseng has been known to ease depression by directly balancing serotonin, dopamine, epinephrine and norepinephrine, the brain chemicals that determine mood.

Siberian Ginseng may also be useful when the HPA (hypothalamic-pituitary-adrenal axis) is depleted, symptoms of which include fatigue, stress, neurasthenia and sore muscles associated with the hypofunctioning of the endocrine system. Recent evidence suggests that Siberian Ginseng

may prove valuable in the long-term management of various diseases of the immune system, including HIV, chronic fatigue syndrome and other autoimmune illnesses.

In men, Siberian Ginseng appears to stimulate the body's production of testosterone and thus may be helpful in increasing sex drive and fighting impotence.

Russian athletes have been using Siberian Ginseng for years for consistent training, quicker reflexes, better stamina and increased energy. Moreover, after strenuous workouts, the use of the herb has helped restore a feeling of well being with less fatigue.

Chinese healers believe that Siberian Ginseng is one of the best remedies for insomnia.

Contraindications:

Men with prostate disorders should not use this herb, as it contains compounds that stimulate testosterone production. Pregnant and nursing women may use it but should avoid products that also contain *Panax* Ginseng. Anyone taking digoxin (Lanoxicaps, Lanoxin) or have high blood pressure should seek the advice of a health-care professional before taking Siberian Ginseng.