

THE HISTORY OF GINSENG

- According to legend, it was the ancient mythical emperor Shenen Nung who discovered the wondrous root. He lived around 2700 B.C., and is considered to be the father of agriculture and herbal therapy. He is also credited as the author of the first pharmacopoeia, the Pen- i'sao shen flung, a book recounting the entire body of medical knowledge as it was known up to that time. This book said Ginseng calms the mind, brings harmony to the soul, eliminates fears, and drives away evil spirits. It also makes the eyes shine, opens the heart, and clarifies thinking if taken long enough. They claimed, it strengthens the body and extends life.

. Chinese doctors have been using the root of the ginseng plant for nearly 5000 years. Because of its healing power, it was much in demand and its price was even more valuable than gold. In ancient China, ginseng was reserved only for the emperors; today, you can take advantage of its numerous effects. The various kinds of ginseng differ greatly in quality. The curative power of ginseng depends on the way it is cultivated, the time it is given to grow and ripen, and the manner in which it is processed.

- Ginseng is primarily known as a strengthening substance for older people, because the body needs spatial support during the breakdown processes. Yet younger people also experience periods of exceptional pressure. Ginseng helps children and teenagers concentrate better at school and in their studies. Adults receive the necessary balance that is needed to master the periods of stress in their private and professional lives. You can strengthen your immune system with ginseng as well as treat a range of specific ailments. Ginseng is also beneficial as an adjunct in the treatment of serious illnesses and accelerates the healing process.

THE CHARACTERISTICS OF GINSENG

- Ginseng grows mostly in the wooded mountains of China and Korea. Its long root is said to work wonders. Its shape resembles that of a human being, with parts that look like a head, arms, trunk, and legs or gown. The shape itself seems to indicate that the root is powerful enough to be effective in treating the entire human body.
- Ginseng is cultivated all over the world today. Ginseng comes from Korea, China, Japan, Thailand, Russia, America, and Canada. Ginseng is not categorized as a medical plant in many countries, but rather as a food supplement.
- Different kinds of ginseng are cultivated in different areas. They differ in their content of active agents and their overall effectiveness.
- Only two kinds of ginseng are considered genuine: the Chinese-Korean Panax ginseng and the Canadian Panax quinquefoliu, because of the diversity of its active agents and the richness of its effects, Chinese-Korean Panax ginseng is described as the king or emperor of all herbal remedies.
- The product ginseng is effective in so many different ways; it is easy to understand why the soil, climate, region, and care during cultivation play such important, roles. The best and most balanced spectrum of effectiveness can only develop if the plant grows, under optimal conditions.
- Natural Korean Ginseng is nurtured for a six-year period before it matures into an adult plant to be harvested. The land is then left idle for 15 years to replenish its nutrients.
- No chemicals or chemical fertilizers are added to the soil where the ginseng grows.

THE CHARACTERISTICS OF GINSENG

- Ginseng and human health. (Ginseng's shape resembles human body).
- Ginseng accelerates the synthesis of nucleic acid and protein, which are the major ingredients of human cells.
- Ginseng can help transform food into energy, which helps construct human cells.
- Chinese medical theory stresses on "fostering sound constitutions to heal illness". Ginseng is beneficial for comprehensive nourishment for the human body. Chinese medicine compares five human organs: liver, heart, spleen, lung and kidney to five elements of nature – wood, fire, metal and water.
Since the five natural elements are subjugate or generate with one another under different conditions, the interrelations among the five organs function in a similar way.
- Chinese medicines apply various methods including supplementing the deficient element, cooling, warming, and purge to address imbalance of yin and yang in the human body. Ginseng stimulates such processes. It is not a replacement for any particular nutrition.
- The living conditions of ginseng:
 1. Water: its leaves will turn yellow if there is too much water; however, if there is too little water, the roots will be too weak to hold the soil.
 2. Direction of light: east and west (the sunbeam is the tenderest around sunset).
 3. Temperature: between -10°C to 10°C .
 4. Topography: hills and forest.
 5. Soil: podzol or brown earth
 6. Period of plantation: 6 years.
- Procedure of planting:
 1. The land has to be put to rest for 15 years, with

regular ploughing and be fertilized with organic fertilizer.

2. No chemicals or chemical fertilizers should be applied to the soil.
3. The ginseng has, to be moved to another plot of cultivated soil three years later.
4. Collect the seeds born in the fourth year (in July or August) for future cultivation.
5. If the seeds are sowed in the fall, they have to be cultivated three months before sowing.
6. Seeds can be sown in summer without going through the process of cultivation.

"Quality Ginseng" is nurtured for a six-year period before it matures into an adult plant to be harvested. The land is then left idle for 15 years to replenish its nutrients.

- Natural pure Ginseng is nurtured in China's profound climate and nourishing soil for a six-year period.
- Natural pure Ginseng is cultivated and distributed solely by the government as involvement from the private sector is strictly prohibited.
- Natural pure Ginseng can only grow from its seed. The seeds are gathered before Autumn from fourth-year flowers in order to produce top grade ginseng.
- The seeds are sowed in the Spring. Upon germination, the seedlings are transplanted to the nursery.

Before transplantation, the nurseries are ploughed more than 12 times from April to October to kill the bacteria in the soil. Decomposed leaves and ashes of wild grass are then added to fertilize the land.

After harvesting, the land is left idle for 15 years to replenish its nutrients before the next cultivation.

THE CONSTITUENTS OF GINSENG

GERMANIUM: Release oxygen in the blood this purifying it. It helps correcting the acid-alkaline balance by the reduction of free radical ions in the bloodstream.

PANAXATRIOL, PANAXADIOL: Is an organic compound with the same basic structure as the body's hormones, particularly similar to the adrenal hormones, cortisone and DCAs, and the male and female hormones, testosterone and estrogen. It works to build up the general health of the body to adapt to all types of stress and may be the key to explaining Ginseng's amazing regulatory and curing powers.

SAFONINS Panaquilon: mildly increases endocrine activity.
Panaxapogenol: mildly increases metabolic activity.
Panaxin: mildly stimulates the circulation.
Panacene: mildly stimulates the digestive process.
Ginsening: helps to regulate the blood sugar levels.

VOLATILE OIL Panasen: stimulates the function of the brain. This substance gives ginseng its characteristic odor. It is lost to some extent by drying or boiling the roots.

FATTY ACIDS Palmitic Stearic, Oleic, Linoleic, Acids: help to prevent the formation of cholesterol in the blood and are thought to facilitate the burning of the body's fat deposits.

AMINO ACIDS: these are the basic components of protein and are found in ginseng in varying amounts.

ENZYMES Anilases Phenolase: useful as aids in digestion.

VITAMINS: Thiamine(B1), Riboflavin (B2), Niacin(B3), Folic Acids, Pantothenic Acid, Choline, Biotin, Cobalamin(B12), Ascorbic Acid and Flavonoids. The B complex is especially necessary for the vital functions of a healthy nervous system.

FEATURES OF THE PRODUCT

- Cultivated in natural environment, there are 5000 years of historical testimonials.
- Developed by Dr. He-Shun Li along with 42 authoritative practitioners of Chinese medicine from China and overseas.
- Premium Quality - the product is made from 6 year old first grade ginseng. In the past decade, this product has become widely accepted as a trusted health food.
- Enriched Extract - the whole ginseng plant undergoes cleaning, oven-drying, sun-drying and special treatment procedures, followed by grinding and atomizing treatments. The final product is concentrated 4 times, maintaining and preserving the natural elements of ginseng.
- Easily Absorbed -- produced at a mild temperature, this product is good for all kinds of physical-conditions and symptoms. It is easily digested and absorbed and is suitable for all age groups.
- Body Toning - It assists in toning the body and helps regulate your body systems, balancing and nourishing, cleansing, cooling, and warming functions and boosting your physical health.
- Easy to Consume - It can be brewed as tea or cooked with other food. It is easily dissolved in beverages and is easy to carry around.
- Works as an "adaptive" which has a positive effect on the entire body by restoring equilibrium and integration in the physiological system.

COMPARISON BETWEEN GINSENG POWDER AND OTHER PRODUCTS

COMPARISON	OTHER GINSENG PRODUCTS	<u>GINSENG POWDER</u>
Source	Various parts of the world	Northeast China
Cultivation	1 to 6 years	6 years
Species	Red ginseng and white ginseng	Whole natural white ginseng
Process	Peeled the skin and remove the tendrils and lower part of the root	Unique treatment of cleaning, heating, and drying, grinding, spraying and concentrating
Additives	Contained chemical coloring and flavoring	Free from additives
Temperature	High	Low
Characteristic	Bring about internal heat	Retain original taste. Restorative, reduce heat and mild in nature.
Differentiation	Natural substances not intact, adapt differently on an individual basis.	Natural substances remained intact. Adapts to all forms of physical constitution.
Price	Wide range of prices	Reasonable price
Unique composition	Not consistent	Organic germanium, amino acids, polysaccharides, fibrin, dianthus sinensis, saponin, triterpenes etc.
Efficacies	N/A	Organic germanium-strengthen immune system. Amino acid-activate body cells and fortify the arteries. Polysaccharide-quench thirst, activate physiological functions, and eliminate toxins. Dianthus sinensis-cleanse blood and eliminate toxins. Saponin-promote secretion and blood circulation Triterpenes-detoxify and eliminate toxins, strengthen body cells, inhibit the synthesis of cholesterol and subdue allergy.
Consumption	Inconvenient	Can be mixed with milk for infants. Can be cooked with fish or meat. Can be conveniently carried for preparation as infusion.

SYMPTOMS AND BODY REACTION

SYMPTOMS	BODY REACTION
Acidic Physical Constitution	Fatigue, dryness of the mouth Weak in immune system
Disturbance of blood circulation	Arthralgia and Lethargic
Hipertension (Tension arterial alta)	Presion arterial elevadas, vertigos
Hypo tension (Low blood pressure)	Minor bleeding in nostril or in mouth
Kidney syndromes	Fatigue, frequent urination
Liver syndromes	Fatigue, dryness of the mouth, constipation, darker excrement, blood in stool
Lung syndromes	Excess phlegm, vague pain, coughing
Stomach syndromes/Ulcer	Bad breath, diarrhea, vague pain
Heart syndromes	Faster heartbeat, slight headache
Insomnia	Sleeping disorder
Apoplexy	Numbness of the limbs
Asthma	Thirsty, gasp for breath, excessive phlegm
Migraine	Improvement in alertness and sleep
Gynecological diseases	Menstrual disorder
Anemia	Dizziness
arthritis (Gout/Arthritis/Rheumatism)	Pain and sore at the joints
Skin allergy	Skin irritation
Neurosis	Take ginseng 2 hours before sleeping time

THE EFFICACIES OF THE GINSENG POWDER

Ginseng is a remedy that helps create equilibrium and eliminate disturbances in the body functions. It can adjust its effects to the needs of the individual. This almost unique harmonizing effect, is based on the ingenious interplay of ginsenosides, the special active agents of the ginseng root.

Every day many of us have to cope with higher performance demands, strict deadline pressures, and continuous internal tension. In addition, our diets may not be balanced enough, long working hours may result in lacking of body exercise and sleep, and we may be exposed to the environmental pollution.

People today are increasingly suffering from cardiovascular problems as well as allergies and skin disorders, the high number of psychosomatic illnesses shows how easily body and soul can lose their balance.

Many people feel under constant pressure, generally feel unwell, fatigue, have difficulties in concentrating, or are barely able to handle their daily tasks. It is important not to simply accept these problems but to take the alarm signal that your body sends out seriously. In order to eradicate the problem, you need to find out ways that you can bring about changes and improvement in your daily life.

The effects of ginseng are often not immediately obvious in short-term therapy. If ginseng is not used as an immediate remedy but administered over a longer period of time to improve chronic, age-related illnesses, or during convalescence; it is possible that you will not experience the effects for some time.

This does not mean that help isn't on the way. As a result of nonspecific effects of ginseng, you will catch a cold much less frequently than normal, generally feel more energetic, and be able to deal with pressure much better.

Suggested usage:

For Men: use 4 spoons, 3-4 times a day.

For Women: use 3 scoops, 3-4 times a day.

People with medical problems such as asthma, diabetes, heart disease, high blood pressure, and anemia should start the product with small quantity:

Use 1 scoop, 6 times a day. Increase 1 scoop each time to normal usage.

GINSENG as a cleanser

The most central element of your cleansing program. In order to clean the "River of Life" (our blood stream); we have a gift of nature, Ginseng.

The Effects of Ginseng

Scientifically documented effects of panax ginseng are:

- Purifies the blood of toxins
- Increases production of red blood cells
- Lowers "bad" cholesterol (LDL)
- Increases "good" cholesterol (HDL)
- Lowers high blood pressure
- Normalizes stress condition caused
- Lowers high blood sugar by heat, cold and abnormal physical exertion
- Prevents cellular damage from oxidation
- Stimulates intestinal digestion
- Improves nerve growth, nerve transmission
- Increase physical stamina and mental function
- Strengthens the immune system

Every cell and organ of the body is affected when the blood contains impurities. Scientists have found that most organic detoxifiers contain the element GERMANIUM. The higher the amount of GERMANIUM, the quicker the blood returns to a healthy state, ginseng contains the highest amount of organically chelated GERMANIUM (GeCH₂, CH₂, COOH)₂₀₃ of all the organic detoxifiers.

Panax GINSENG is as valuable as a cleansing agent for the blood and thereby relieving sires to the organs. For some people, ulcers will be cleared up; for others, psoriasis or sinus

problems will be alleviated. This is easy to comprehend when one knows the fact that illness stems from toxemia. Ginseng of sufficient strength, taken over a long period of time, will be very helpful in detoxifying you.

SIGNS OF IMPROVEMENT

- The greatest difference between food therapy and regular treatments:
- When the dosage of the residue of medicine exceeds the safety level in the human body after long periods of medication, the toxic elements of the medicine will be activated. Such side effects will harm organs and result in irremediable sequel.
- On the other hand, food therapy will contribute to improvements in the human body. There are four stages during the process of food therapy. The effects will stimulate the natural healing ability of the body which is generated via cell reproduction and the initiation of functions.

The four stages of food therapy:

1. Nutrition Supplement

The body is nourished by balanced nutrition during the first stage of food therapy, metabolism will be activated and signs of improvement in health will show. At this stage, you will be more vigorous with previous fatigue relieved. The complexion is rosy again, and the luster will come back to the skin. However, some may suffer hypersensitivity and insomnia for several days. Some may experience temporary dizziness.

2. Metabolism and Elimination of Toxic Elements

The over-consumption of food and insufficient exercises result in stress, abuse of drugs and accumulation of wastes in our body. The toxic elements in our body are major causes of chronic diseases as well as free radicals.

3. Improved Blood Circulation May Result in Sore and Pain

When food therapy begins to work, improved circulation of

blood will begin to make bruised places of the body feel sore and painful. Existing pain and sore will aggravate, even pain killers will not help. After lasting a few days (many take longer if the symptom is more serious), the pain will disappear.

4. Fatigue/Cell Reproduction

The purpose of food therapy is to stimulate the "natural healing ability" of the human body; which will spur the reproduction of new cells to replace the damaged ones in the organs. During the cell-reproduction period, the oxygen and nutrients are used to repair the cells.

This process causes people to become tired easily and need more sleep than usual. In conclusion, one has to understand that these stages may not happen according to the order appear but their cycles and lengths are irregular.

THE HEALING STAGE

The body goes through a process of elimination during the healing stage. Reaction may be severe. One should expect this and work through it.

The body's inherent is for perfect health and we have the ability to earn our way back to that stage. Our body must go through an elimination process to achieve a good health, so there will be ups and downs. One doesn't go immediately into good health over night.

A healing stage is the result of every, body system in concert to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new. A disease crisis, on the other hand, is not a natural one and works against the body's natural processes.

Symptoms may be identical to the disease, but there is an important difference - elimination. A cleansing purifying process is under way and stored wastes are in the free-flowing state. Sometime pain during the healing stage is of greater intensity than when building the chronic disease. This may explain why there may be a brief flare-up in one condition.

The healing stage will bring about past conditions in whatever order the body is capable of handling at the time. We often forget the diseases or injuries we have had in the past, but are usually reminded during this stage.

Reactions could include skin eruptions, nausea, headache, sleepiness, unusual fatigue, diarrhea, head or chest cold, ear infection, nose bleeds, or any other way the body uses to loosen and eliminate toxins. The stage usually last three days, but if your energy is low, it may last for a week or more.

The body needs lots of water to help; carry off the toxins. During the healing stage the body also needs time to rest; mentally and physically. A person in a chronic state, who has gone through many disease process in life, must go through these processes again. Most people will feel energy boost the first few days. Then toxins will dumped into the blood stream to

start the elimination stage. The process must be taken slowly as your body needs time to adjust and eliminate toxins gradually and comfortably.

In a more serious condition, here may be many small stages to go through before the final one is possible. Everything must be considered and given its proper place in the build-up to a healing stage.

In the past, it was considered dangerous to have a fever and one must try every effort to bring it down. We no know that fever is a means to eliminate accumulated toxic wastes. By means of healing, the body has proven itself to be self-generating and self-healing though these conditions will-only treat the effects and suppress the symptoms.

We must work to bring out symptoms that have been suppressed. Unfortunately, there is no such thing as absolute remedy for everyone. Some people are not interested in health until they lose it, then they want a quick treatment, an instant remedy for their condition.

The real remedy can only take place when new tissue is exchanged for the old by the blood stream. The time of recovering vary in different people depending on whatever former conditions that have been suppressed and stored in the cells.

THREE PRINCIPLES OF RMEDY ARE:

- 1) A healthy blood stream-
- 2) Rapid circulation
- 3) Rest

The foregoing information is for educational purposes only. It is not intended as a substitute for consulting your physician. Any attempt to diagnose and treat an illness should come under the direct ion and supervision of a qualified medical practitioner.

PRODUCT MOST ASKED QUESTIONS

- **Who should take this ginseng?**

Anyone at any age who is affected by day to day stress or have a busy lifestyle. Studies show that Panax Ginseng gives energy, help increase mental and physical endurance, and helps the body adapt to most stressful situations. At the same time it also detoxifies, oxygenates; alkalizes and balances all of the body systems, restores the well being, and serves as a measure for disease prevention

- **How often should I take this ginseng?
Can I take it every day?**

It is recommended that Korean-Chinese Ginseng be consumed regularly, preferably 3 times per day since the effect of ginseng builds up gradually. It is non-toxic and non-addictive, and there is, is no worry of over dosage. In certain medical conditions is better to start small amounts more often and gradually increase it, as you feel more balanced.

- **When is the best time to take this ginseng?**

Those who have difficulties sleeping may find that ginseng help to relax the mind and thereby promote sound sleep. For such cases a cup of ginseng in the evening is recommended. However, there are those who find that ginseng is best taken early in the day, on empty stomach.

- **How long should I use this ginseng?**

It is recommended than in Bing Han Ginseng is consumed regularly. It is high quality food, which gently supports the body in all bodily functions and detoxifies it at the same time. Not only it takes years to build up toxins but additional toxins keep coming into the body daily, so it is very important to keep the body clean each every day.

- **Can I mix this ginseng with my favorite beverage?**

The best is to mix Pan ax Ginseng powder with warm water (watch

it to sink to the bottom first). You can also mix it with milk and for children you may add little honey.

- **I am on medication. Can I take this ginseng?**

For those who are taking other drugs or on medication, ginseng will help to cut down the many side effects. Bing Han Ginseng is 100% pure Panax Ginseng, and it does not react with any medication and supports well any medical treatments. For those in critical conditions, it is best that you seek the advice of a doctor, who is familiar with Bing Han Ginseng. Most doctors have little knowledge of ginseng in general and many prejudiced against it. Many doctors think that ginseng acts like a steroid and usually advise against it also. Ginseng does have steroid like effect.

- **I have read wonderful account of the effects of ginseng but I don't feel anything after taking this ginseng!**

Since the effects of ginseng are gradual, allow at least 15-45 days before you can feel the difference. For some, especially, young people may not feel much, since the effect of ginseng is adaptogenic, and gradually balances the body. That does not mean however that ginseng is not working for you. Young people who exercise and have a busy lifestyle will certainly feel the effects of the ginseng.

- **Ginseng is supposed to cut down side effects but when I take it, I experience side effects like headaches and dizziness.**

Ginseng is the best natural cleanser and this may cause certain discomforts in the first week of use you may experience diarrhea, sore throat, occasional breakouts or stomach upset. Since ginseng improves the blood circulation it will have a warming effect but this does not mean it is heaty.

Others will experience headaches, dizziness or pain in certain areas of the body, but all of these symptoms are temporally, merely signs of "**healing crisis**" which will pass in 3 – 10 days or less. The "**healing crisis**" are symptoms that the body is being transformed to better health.

Many customers who complained of such "side effects" which occur in the first few days of its use have testified to the beneficial effects of ginseng after they have persisted with slight discomfort in the early stage of usage.

- **Is Bing Han ginseng suitable for children?**

There is no limit on age. This ginseng is non-toxic and is beneficial for both children and adults. Children that frequently have colds and coughs, are tired, pale or, have problem concentrating, at school have founds ginseng to be very effective.

- **What about expectant mothers?**

The physical body of expectant mothers undergoes amazing changes and there is no reason why ginseng cannot help women to adjust to these drastic changes and to prepare for the development of a new life. Ginseng restorative properties are especially very effective for mothers during their confinement periods.

- **Ginseng is heaty and since we are living in a hot country ginseng is not suitable.**

Firstly, Korean-Chinese Ginseng uses fresh six-year old roots. Since this type of ginseng is not treated "with other herbs that may have a more "yang" effect, is not heaty. Bing Han Ginseng is neutral and the body absorbs the yang or yin elements of ginseng according to the needs of the body,

Secondly, even though we are -living in a hot climate but we spent a great deal of our time in air-conditioned rooms. Our bodies today are constantly exposed to the changes of temperature whether they are changes in the climate or our working environment Ginseng helps us to adapt to these changes. It is suitable for use both in hot and cold climates.

- **I am still young. Ginseng is for old people.**

Ginseng is the best natural health food for stressful society. It is young people that are facing the greatest stress and

stain in our society today. Ginseng is not a medicine but rather has restorative, normalizing and all-around resistance enhancing benefits, which both young and old need in our urbanized and fast moving society.

- **I am taking other health food like Royal Jelly, vitamins etc.**

Bing Han Ginseng is not an ordinary health food. It is not a health supplement alone. Ginseng is the "King" of all health food and herbs, and it is the best natural food to combat stress and the best natural cleanser. It has a long proven history of the use and recently has received the support of scientists and doctors worldwide. Ginseng's normalizing and adaptogenic properties are the most unique and explain the health restorative properties that ginseng is traditionally know for.

Drinking Method

Mix with warm water and best with empty stomach

For normal condition:

Male : 3 to 4 times a day. Mix 4 to 5 spoonfuls with 400 to 500cc warm water

Female : 3 to 4 times a day. Mix 3 to 4 spoonfuls with 300 to 400cc warm water

People having one the following six problems must use the progressive method:

(1) High blood pressure (2) Low blood pressure (3) Kidney disease (4) Asthma (5) Heart disease (6) Diabetes

3 to 4 times a day

First, start with 1 spoonful and mix with 100 to 200cc warm water each time After a week, if there isn't any special reaction, you can add 1 more spoonful each time. Keep on this manner until using 3 to 4 spoonfuls each time.

Cancer or any other special sickness

Needs to drink lots of the Refined Ginseng powder drink. The patient can take 6 to 7 times a day, 8 to 10 spoonfuls each time.

For Cancer patient:

After drinking for a while, the patient may have the following reaction :

- (1) Vomit
- (2) More painful at the affected area
- (3) Diarrhea
- (4) Swell at the affected area
- (5) There isn't any different but feel much better

If the patient has either one of the four beginning reaction, the best is still insisting to take the same amount of the Refined Ginseng powder. If not, he/she can either take only half of the amount that he/she used to take or take the drink half an hour after meal.

Flu:

At the beginning of having the flu, the best is to mix seven to eight spoonfuls with 500cc or above warm water w/pinch of salt and drink lots of water. Keep on drinking with this amount for one or two days and you will recover shortly.

For young children:

Normally, just one to two spoonfuls with 200-300cc warm water. When the child is not feeling well, you can add half or one more spoonfuls.

*The above is only suggested drinking method. Each person has a different body condition. Before you start to drink this product, please consult with your up-line first.

NOTE: The statements above have not been evaluated by the Food and Drug Administration. The statements made on this book are not intended to diagnose, treat, cure or prevent any disease. Please consult a qualified physician before entering into any program of treatment for a medical condition.

All information is based on historical data. Herbs and formulas have been used for thousands of years in the Orient and are recognized by modern herbalists. Many people in China, Korea, and Japan have improved their health as well as cured their ailments with these herbs and formulas.