

Wisconsin Ginseng Can Help Boost a Clear Thinking Mind

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People nowadays live a busy, stressful life. Oxidative stress on the body might increase. Nerves might not function well. One of the pathogeneses of common neurodegenerative diseases such as Alzheimer's disease and Parkinson's disease, is oxidative stress

Wisconsin ginseng is a familiar, great health product. It has components that protect brain nerves. These components are mainly Rb1 and Rg1. Their capabilities include anti-oxidation, anti-apoptosis, anti-neuritis and regulation of release of brain neurotransmitter. Let a dietitian show you if it is helpful for you to use American ginseng for preventing brain neurodegeneration.

Humans can't avoid organ hypofunction and memory loss when aging. Elderly people might encounter problems caused by dementia, decline in behavior and brain degeneration. Alzheimer's disease is the most common neurodegeneration disease. It slows down the activity of acetylcholine transferase and reduces the synthesis of acetylcholine, which plays an important role in nerve transmission.

In 2016, there was a study about using American ginseng extract to improve the cognitive function of Alzheimer's disease. An *in vitro* and an animal experiment were carried out. It was found that American ginseng extract protects cells while enhancing the gene expression of acetylcholine transferase. In the animal experiment, American ginseng extract improves the damaged cognitive function of mice. In the meantime, American ginseng extract recovers neurons and increases acetylcholine concentration. Therefore, American ginseng extract has a potential to improve Alzheimer's disease [2].

People nowadays live an intense life. We have a poor sleep quality or even suffer from insomnia. Brain nerve cells might be damaged over time. In 2016, a study explored to what degree can American ginseng extract improve the anxiety due to lack of sleep. In the experiment, researchers fed some mice with American ginseng extract and made them stay up for 72 hours. The mice suffered from insomnia show dyskinesia and anxiety. The pro-inflammatory substances in their brain increased. The negative impact on mice that have taken American ginseng extract has been improved. This shows that American ginseng extract might be able to protect the brain nerve cells damaged due to life stress if taken for daily health care [1].

In a 2010 study, a total of 32 healthy volunteers were recruited to join an experiment by taking American ginseng extract to improve mood and brain neurocognition. It is found that people feel calm and positive after taking American ginseng extract. Mental fatigue is decreased. People improve their memory and become more focused at work. This shows that healthy people can take American ginseng for general health care. Besides calming down, people can perform better at work [3].

American ginseng is beneficial to patients with brain neurodegeneration, people under high stress, and even healthy people. Wisconsin ginseng is a great choice for buying healthy food for daily use.

Reference:

1. Chanana, Priyanka, and Anil Kumar. "GABA-BZD receptor modulating mechanism of panax quinquefolius against 72-h sleep deprivation induced anxiety like behavior: possible roles of oxidative stress, mitochondrial dysfunction and neuroinflammation." *Frontiers in neuroscience* 10 (2016): 84.
2. Shin, Kyungha, et al. "Cereboost™, an American ginseng extract, improves cognitive function via up-regulation of choline acetyltransferase expression and neuroprotection." *Regulatory Toxicology and Pharmacology* 78 (2016): 53-58.
3. Scholey, Andrew, et al. "Effects of American ginseng (*Panax quinquefolius*) on neurocognitive function: an acute, randomised, double-blind, placebo-controlled, crossover study." *Psychopharmacology* 212.3 (2010): 345-356.