

# Technical Reference

The information in this article is not intended as medical advice, but only as a guide in working with your health care professional.

## Memory Enhancer™

### DOCUMENTATION OF INDIVIDUAL HERBS

#### Ginkgo Biloba

**Organ Affinity:** Lungs, Kidneys and Heart

**Effects:** Improves memory, increases and improves blood circulation; stabilizes neural and muscular membranes; removes toxic metabolites; normalizes transmitter concentrations; and maintains appropriate levels of important electrolytes.

**Indications:** Cerebral edema; blood platelet aggregation; aging process; high blood pressure; memory problems.

**Remarks:** Excellent for reduction of dangerous blood clotting, flavanoid of ginkgo including quercetin are potent oxygen scavengers. Improves circulation thus fights the aging process.

#### Dong Quai

(Angelica sinensis)

**Organ Affinity:** Liver and Spleen

**Effects:** Tonic to blood; emmenagogue; promotes circulation; analgesic, sedative, laxative.

**Indications:** Menstrual disorders; dysmenorrhoea, menorrhagia, amenorrhoea, blood deficiency; painful scarring in traumatic injuries, postnatal abdominal pain; rheumatic pains.

**Remarks:** Best herb for menstrual disorders. Strengthens female reproductive organs and regulate hormonal levels. Also, used as a liver remedy, circulatory stimulant and blood fortifier. Also, eases the effects of menopause.

#### Rehmannia

**Organ Affinity:** Heart, Liver, Kidneys

**Effects:** Tonic to blood; nourishes Yin; hemostatic.

**Indications:** Blood deficiency, dizziness, heart palpitations, insomnia, dysmenor-

### With Ginkgo and Ginseng

Enhance your memory while nurturing your brain and heart. Take this formula

when you want to improve your memory and protect the brain cells/nerves from degeneration associated with aging. This formula increases both Qi and blood circulation by improving the quality of your blood and blood vessels. Ginkgo biloba has been scientifically proven to improve memory. Memory Enhancer™ allows you to enhance the power of Ginkgo biloba with proven TCM principals of herbal combinations that not only enhance memory, but balance the entire body and slow the aging process. Ginkgo biloba and Kudzu dilate blood vessels while Dong Quai, Rehmannia and Chinese knotweed nurture the blood yin and improve blood circulation. Panax ginseng and Schisandra protect all internal organs and strengthen body functions.

**#280 2 FL. OZ. (60 Servings)**

**Indications:** Menstrual disorders, amenorrhoea, menorrhagia, kidney yin deficiency, nocturnal sweats, spermatorrhea, diabetes.

**Remarks:** Used to tonify blood and nourish yin.

#### Panax Ginseng

**Organ Affinity:** Spleen Lungs

**Effects:** Boosts energy, immunity and sexuality; strengthens male reproductive organs, adrenal glands; improves the body's ability to handle stress.

**Indications:** Energy deficiency, weak pulse; asthma due to empty lungs; diabetics, heart palpitations, lack of appetite.

**Remarks:** Regulates blood pressure and blood sugar, promotes secretions of sexual hormones in men and women and promotes blood production.

#### Schisandra

(Schisandra chinensis)

**Organ Affinity:** Lungs, Kidney, Liver, Heart

**Effects:** Astringent; tonic to kidneys; demulcent; anti-diarrhoeic; antitussive.

**Indications:** Chronic coughs; asthma; thrush; profuse perspiration due to empty ailments; spermatorrhea; nocturnal emissions; profuse and frequent urination; chronic diarrhea.

**Remarks:** It is both astringent and demulcent. Excellent fluid balancer. Beautifies the skin. Strengthens liver function and immune system.

Containing Schinzandrin, Schisanhelinol, Gomisin A, B, C, J, etc. Schinzandrin is a hepatoprotective agent to improve the liver function of patients with hepatitis or under chemotherapy, anti-cancer activity. Schisanhelinol is a potent antioxidant, inhibits the peroxidative damage of brain mitochondria and membrane in animal models, protective action against oxidative stress. Gomisin A has inhibitory effect on hepatocarcinogenesis, stimulates liver regeneration after partial hepatectomy. Gomisin J has anti-HIV activity through inhibition of HIV RT. Gomisin C has inhibitory effect on respiratory burst of rat neutrophils invitro.

#### Chinese Kudzu

(Puerarin lobata)

**Organ Affinity:** Spleen, Pancreas, Stomach

**Effects:** Diaphoretic, cooling, dilator of arteries and veins.

**Indications:** Alcohol craving; hangover; treatment of glaucoma; headache; heart functional problems.

**Remarks:** Tonic for reduction of alcohol craving; daidzin in kudzu blocks enzymes

which cause alcohol poisoning (hang-over); beta-adrenoreceptor antagonist. Protective effects on heart; help with headaches by the effect of having better blood flow to the brain.

### **Chinese Knotweed**

(*Polygonum cuspidatum*)

**Organ Affinity:** Kidney

**Traditional use in Chinese Medicine:**

Tonic to kidneys, kidney deficiency: lumbago, weak bone, constipation due to dry intestine, swelling of lymph glands, abscesses and ulcers, analgesic. Expels damp-wind, moist, eases blood flow (Menstrual disorders), candida, sore throat, cough, and clears phlegm.

**Remarks:** Anti-inflammatory (arthritis), anti-bronchitis, fever due to lung infection, anti-microbial, and anti-viral.

**Recent scientific findings:** Polydatin thins blood, inhibits effect of platelet aggregating, reduces effect on arterial thrombosis, prevents endotoxin-induced acute lung injury, enhances antioxidation, and protects against multiple organ failure. Anthraquinones (emodin, danthron, physcion and rhein) are active anti-inflammatory compounds against arthritis and anti-microbial activity.

### **Lo Han Kuo**

(Cucurbitaceae fruit -

*Momordica grosvenori*)

**Organ Affinity:** Spleen, Liver

**Effects:** Antipyretic; moist; calming; and relaxing.

**Indications:** Digestive tract problems; sore throats, coughs, headache, and tension.

**Remarks:** Effective for elimination of constipation, diarrhea, or other digestive problems; relaxes digestive tract. Relates to tension and helps reduce headaches.

## **Selected References For Memory Enhancer™**

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