

Ginkgo seems to improve blood circulation, which might help the brain, eyes, ears, and legs to function better. It may slow down Alzheimer's disease, Lyme disease, chemotherapy, and depression, by helping changes in the brain that interfere with thinking.

Ginkgo leaf is often taken by mouth for memory disorders. It is also used for conditions that seem to be due to reduced blood flow in the brain, especially in older people. These conditions include memory loss, headache, ringing in the ears (Tinnitus), vertigo, dizziness, difficulty concentrating, mood disturbances, and hearing disorders. Some people use it for other problems related to poor blood flow in the body, including leg pain when walking (claudication), and Raynaud's syndrome (a painful response to cold, especially in the fingers and toes).

Some men use ginkgo to help loving performance. It is sometimes used to counter performance problems that can accompany taking certain antidepressants called SSRIs.

Ginkgo has been used for eye problems including glaucoma, diabetic eye disease, and age-related macular degeneration (AMD), as well as attention deficit-hyperactivity disorder (ADHD), autism, heart disease and heart complications, high cholesterol, premenstrual syndrome (PMS), and bloody diarrhea. Ginkgo leaf is also taken by mouth for chronic fatigue syndrome (CFS), schizophrenia, and to prevent winter depression, preventing mountain sickness and aging, controlling stomach acid, improving liver and gallbladder function, and controlling blood pressure. It is also taken by mouth to treat asthma, allergies, bronchitis, and for disorders of the central nervous system.

The list of other uses of ginkgo is very long. This may be because this herb has been around for so long. Ginkgo biloba is one of the longest living tree species in the world. Ginkgo trees can live as long as a thousand years. Using ginkgo for asthma and bronchitis was described in 2600 BC.

In manufacturing, ginkgo leaf extract is used in cosmetics. In foods, roasted ginkgo seed, which has the pulp removed, is an edible delicacy in Japan and China.

How does it work?

Ginkgo seems to improve blood circulation, which can help the brain, eyes, ears, and legs function better.

Robyn Jackson (Health Specialist) -

I do a combination liquid herb of Bacopa and Ginkgo which are used for brain circulation and memory which some of my clients find really helpful. I find liquid herbs to be really good as they get right into the system quickly. Needs to be taken in water or juice twice a day.

Ginkgo is safe to prescribe, but not when on a blood-thinning medication.

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Ginkgo leaf is also used for thinking disorders related to Lyme disease, chemotherapy, and depression.

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