

Better Focus, Energy, Strength, and Stamina with Red Ginseng



High levels of energy and resistance to stress are related. You need physical and mental resilience for all kinds of stressors: chores at home, demanding work schedules, paying the bills, and taking care of your kids. Boosting your resilience with red ginseng in turn **BOOSTS YOUR BODY AND MIND'S ABILITY TO ADAPT TO STRESS.**

If you feel stressed all the time, you may have a jittery energy that only serves to make you more stressed, rather than focused and productive. At the same time, feeling all of that stress only makes you more fatigued, too. So is there an answer? Yes. The answer is red ginseng.

I've used this red ginseng myself and noticed a boost of energy on my first day of use. In fact, I find that the days I take this unique ginseng sail by easily, and challenges don't seem daunting at all.

However, while red ginseng has been proven to make a difference, not all ginseng delivers the same benefits. In fact, you need specific compounds that aren't available in most supplemental forms because they are hard to find. But the right ginseng can do wonders – improve your energy levels, resistance to stress, recovery from illness, mental focus and physical endurance in amazing ways.



Terry Talks



Nutrition

Terry's Bottom Line

Busy people leading high-stress lives often have a vague feeling of ill ease – not quite sick, but not quite well. They have more trouble sustaining focus as they work on projects, and are easily distracted. They are tired, yet keep pushing themselves. By the end of the work day, there is not much energy left for anything but a TV show and bed. Along with making us feel worn out, incredibly stressful lifestyles reduce our resistance, resilience, and our ability for our minds and bodies to adapt to ever-changing circumstances.

This brings us to a class of herbs that are named for their very ability to increase resistance and improve adaptability: adaptogens. One adaptogen in particular has been revered for over 5,000 years for its unique power: red ginseng.

Just a few of the proven benefits of this remarkable plant medicine are:

- **All-Day Energy**
- **Mental and Physical Endurance**
- **Recovery from Serious Disease**
- **Adaptability to Physical and Psychological Stress**
- **Sexual Desire and Stamina**
- **Concentration and Focus**

HERE ARE THE FORMULAS I SUGGEST:

Korean Red Ginseng (Panax ginseng) Root Powder containing rare, noble ginsenosides 200 mg

OR

Enhanced Absorption Complex Featuring Gamma Cyclodextrin and 100 mg Korean Red Ginseng (Panax ginseng) Root Powder containing rare, noble ginsenosides 500 mg

More...

1 Sign up for my FREE weekly newsletter or listen to my radio show at: TerryTalksNutrition.com

One of the World's Oldest Adaptogens

Ginseng root is one of the world's oldest (probably the original) adaptogenic medicines. It comes from *Panax ginseng*, and was first used in Asia, most likely in the Korean peninsula. Like all adaptogens, ginseng contains compounds that help the body and mind respond to circumstances in the most helpful ways: If you're feeling particularly scattered, ginseng can help you feel focused; if you feel physically fatigued, it can help you find the stamina to carry on.

You may hear about white or red ginseng. While both forms come from the same plant, white ginseng is very minimally prepared, which means that its beneficial compounds, including ginsenosides, ginsans, and gintonins, are too bound up in the plant's cell walls to be of much use.



Red ginseng, by contrast, is steamed, which breaks down some of the cell walls and gives the root powder a characteristic red/brown appearance. While all ginseng has some benefits, the majority of studies show that **RED GINSENG IS BEST AND MORE BENEFICIAL**.

Because wild ginseng is disappearing and there is high demand for this amazing herb, it is now grown on farms, many of which are in Northern China and Korea. Unfortunately, farmed ginseng has many challenges, as the cultivated plant is sensitive to weed competition and a variety of insects. In order to assure a commercially successful crop, a wide variety of herbicides, pesticides, and fungicides are used on the farmed ginseng crops. An article published in *Horicultural Science* (vol. 25/7) lists 15 chemicals applied at different stages of the growing process to control such pests as cutworms, slugs, nematodes, grey mold, and root rot. Also, ginseng plant cultivation takes a long time – about six years between harvests. Slow growth allows time for the roots to absorb toxins and pollutants in the soil.

There are some new ways to grow ginseng using novel hydroculture growing techniques that result in a much cleaner, more powerful ginseng.

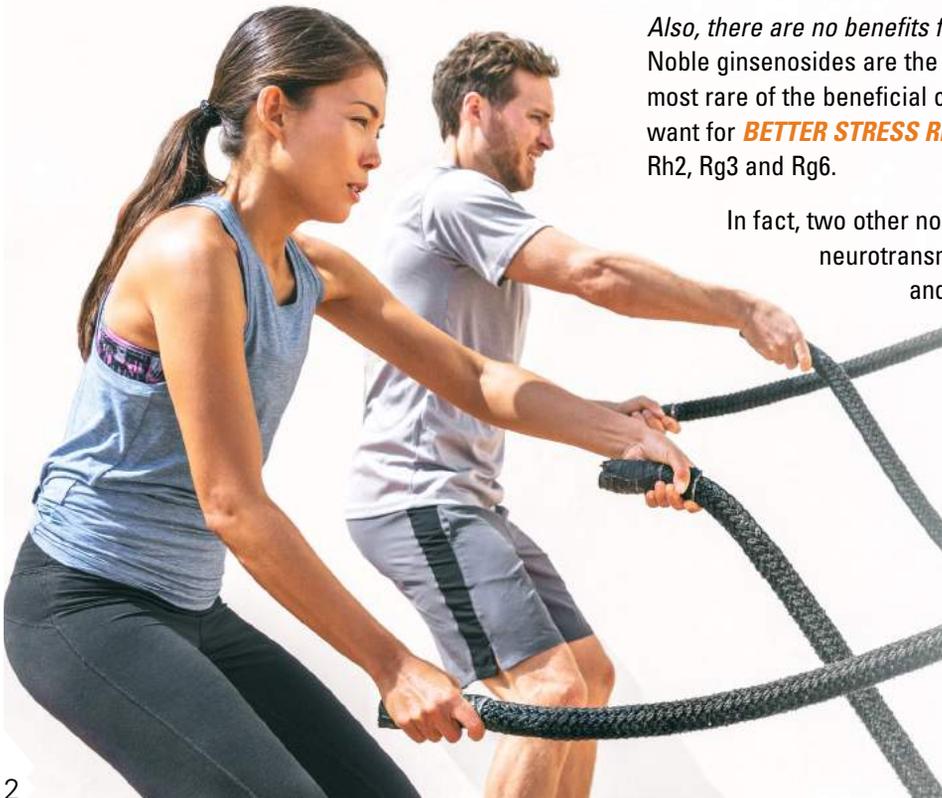
Noble Ginsenosides Make the Difference

Researchers have recently learned that specific compounds in ginseng, called noble ginsenosides, are not only better absorbed by the body, but have specialized, energizing effects. Noble ginsenosides are found in small amounts in ginseng, but are also formed in the gut by probiotic action. One of the problems with modern ginseng cultivation is that it robs the plant of its levels of noble ginsenosides, too. They just aren't present at levels that may have been the norm for wild ginseng.

Also, there are no benefits from ginsenosides if they cannot be absorbed. Noble ginsenosides are the smaller, easier to absorb, more effective, and most rare of the beneficial compounds from ginseng. Some that you especially want for **BETTER STRESS RESISTANCE AND ENERGY** are known as CK, Rk1, Rh2, Rg3 and Rg6.

In fact, two other noble ginsenosides, R3 and R5, can help slow down the neurotransmitters in our brain that make us feel overwhelmed and burned out. By putting the brakes on that process, they **BOLSTER OUR STAMINA AND FOCUS**.

Unfortunately, there's no guarantee that you'll get many of these rare, noble ginsenosides from conventionally grown ginseng. That is why it is so important to focus on sources of ginseng that ensure high levels of noble ginsenosides and freedom from contamination by pesticides and heavy metals.



Turn Up the Wattage in Your Lightbulb – Red Ginseng is a Potent Power Source

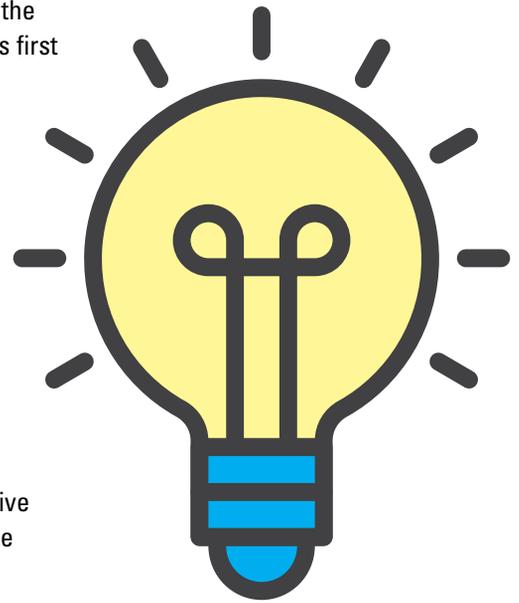
Stress does strange things to the way we think. It ratchets up cortisol levels and affects the regions in the brain (the hypothalamic-pituitary-adrenal axis or HPA) that tend to make us first more reactive, and then makes us feel exhausted. Stopping that chemical change is the first step to feeling more healthy energy and navigating daily challenges and stresses. Red ginseng does just that. It alters the way we react to stress by helping calm neurotransmitter activity, and balances cortisol levels in a way that **HELPS US STAY FOCUSED AND ALERT**.

It also acts as an antioxidant, which is an interesting twist on the story of stress reduction. That's because as oxidative damage harms cells, it also increases our perceived stress levels. Red ginseng has been found to **REDUCE FATIGUE**, in part, because of its antioxidant abilities – less oxidative stress means less stressful feelings – as well as its actions on the HPA-axis. Less damage to cells is a significant step towards healthy longevity.

This protective ability may also account for the way that red ginseng protects our cognitive process. Korean research has found that it helps keep our mind healthy by preventing the death of brain cells.

I think this may keep red ginseng on the forefront of cognitive studies in the future, too. It continues to show multiple actions that include boosting nitric oxide production to keep blood flowing easily in the body and brain, hormone signaling that is associated with clear-mindedness, neural cell regeneration, and anti-inflammatory actions that reduce threats to delicate brain wiring.

The actions that protect the brain from damage may also reduce symptoms of depression. A Korean clinical study found that red ginseng significantly improved depression symptoms, including those somatic symptoms – the physical “drag” that people suffering from depression so often feel.



STUDY PARTICIPANTS FELT A DIFFERENCE!

As for stress and energy, a usage study with the red ginseng containing high levels of noble ginsenosides compared it to a leading supplemental ginseng and a placebo. The individuals in the study were dealing with mental or physical fatigue or had difficulties with concentration and focus – something to which many people can relate.

Within only 10 days, those in the red ginseng group with noble ginsenosides rated it best in a variety of categories, including:

FAST RESULTS

*Because of a much higher quantity of noble ginsenosides and other ginseng compounds, they noticed a difference very quickly – within as little as **THREE DAYS**.*

MORE ENERGY

*Better overall sense of **MIND AND BODY ENERGY**.*

BETTER PHYSICAL HEALTH

*The type of tonic effect that red ginseng is ideally known for – feeling **MORE STAMINA AND DRIVE** – is a major plus when you're fighting stress-related fatigue.*

COGNITIVE PERFORMANCE

*Better concentration, focus, and higher results for **COGNITIVE PERFORMANCE**.*

IMPROVED SLEEP

*Even though red ginseng is known for boosting energy, it also **HELPS YOU RELAX** because there is less negative reactivity and hormonal response to stress.*

OVERALL SATISFACTION

***92 PERCENT** of individuals in the group taking the red ginseng with noble ginsenosides rated it very highly – they got the results they were looking for!*

On the practical side, participants in this study only needed to take two capsules each morning of the red ginseng with concentrated, noble ginsenosides versus four capsules of the leading market brand in Europe (where the test was conducted).



Energy, Focus, and Stamina You Can Count On

I know that some people may think of Korean red ginseng as a men’s supplement, but there are many applications for women, too. Traditional Chinese Medicine practitioners consider ginseng a longevity herb for both men and women, especially as they age. There have been clinical studies that include both men and women, with positive results. There are also studies on red ginseng, specifically on women’s health, including menopause and energy, that have shown the safety and efficacy of this herb. As an adaptogen, ginseng is remarkable for everyone.

Life can be full of stresses and challenges. And some of those challenges can be good – they help us learn, grow, and stay fit mentally and physically. But being adaptable and resilient is the key to making those experiences enriching rather than draining. That’s where red ginseng can help.

Whole Root Red Ginseng for a Full Spectrum of Results

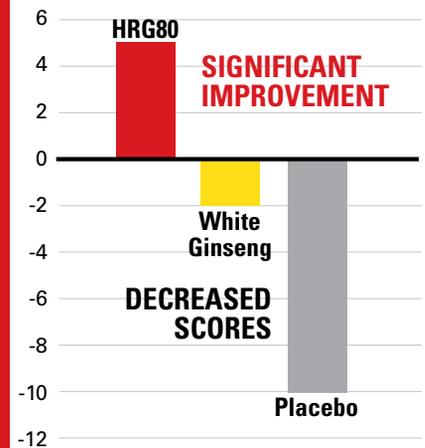
I prefer a whole root red ginseng powder that has been wisely cultivated to be clean, effective, and sustainable. Because of this, it offers a high concentration of noble ginsenosides PLUS synergistic compounds including gintonin and ginsan. These compounds not only improve the actions of ginsenosides, they have independent abilities, too. They have been shown to improve immune defense, inhibit tumor growth, create neural connections, and strengthen the critical functions of the liver.

This means you get **WIDE RANGING BENEFITS**, from energy and strength to resisting chronic diseases and oxidative stress. In fact, its first name – *Panax* – is Greek for “All Cure.” Even in its naming, botanists recognized its incomparable value. And a whole root powder is going to include compounds you won’t find in **any** extract.

ATTENTION TO DETAIL: EVEN WHEN STRESSED

A clinical study found that red ginseng helps stressed people do detailed tasks with better accuracy and speed. The individuals in this study worked in social services, as tele-operators, engineers, and IT personnel. They are frequently overloaded with cognitive tasks and exposed to workplace and social demands. Understandably, this causes a mental drain. For that reason, attention and accuracy were two of the main focuses of the study.

Change in Attention Score (Error Rate) Day 12



The differences between the placebo group, the leading ginseng supplement group, and the red ginseng (HRG80) group were significant:

- Red ginseng (HRG80): Accuracy **INCREASED** to 5 more than baseline
- Leading ginseng supplement: Accuracy **decreased** to 1 lower than baseline
- Placebo group: Accuracy **decreased** to 11 lower than baseline

When in doubt, always consult your physician or healthcare practitioner. This article is intended to provide you with information to maintain your health.

Sign up for my FREE weekly newsletter or listen to my radio show at: TerryTalksNutrition.com