

You need Wisconsin Ginseng to take care of your liver

Author: Chen, Bo-Jun / Nutritionist from Nutriyoung

A classic ad slogan said, "your life is ruined if you have a bad liver." This indicates that the liver is a very important organ for the human body. The liver is responsible for bile secretion, glycogen synthesis and metabolism of harmful substances and alcohol. If the liver functions poorly, metabolism in our body slows down and affect the life quality. People nowadays live a fast-paced life and have a disordered, irregular lifestyle for a long time. People often stay up and engage in business socializing. These increase the burden on the liver. We always see GOT or GPT on the health checkup report in red.

This often occurs to people in their 30s to 50s. This is the life stage when people focus on work and business the most. It is also the period that warning signs of the body are most likely to appear. In this life stage, you must pay attention to your liver.

To ensure the health of the liver, you must avoid staying up, binge drinking and diet control. You can also take some daily supplements to facilitate the health of the liver. Numerous studies have proved that American ginseng can protect liver.

In 2017, scholars of Taiwan University carried out an intervention study on the rats that have liver damage induced by carbon tetrachloride. They produced an extract mixed with American ginseng, ginseng, lotus seed and Easter lily and found out that this extract suppresses the rise of GOT and GPT. The study also shows that this extract improves the anti-oxidation and anti-inflammatory systems of the liver. Also in 2017, scholars in China pointed out that the extract of American ginseng leaf reduces liver damage and inflammation indicators, such as GOP, GPT, TNF- α and IL-1 β , of the mice with liver damage induced by drugs.

American ginseng helps cure acute liver damage induced by drugs and relieve the FLD caused by alcohol consumption. In 2017, foreign studies indicate that American ginseng reduces lipoprotein secretion and facilitates lipolysis. Therefore, it helps regulate the glucose and fatty acid metabolism, further reduce FLD and its relevant symptoms.

The studies above show that American ginseng has a significant ability and potential for liver protection. Wisconsin ginseng can be used for cooking and brewed into tea with hot water. It is a convenient and effective daily supplement. Wisconsin ginseng is great for workers who stay up and feel tired for a long time or drink for business socializing. It is suitable for consumers who care about their health.

"A cup of American ginseng tea a day
for nourishing vital energy and taking
care of the liver.

Reference:

Lu, K. H., Weng, C. Y., Chen, W. C., & Sheen, L. Y. (2017). Ginseng essence, a medicinal and edible herbal formulation, ameliorates carbon tetrachloride-induced oxidative stress and liver injury in rats. *J Ginseng Res*, 41(3), 316-325. doi: 10.1016/j.jgr.2016.06.002

Xu, X. Y., Hu, J. N., Liu, Z., Zhang, R., He, Y. F., Hou, W., . . . Li, W. (2017). Saponins (Ginsenosides) from the Leaves of *Panax quinquefolius* Ameliorated Acetaminophen-Induced Hepatotoxicity in Mice. *J Agric Food Chem*, 65(18), 3684-3692. doi: 10.1021/acs.jafc.7b00610

Singh, R. K., Lui, E., Wright, D., Taylor, A., & Bakovic, M. (2017). Alcohol extract of North American ginseng (*Panax quinquefolius*) reduces fatty liver, dyslipidemia, and other complications of metabolic syndrome in a mouse model. *Can J Physiol Pharmacol*, 95(9), 1046-1057. doi: 10.1139/cjpp-2016-0510

小心肝就靠這一味

營養師天團新營養食代 陳柏鈞營養師/撰

「肝若不好，人生是黑白的」，正如這句經典的廣告詞一般，肝是人體十分重要的臟器，負責的功能包括分泌膽汁、合成肝醣、代謝對身體有害的物質及酒精等。若是肝臟機能不良可能會導致身體各項代謝機能下降，致使影響生活的品質，尤其現代人生活步調快速，生活作息長期紊亂、不規律，抑或是頻繁熬夜及應酬，皆會致使肝臟的負擔加劇。每當健檢報告出爐時，總是能看到 GOT 或 GPT 的數值顯示為紅字。

此一現象更經常發生於 30 至 50 歲的族群，這階段正是人的一生中，最專注於工作與事業的年齡層，同時也是身體最容易出現警示的時候。此時，更要注意自己的小心肝是否維持在健康的狀態。

小心肝的健康除了避免長期熬夜、酗酒及飲食控制以外，也可以藉由一些日常的滋補品來促進肝臟的健康，花旗蔘更是已被許多研究證實對於肝臟具有保護作用。

2017 年台灣大學的研究使用西洋蔘、人蔘、蓮子及麝香百合的混和萃取液，針對經由四氯化碳誘導肝損傷的大鼠進行介入研究，結果發現可以降低 GOT 及 GPT 的升高，同時改善肝臟本身的抗氧化與抗發炎系統。同年在大陸更有學者指出花旗蔘葉的萃取物可以降低經藥物誘導肝損傷小鼠的 GOP、GPT、TNF- α 及 IL-1 β 等肝損傷及發炎指標。

花旗蔘除了對於藥物誘導型的急性肝損傷具有幫助之外，對於酒精所引起的脂肪肝更具有減緩的效果，2017 年外國的研究指出花旗蔘能夠減少脂蛋白的分泌並促進脂肪分解，藉此去協助調控體內的葡萄糖及脂肪酸代謝，進而降低脂肪肝及其症候群。

由以上研究可以看出花旗蔘對於肝臟的保護具有相當的能力與潛力，且威斯康辛州花旗蔘可以使用於烹調料理，也能直接沖泡熱水，即成花旗蔘茶，可說是一個相當便利又有功效的日常滋補品。威斯康辛州花旗蔘不僅適合長期熬夜勞累或飲酒應酬的上班族，也適用於養生保健的消費者。

“一天一杯花旗蔘茶，補氣又能小心肝”

參考資料：

Lu, K. H., Weng, C. Y., Chen, W. C., & Sheen, L. Y. (2017). Ginseng essence, a medicinal and edible herbal formulation, ameliorates carbon

tetrachloride-induced oxidative stress and liver injury in rats. *J Ginseng Res*, 41(3), 316-325. doi: 10.1016/j.jgr.2016.06.002

Xu, X. Y., Hu, J. N., Liu, Z., Zhang, R., He, Y. F., Hou, W., . . . Li, W. (2017). Saponins (Ginsenosides) from the Leaves of *Panax quinquefolius*

Ameliorated Acetaminophen-Induced Hepatotoxicity in Mice. *J Agric Food Chem*, 65(18), 3684-3692. doi: 10.1021/acs.jafc.7b00610

Singh, R. K., Lui, E., Wright, D., Taylor, A., & Bakovic, M. (2017). Alcohol extract of North American ginseng (*Panax quinquefolius*) reduces

fatty liver, dyslipidemia, and other complications of metabolic syndrome in a mouse model. *Can J Physiol Pharmacol*, 95(9),

1046-1057. doi: 10.1139/cjpp-2016-0510