

Ginkgo (*Ginkgo biloba*)

Other Common Names:

Maidenhair tree.

Origin:

Ginkgo biloba is found growing wild in the Zhejiang and Guizhou Provinces in Central China.

Origin description:

Male and female flowers are borne on separate trees - so fruiting only occurs when both sexes are growing together. This tree is here to teach us about giving and receiving and inner stillness.

What's in it?















Flavonoids, glycosides, terpene lactones, bilobalide, kaempferol and quercetin.

Are all Ginkgo remedies the same?

Ginkgo may be found as a tea, tincture, essence or as a powder. It is most effective taken in a liquid form.

How does Ginkgo work?

When dealing with acute ongoing physical problems, take a dose of 20-30 drops 2-3 times a day in water. When working more energetically with the plant (inner stillness etc), take a dose of 5 drops under the tongue up to 5 times daily.

Problem	Women	Men
Memory loss.		
Poor circulation.		
Alzheimer's disease.		
Dementia.		
Anxiety.		
Lung problems.		
Allergies.		
Ongoing mental chatter.	