

The benefit of Wisconsin Ginseng on Human Health

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Wisconsin ginseng has always been irreplaceable among Chinese herbal health products. American ginseng is commonly used for all kinds of nourishing soup, including tea and tonifying food.

For the current scientific studies, the ginsenoside in American ginseng might have the following effects:

1. Anti-fatigue effects during exercise

The time and strength for exercise must be increased to a certain level to facilitate health. Lots of muscle energy is consumed. Therefore, the body becomes weak and tired, even feels soreness from muscle strain. Studies point out that American ginseng has an effect on fatigue resistance. In 2014, Chinese scholars used mice to study the effect of American ginseng on swimming time. They found that people in the group that took protein isolate of American ginseng 28 days can obviously swim longer than the ones in the group that only drink water. Studies show that American ginseng can even reduce the lactic acid concentration in blood (one of the indicators for fatigue) and increase the glycogen in the muscles. It is possible that American ginseng has a significant effect on removal of fatigue incurred from exercise. It has a potential to improve muscular endurance for daily work and soothe the weariness from work.

2. Help reduce blood glucose fluctuation, and regulate and stable blood glucose

The diet trend nowadays heads toward high starch. The blood glucose control is affected more or less, leading to the rising risk of diabetes. The ginsenoside in American ginseng is likely to assist in insulin secretion and blood glucose regulation. Studies indicate that taking 3g of American ginseng powder two hours before the meal can reduce the blood glucose for T2DM patients after a meal. Another study points out that taking a certain amount of American ginseng for eight weeks before a meal can reduce the blood glucose for T2DM patients. Therefore, it is possible that taking American ginseng can assist in blood glucose stabilization and regulation and it may even be beneficial to the prognosis of diabetes patients.

3. Prevention of cold and respiratory infection

In 21TH Century, air pollution is getting worse. Climate change is faster. Cold and respiratory disease become prevalent. A study indicates that taking a certain amount of American ginseng extract every day for three to six months reduces the risk of flu or cold and avoids illness. Meanwhile, the study shows that taking American ginseng can effectively reduce the frequency of cold attacks, relieve cold symptoms, cure cold faster and prevent respiratory infection.

Wisconsin ginseng has lots of benefits. However, it is important to learn how to use it in daily diet. For example, American ginseng is cold in nature. People with deficiency cold syndrome must be careful when taking American ginseng. In 2017, a Chinese study shows that preparing American ginseng with ginger juice can alleviate the coldness in American ginseng and preserve the efficacy of American ginseng.

Therefore, it is suggested to consult a Chinese medicine practitioner or dietitian for precautions and rules before taking American ginseng for tonification to optimize the efficacy of the valuable American ginseng!

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花旗蔘的作用你我他

文章提供：威斯康辛州花旗蔘農業總會
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威斯康辛州花旗蔘在中草藥保健品中一直具有不可取代的地位，不論是平時浸泡為蔘茶飲品，亦或是作為進補的食材，花旗蔘都常見於各類養生煲湯料理中。

在目前的科學研究中，花旗蔘含有人蔘皂苷可能具有的效果包括：

1. 運動時的抗疲勞作用

日常運動時，為了達到促進身體健康目的，運動時間與強度勢必得拉提到一定程度，但過程中，肌肉的能量也大量消耗，會使身體逐漸感到乏力與疲勞，甚至因肌肉拉扯引起的痠痛。然而已有研究指出，花旗蔘具有抗疲勞的效果。2014年中國有學者針對小鼠進行花旗蔘補充影響游泳時間長度的研究，研究發現連續28天補充花旗蔘分離蛋白的組別，游泳時間長度顯著增加於只喝水的組別，甚至還能降低血中乳酸濃度(引起疲勞的指標之一)，以及增加肌肉肝醣含量。顯示花旗蔘對於運動時的疲勞舒緩，具有可能的效果，甚至將其延伸至日常工作的肌耐力表現、上班族的疲勞感舒緩，可能皆具潛力。

2. 協助降低血糖波動，調節穩定

現今飲食逐漸轉向高澱粉的攝取，導致普羅大眾的血糖控制或多或少都受到影響，導致糖尿病風險提高。而花旗蔘中的人蔘皂苷活性成分，對胰島素分泌和血糖調控可能具有輔助的效果。研究指出，在餐前兩小時服用3公克花旗蔘粉，可以降低第二型糖尿病患者餐後的血糖。另一項研究也指出，持續服用一定劑量的花旗蔘八週，可以有效降低第二型糖尿病患者的餐前血糖。因此補充花旗蔘可能具有協助血糖穩定與調控的效果，進而有利於糖尿病患者的預後。

3. 預防感冒和呼吸道感染

21世紀的現在，空氣汙染日益嚴重、氣候變化也越加急遽，導致感冒及呼吸道疾病日漸盛行。一項研究指出，持續3-6個月每日補充一定劑量的花旗蔘萃取物，可以降低得到流感或感冒的風險，進一步預防得病。同時研究也指出，服用花旗蔘可能有效減少感冒的次數和感冒症狀的嚴重程度，也可以縮短感冒的天數，防止呼吸道感染。