

Let's Wisconsin Ginseng Be The Hero From The Flu

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Autumn is coming. Weather forecast often talks about Indian summer. Temperature changes between hot and cold often. People with weaker immunity, such as children and elderly people, often get cold unconsciously. Daily health care is particularly important for enhancing immunity against cold.

Ginseng has been a great healthy food, especially Wisconsin ginseng is particularly popular. It is different from typical ginseng because it is cold in nature. Excessive tonification is less likely to occur. Besides, Wisconsin ginseng can tonify lungs, reduce internal heat, nourish stomach and help produce saliva. It is mainly used for nourishing yin energy. However, Chinese medicine focuses on the balance of yin and yang. Yang energy can be regulated by nourishing yin energy. Therefore, pent-up liver gas problem can be alleviated.

Wisconsin ginseng can be used daily for improving the problem of parched mouth and scorched tongue, and feeling weak and weary. It also prevents one from getting cold. Now, let a dietitian tell you what is so great about American ginseng, the cold buster!

The immune system is an important line of defense against virus or bacteria for human. It can be divided into congenital and acquired immune systems. Immunity cells are activated upon virus or bacterial invasion and secrete cytokines to scavenge these antigens. When immunity gets weaker, the scavenging capacity becomes weaker. That is why people with weaker immunity get cold easily.

Calling American ginseng a cold buster is not a verbal statement without any proof. Back in 2011, studies pointed out that American ginseng can stimulate congenital and acquired immunity cells secreting cytokines (especially IL-2 and IFN- γ) and improve the defense of these immunity cells against virus. There are clinical trials proving that American ginseng can effectively prevent and heal upper respiratory diseases.

People say that "prevention is better than cure." You can brew American ginseng and an appropriate amount of dried longan into tea. You can also practice a diet therapy by adding American ginseng into the chicken soup, porridge, rice noodle or other cuisines. Therefore, American ginseng is not just a medicine but can become a type of food for cold prevention.

At last, there is a reminder. American ginseng has lots of benefits but do not take too much. You can consult a Chinese medicine practitioner or dietitian before taking it if you don't know how much you can take per day.

Note:

1. IL-2: The full name of IL-2 is Interleukin-2. IL-2 is related to cell immunity.
2. IFN- γ : The full name of IFN- γ is Interferon- γ . IFN- γ is related to cell immunity.

Reference:

1. Janet E. McElhaney, Andrew E. Simor, Shelly McNeil, and Gerald N. Predy. *Efficacy and Safety of CVT-E002, a Proprietary Extract of Panax quinquefolius in the Prevention of Respiratory Infections in Influenza-Vaccinated Community-Dwelling Adults: A Multicenter, Randomized, Double-Blind, and Placebo-Controlled Trial.* Influenza Res Treat. 2011; 2011: 759051.
2. Wang M, Guilbert LJ, Li J, Wu Y, Pang P, Basu TK, Shan JJ. *A proprietary extract from North American ginseng (Panax quinquefolium) enhances IL-2 and IFN-gamma productions in murine spleen cells induced by Con-A.* Int Immunopharmacol. 2004;4(2):311-5
3. Miller SC, Delorme D, Shan JJ. *CVT-E002 stimulates the immune system and extends the life span of mice bearing a tumor of viral origin.* J Soc Integr Oncol. 2009;7(4):127-36
4. McElhaney JE, Gravenstein S, Cole SK, Davidson E, O'Neill D, Petitjean S, Rumble B, Shan JJ. *Efficacy of COLD-fX in the prevention of respiratory symptoms in community-dwelling adults: a randomized, double-blinded, placebo controlled trial.* J Altern Complement Med. 2006;12(2):153-7

秋老虎發威，感冒剋星神救援

新營養食代—營養師天團 黃湘芸營養師/撰文

逐漸進入秋天，「秋老虎」成了氣象報導的常客，在這種忽冷忽熱的情況下，抵抗力比較弱的族群，像是小朋友及老人，經常一不注意就感冒了，為了提高抵禦風寒的能力，日常保健就顯得格外重要。

蔘類自古以來就是保健聖品，尤其威斯康辛州花旗蔘更是深受大家的喜愛。與人蔘不同，威斯康辛州花旗蔘的屬性偏涼，比較不容易出現「補過頭」的情況；除此之外，威斯康辛州花旗蔘有補肺降火、養胃生津的作用，雖然主在養陰，但中醫強調陰陽調和，養陰也可調和陽氣，改善肝氣鬱結。

平常可用威斯康辛州花旗蔘來改善口乾舌躁、疲乏無力，甚至能夠幫助提升免疫力、預防感冒，現在就讓營養師來跟你說說感冒剋星—花旗蔘的厲害之處！

免疫系統是人對抗病毒或細菌入侵的重要防線，可分為先天及後天兩種。當病毒或細菌入侵的時候就會啟動免疫細胞並分泌細胞激素將這些外來物清除；而免疫力較差時，清除作用就會減弱，這也是為什麼免疫力相對差的族群容易感冒的原因。

然而，將花旗蔘捧為感冒剋星可不是空口無憑的，早在2011年就有研究指出，花旗蔘可刺激先天及後天免疫細胞分泌細胞激素(特別是IL-2及IFN- γ)並提升其對抗病毒的能力；更有臨床實驗證實了花旗蔘能有效預防及治療上呼吸道疾病。

都說「預防勝過治療」，日常的時候可以用花旗蔘及適量的桂圓泡成蔘茶；亦或者利用食療的概念，將花旗蔘加在雞湯、粥、麵線或其他料理中，讓花旗蔘不再只是用來治療疾病的藥物而是預防感冒的食物！

最後要提醒大家，雖然花旗蔘有眾多好處，但也不可食用過量，若不清楚每日可食用多少劑量，可於食用前先諮詢過中醫師或營養師的專業意見喔！

註：

1. IL-2：全名為Interleukin-2，中文為介白素-2，與細胞免疫功能相關。
2. IFN- γ ：全名為Interferon- γ ，中文為干擾素-伽瑪，與細胞免疫功能相關。

參考資料：

1. Janet E. McElhaney, Andrew E. Simor, Shelly McNeil, and Gerald N. Predy. *Efficacy and Safety of CVT-E002, a Proprietary Extract of Panax quinquefolius in the Prevention of Respiratory Infections in*

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