

dogs naturally

January - February 2019

CONGESTIVE
HEART FAILURE

ARE WE STRESSING
OUR DOGS OUT?

DRUGS
FRIEND OR FOE?

NATURE OR
NURTURE

TOXIC
FOODS

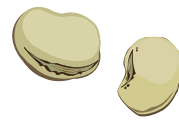
PERIODONTAL
DISEASE IN DOGS

\$5.95US \$6.95CAN



01>

0 74470 26454 5



Ginkgo

Common Name: Maidenhair

Botanical Name: Ginkgo Biloba

Family: Ginkgoaceae

Parts Used: Leaf

Ginkgo biloba is native to China and is commonly planted as an ornamental tree throughout the United States. It was made extinct during the ice age everywhere but the central part of China. Fossils of the tree that are over 200 million years old have been found. Ginkgo has a strong resistance to weather and water pollution as well as insects and most diseases. The tree itself has been noted to live up to 1,000 years and can reach heights of 100 feet. Its leaves look like a beautiful fan and are a rich, dark green in warmer months then turn bright gold in the fall. This is when the medicine of the leaf is said to be the richest; referred to as *Fall Gold*.

The shape of the leaf with its many fan segments is the *doctrine of signatures* representing the vessels of the circulatory system to maximize circulation. The nuts from the ginkgo tree are neurotoxins and can cause seizures, so we only want to use the leaf.

The properties of ginkgo are bitter, circulatory stimulant, antioxidant, peripheral vasodilator.

Ginkgo is very high in chromium, calcium, niacin, phosphorus, selenium and zinc. It also has a substantial amount of vitamin A, thiamine, potassium, dietary and crude fiber and iron.

Ginkgo has neuroprotective properties (protects the central nervous system) and has proven to lessen seizure activity as well as reverse peripheral nerve damage. It significantly increases the circulation in the skin and liver, which is especially helpful with older pets. It's highly effective for increasing peripheral blood flow, treating cerebral and vascular stagnation, has anti-aging effects and provides increased energy.

As an antioxidant, ginkgo protects the body from free radicals that can cause damage to tissues as well as organs. This protection comes from the proanthocyanidins and flavonoids that are contained within the leaf.

What we all know and have read about ginkgo is that it helps to retain memory and can slow memory loss. It's a highly respected herb and is widely used in Europe for all peripheral circulatory actions. It's used in many forms including powder, standardized extracts in both capsule and tablet form, in liquid form, both tea and tincture, and is quite easy to find without being too costly.

With all the goodness this plant brings for improved health and circulation, there are also several warnings and cautions that we should know before we use it with our pups. Using ginkgo with other herbs in a synergistic formula is best for supporting

the circulatory system, whether cerebral or peripheral, so as not to overdo the dose of the constituents that work to thin the blood, but balance the action, such as bacopa, eleuthero root and perhaps a good quality wild omega-3 oil. I would suggest giving it five days on, two days off if you're using as a single herb, as it may cause nausea, vomiting and possible headaches.

If using a powder of the leaf, I would recommend the dose of ¼ teaspoon per 30 lbs of body weight once daily in food. For a liquid extract 1:3, 1 drop per 2 lbs body weight once daily.

Cautions: Ginkgo is not safe for use with pregnant or lactating animals. It is contraindicated with anti-platelet as well as anti-coagulating medications. May not be indicated for long term use. 🐾



Joyce Belcher is an herbalist and formulator of pet supplements and herbal medicinals for veterinarians and is the founder of Herbs for Life Inc and Sustenance Herbs. She lives in Kittery, Maine with her husband, Aja the Poodle and two cats; they are all rescues. Visit Joyce at sustenanceherbs.com