

Wisconsin Ginseng, a great help to defeat the temperature variation

Author: Chen, Bo-Jun / Nutritionist from Nutriyoung

Temperature difference increases in a warm winter. Weather change affects the human body. It is crucial to maintain body conditions. Weather changes drastically during the transition between winter and spring and between fall and winter. When it is hot in the day, people don't want to wear long sleeve shirts or jackets. It gets cold in the night but people don't have any warm outfits with them, end up regretting. Many people neglect the importance of keeping warm at the time of drastic temperature change. Family medicine and ENT clinics are often crowded during the transition of seasons.

You can protect yourself from the cold in an ever-changing weather as long as you make good use of Wisconsin ginseng and follow the rules below.

1. Drink Wisconsin ginseng tea every day for staying moisturized and getting the benefits of Wisconsin ginseng.

Water is a main component of human body. More than half of the human body is made up of water, which plays many important roles in metabolism. It is suggested to drink at least 2,000 ml of water per day to make sure that there is enough water for metabolism of waste.

It is suggested to brew American ginseng tea in a thermos with cold water when going out. In 2015, a study pointed out that American ginseng can help regulate body temperature. It helps cool down in a hot day and keeps body from hotness. Therefore, you wouldn't feel hot when putting on a jacket during the time of drastic temperature difference. American ginseng prevents you from feeling uncomfortable or getting cold at the time of drastic temperature difference between day and night.

2. Make good use of the nature of the food to nourish your heart

Each type of food has different nutrients. It is recommended to eat lots of fruits and vegetables with different colors at the time of drastic temperature change to get rich vitamins minerals, dietary fibers and phytochemicals. Therefore, there would be enough nutrients for your body to deal with weather change. Meanwhile, you can boost the immunity by taking herbal dietary supplements, such as chicken soup with assorted American ginseng porridge. In 2016, a study indicated that the protein separated from American ginseng root can help regulate the immunity system, boost the activity of the immune system, and protect the body from pathogen invasion.

As long as you follow the two rules above, you can always stay healthy at the transition of seasons. Drinking cold brew American ginseng tea helps regulate the body temperature. Some documents point out that the cold brew American ginseng tea helps prevent respiratory infectious diseases.

Reference

1. g, B. N., Do, M. H., Her, Y. R., Lee, Y. R., & Kang, T. H. (2015). The Effects of Panax ginseng and Panax quinquefolius on Thermoregulation in Animal Models. *Evid Based Complement Alternat Med*, 2015, 748041. doi: 10.1155/2015/748041
2. Qi, B., Wang, S., Wang, Q., Zhang, H., Bai, X. Y., He, H. N., . . . Zhao, D. Q. (2016). Characterization and immunostimulating effects on murine peritoneal macrophages of a novel protein isolated from Panax quinquefolius L. *J Ethnopharmacol*, 193, 700-705. doi: 10.1016/j.jep.2016.10.034
3. Janet E. McElhaney, Andrew E. Simor, Shelly McNeil, and Gerald N. Preddy. *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.
4. 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
5. 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
6. 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

對抗暖冬早晚溫差的超級好蓼手

營養師天團新營養食代 陳柏鈞營養師/撰文

乍暖還寒的暖冬，也是氣候溫差增大的時候，隨著外在氣候的轉變，使得人體內在的狀況也隨之動盪，如何身體維持在正常的動盪範圍內便十分重要。氣候轉變劇烈之時，如春冬交替及秋冬時節，白天陽光炙熱，使民眾出門時，穿不住長袖及外套等禦寒衣物；入夜後卻深感涼意，但卻苦於沒有攜帶禦寒衣物出門，只好一把鼻涕一把眼淚的後悔，此溫差之大，使得許多民眾皆疏忽保暖的重要性，導致季節交替之時，也是一個家醫科及耳鼻喉科門診人滿為患的季節。

所以，如何在多變的氣候中，也能保護好自己，不被風寒所侵擾，只要善用威斯康辛州花旗蓼的好處，並好好遵循以下幾點，就能為自己穿好穿滿堅強的金鐘罩。

1. 每日飲用威斯康辛州花旗蓼茶，水分與好處一舉兩得。

水是人體中的主要成分，人體有一半以上的重量都是水，也在體內扮演許多重要的代謝角色，建議每天至少喝滿 2000 毫升，才能讓身體有足夠的水分去代謝廢物；

建議出門時，用保溫瓶冷泡花旗蓼茶，2015 年便有研究指出花旗蓼對於調節體溫具有幫助，尤其是天氣炎熱時，協助降低體溫，避免身體維持在高溫的狀態，或許能讓你在溫差變化大時更穿得住外套，預防早晚溫差大造成的不適與感冒。

2. 善用食物的特性，滋養你的心

每樣食物都有不同的營養特性，建議可以於溫差變化大時，多攝取不同顏色的蔬菜與水果，可以獲得豐富的維生素、礦物質、膳食纖維與植化素等，提供身體足夠的營養去對抗氣候的變化；同時，也可以藉由藥燉食補來強化身體的免疫力，例如，花旗蓼雞湯、什錦花旗蓼粥等，2016 年便有研究指出，從花旗蓼根分離出來的蛋白質能協助調節體內的免疫系統，促進其活性，對於預防病菌侵擾身體具有益處。

只要把握以上兩項原則，會使你健健康康的度過每一個季節交替之時，尤其冷泡花旗蓼茶，除了可以協助調節體溫之外，過往文獻中也顯示，對於呼吸道感染疾病具有預防的效果。