

Gemmo Memo: Ginkgo

Ginkgo biloba is the one and only surviving species in the lone genus of *Ginkgoaceae*. It is nearly extinct in its native form, with the exception of some found in eastern China. The Ginkgo you will meet today will have been cultivated. This deciduous, resinous tree can grow up to 120 ft, but perhaps only half that height in cooler climates. Ginkgo is known for its longevity and resilience. The tree is very adaptable surviving in settings where it doesn't get much oxygen, such as near cement curbs, barriers, parking lots, etc.

Who might benefit from Ginkgo Gemmotherapy extract?

Adult men and women who experience physical symptoms with the head, ears, eyes or mental symptoms involving lack of clear thinking or mild depression. Although well known in phytotherapy for its anti-aging properties, it is now understood that the positive effects of Ginkgo are most helpful for those under the age of 60.

In my system for restoring immunity, Ginkgo is best used in a protocol once elimination has been optimized for these symptoms:

- Vertigo
- Hearing difficulties
- Eye symptoms, to include disturbances to the retina

Important to note: Due to the anticoagulant action of Ginkgo, it should not be taken by those prescribed blood thinners.

There is much more to learn about Ginkgo as a Gemmotherapy extract, so be sure to listen to this 25-minute podcast. You will discover the primary and secondary actions of Ginkgo Gemmotherapy extract and gain a clear picture of the various use cases of this extract. Consider subscribing now to my Restoring Immunity podcast on Spotify or

ApplePodcast/iTunes.

You can find Gingko as well as other single extracts for purchase on my Immunity store.