



☰ Menu



Ashitaba Benefits [A Comprehensive New Guide]

A close-up photograph of vibrant green Ashitaba leaves, showing their serrated edges and prominent veins. The leaves are layered, with some in sharp focus and others blurred in the background.

ASHITABA

A Comprehensive Guide

Angelica Keiskei

Are you ready to benefit from the amazing superfood [Ashitaba](#)? You're in the right place!

Let's have fun as we learn about the rich history of this fabulous plant and its numerous health benefits.

There's no doubt about it...

Herbal medicine has become extremely popular in recent times. Also known as **phytomedicine** or **botanical medicine**, herbal medicine recognizes the many health advantages you can get from the flowers, berries, seeds, leaves, roots, bark, and stems of a wide range of plants.

Herbal medicine has long been a part of **traditional medicine**. It is now eliciting greater renewed interest as clinical research continues to prove the healing and therapeutic capabilities of plants.

About 80% of people across the world now include **herbal therapy** in their primary health care program. Even physicians are starting to include plant-based medications in their prescriptions.

What accounts for the renewed interest in herbal medicine?



After doing a lot of research, **I only recommend Kenko Ashitaba**. Click the image or [click here](#) to find out why they're sourcing and preparation are second-to-none. Their customer reviews are amazing because *I truly believe that this is the very best, purest Ashitaba you can buy!*

People seem highly discouraged by the **high cost of pharmaceutical drugs**. The use of therapeutic and medicinal herbs seems to be a much less expensive option.

People have also started to demonstrate a keen interest in pursuing [tonics and cures](#) that are organic and natural.

Ashitaba is one of the plants that seem to be generating a great sense of excitement and attention these days. Often referred to as “[tomorrow’s leaf](#)”, “treasure plant”, and “longevity herb”, Ashitaba is clearly generating interest among people who are health and wellness enthusiasts.

What accounts for this remarkable interest in the wild herbal plant?

Let’s find out! But first...

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How do you pronounce ashitaba?

It's pronounced ah-she-TAH-bah

What is Ashitaba?



Angelica Keiskei Koidzumi, commonly called Ashitaba, is a resilient perennial plant that belongs to the *Angelica* genus. It is native to [Hachijō-jima](#) in Japan. It is also cultivated in To-shima, Nii-jima, Mikura-jima, parts of Honshū, and Izu Ōshima.

Because of the many health benefits associated with its use, Ashitaba is now commercially cultivated in China, Indonesia, and other parts of the world.

Ashitaba means “earth growth,” referring to its strong [regenerative capabilities](#). Pick some leaves from the plant at the break of day and you will find new leaves blossoming in their place by the next day. It’s almost like you will never run out of leaves to pick!

This green luxuriant plant is often mistaken for celery. It measures between 50 and 120 inches in height. It has a [high survival rate](#). It thrives in modest conditions with a temperature range of 12 to 22 degrees.

Ashitaba has been used for its medicinal properties [since ancient times](#). It has been part of the [local diet](#) of the indigenous people of China and Japan for thousands of years.





Its use can be traced back to China during the [Ming Dynasty](#), and Japan during the [Edo Period](#) of the 15th century. It is believed to be the source of vital nutrients essential to promoting physical health and well-being, as well as for slowing down the aging process. It provides more [antioxidants](#) than popular sources, like soy, green tea, or red wine.

Ashitaba is an incredibly strong and hardy plant. It does not take much to [cultivate it](#). It thrives in the most modest of conditions and grows fast. It easily grows in backyards, sandy beaches, and roadsides, even without having anybody take care of it.

The islanders of Hachijō-jima are recognized for their [excellent health and longevity](#). Research shows that their wellness is a result of a diet that includes rich amounts of the Ashitaba plant.

The plant is said to provide energy, good health, and amazing vitality. The plant has since been acknowledged as an [effective health food](#), as well as a medicinal herb with a vast range of [therapeutic and healing properties](#).





Today, locals still use Ashitaba in their regional cuisine. The stems, roots, and leaves of the plant can be eaten raw or cooked. The roots can be pickled. The taproots, leaves, and stipes can be used to prepare tempura, pasta, soba, ice cream, and tea.

Ashitaba can be used in so many ways, that it is not surprising to find people planting the herb in flower pots and small herb gardens.

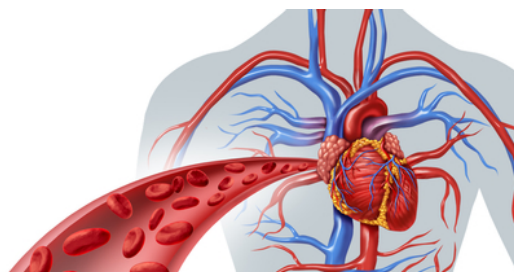
This is a personal note and endorsement of a brand. I personally take **Kenko Ashitaba**! I love the beautiful bamboo jar and in my experience, the efficacy and taste are the best of the ashitaba I have tried.

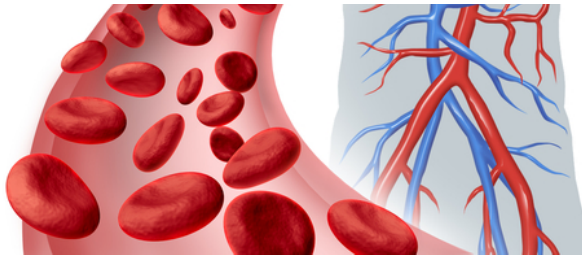
Early Accounts of Ashitaba Use

The plant is endemic to the Hachi-jo Islands of Japan. Its profuse growth is attributed to the **fertile volcanic soil** of the island and the balmy tropical climate.

Ashitaba is called the “treasure plant” in early written reports about it. There are also many references to it as the “**longevity herb**.”

The plant was a staple part of the local diet of the island’s residents. Both names clearly indicate that the local populace was keenly aware of the plant’s contributions to their unusually excellent health and long lives.





Early accounts demonstrate that people even then used the plant for its therapeutic and medicinal properties. It was used to **cleanse the liver**, detoxify the blood, and purify the colon.

It was used to improve **blood circulation** and enhance heart and lung function. It was used for the relief of joint, muscle, and nerve discomforts.

There are other accounts referring to the wondrous properties of the plant.

The **Izu Islands** was a circle of small rocky and desolate islands. The harsh setting lent itself for the Shogun era to designate the place as **one of exile**. Outcasts from society and criminals were taken to the islands to live there as a form of punishment.

They were subjected to hard labor and extremely poor food rations. The exiles were compelled to forage for food from the surrounding sand and rock.

In spite of the harsh living conditions, however, the exiles remained healthy and lived long. The extraordinary health of the exiles was attributed to the hardy Ashitaba plant which was a constant in the exiles' diet.

Scientists were later sent to study and analyze the exiles' environment to find out the reasons for the exiles' longevity, health, and vigor.

Research pointed to Ashitaba and its long list of [phytonutrients](#), including the potent flavonoid compounds called [Chalcones](#), which helped to boost health and retard aging.



People of ancient Japan and China passed on their knowledge about the healing properties of the plant from generation to generation in the oral tradition.

The first written reference to the plant can be found in [Compendium of Materia Medica](#), a book on Chinese medicine authored by Li Shizhen (1518-1593).

[Li Shizhen](#) was an acupuncturist, herbalist, pharmacologist, scientist, and medical doctor who lived during the Ming Dynasty. His book, the result of 27 years of intensive research, is considered as one of the most comprehensive books published about [traditional Chinese medicine](#).

It includes a list of minerals, animals, and plants that show medicinal attributes. Ashitaba is included in this list. The book has since been translated into German, Latin, English, Russian, and other languages.

Health Benefits at a Glance



“Longevity herb” seems to be a fitting name for Ashitaba. It is a fitting description for a powerful food source that provides an extensive list of beneficial health benefits that support the circulatory system, [immune system](#), digestive system, cardiovascular system, and [nervous system](#), boosts general health, and slows down aging.

Ashitaba does the following:

- Cleanses the blood and stimulates healthy blood circulation
- Boosts the growth of nerve cells in both the central and peripheral nervous systems
- Supports the body’s immune system
- [Fights infections](#)
- [Prevents the growth of tumors](#) and disease cells
- Strengthens liver and kidney functions
- [Regulates blood pressure](#)
- Prevents blood disorders
- Controls levels of cholesterol
- Promotes intestinal health
- Prevents muscle pain and joint stiffness
- Detoxifies the body

- Keeps vision sharp
- Relieves symptoms associated with peri-menopause
- Keeps the skin smooth and young-looking
- Helps with sleep

Health Problems that Ashitaba Helps Prevent

Ashitaba helps prevent the following medical conditions:

- Hepatitis
- Poor blood circulation
- Nausea and headache from excessive alcohol intake
- [Flu](#)
- Common cold
- Imbalance in blood sugar levels
- [Constipation](#)
- Nerve damage
- [Chronic fatigue](#)
- GI tract disorders
- Allergies
- [Anemia](#)
- Inadequate reproduction of blood cells
- [Asthma](#)
- Infertility
- Food Poisoning
- Hypertension
- [Hemorrhoids](#)
- Carcinoma
- Small Pox
- Premature skin aging

- [Edema](#)
- Gout

The Nutrients and Therapeutic/Medicinal Compounds Found in Ashitaba

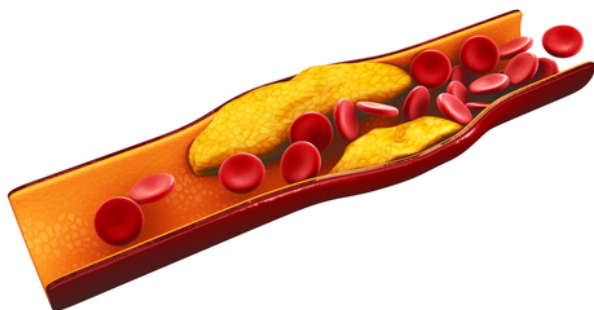
Ashitaba is rich in a wide variety of nutrients. It provides the following health boosters:

- [Amino acids](#)
- Antioxidants
- Niacin
- [Vitamin C](#)
- Vitamin B12
- Vitamin B1
- Vitamin B2
- [Vitamin A](#)
- Vitamin K
- Vitamin E
- [Folate](#)
- Zinc
- Iron
- Pantothenic Acid
- [Sodium](#)
- [Copper](#)
- Calcium
- Saponins
- Magnesium
- [Manganese](#)
- Phosphorus

- [Potassium](#)
- Iron
- [Phosphorus](#)
- Manganese

Some of the plant's most noteworthy therapeutic compounds include the following:

Chalcones



Ashitaba has a particularly high concentration of [Chalcones](#). Chalcones are exceptional composite substances that are recognized for their healing properties. In concentrated levels, they help purify the blood. They [reduce bad cholesterol](#) and [regulate blood pressure](#).

They foster efficient metabolism by helping the digestive system break down fats, so they are highly [recommended for weight loss](#).

Chalcones also regulate moods. They [reduce anxiety](#) and control mood swings.

Health studies show that the water-soluble chalcones in Ashitaba are more potent than those found in citrus fruits, soy, red wine, or green tea.

Antioxidants



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People regard antioxidants as essential for wellness and longevity. Antioxidants enable the body to perform optimally. They keep cells healthy and help replace those that are worn-out.

They [strengthen the immune system](#). They [reduce inflammations](#) that are associated with age-related medical conditions. They help [slow down aging](#).

Ashitaba is immensely rich in antioxidants. It has a higher ORAC or oxygen radical absorbance capacity value than green tea. It helps fight aging by protecting the cells from the [damage that free radicals can cause](#). It helps fight the onslaught of degenerative diseases.

Vitamin B12





Eggs, fish, and meat contain [Vitamin B12](#). Most plants, however, lack this essential vitamin. Individuals who are on a plant-based diet have difficulty looking for a dependable Vitamin B12 source.

Ashitaba contains the B vitamins. It is a particularly good source of Vitamin B12. People who do not eat fish, eggs, or meat, need not run the risk of being Vitamin B12 deficient.

Vitamin B12 is essential for [healthy cognition](#) and a [strong nervous system](#). It is a critical ingredient for [nerve growth](#).

Vitamin B12 helps the body [produce blood cells](#) and growth hormones. It builds up immunity against diseases. It [increases focus and concentration](#).

It also decreases the risk of harmful anemia and heart disease.

Chlorophyll





Ashitaba is a rich source of chlorophyll. Chlorophyll is the pigment responsible for the green color of blue-green algae and leafy greens.

Chlorophyll [mimics the molecular structure of human blood](#). Thus, it is often referred to as “[green blood](#)” or “[nature’s blood](#).”

Chlorophyll [stimulates the immune system](#). It helps the body produce red blood cells. It [removes toxins](#) from the liver and blood. It cleans the intestines and [encourages friendly bacteria to grow](#) in the digestive tract.

The chlorophyll in Ashitaba helps the body in its efforts at blood purification, organ detoxification, and alkalization.

Germanium

Ashitaba has the trace mineral [germanium](#). This natural macrobiotic helps the body produce the substance [interferon](#). Interferon is a protective naturally occurring substance that prevents the penetration of bacteria and viruses. It strengthens immunity and [provides protection against bacterial and viral infections](#).

Geranium helps to purify the blood in several ways. It protects the blood from destructive hydrogen ions. It creates a healthy alkaline PH. It **increases oxygen supply** to blood cells which, in turn, slows down or prevents the development of tumors. It **promotes the growth of new blood cells**.

Coumarins



Ashitaba contains **Coumarins**. Coumarins are **phenolic compounds** found in plants. They have potent divergent properties, including anti-tumor, anti-fungi, and **anti-disease** properties. They prevent spasms and **inflammations**. They **stimulate blood flow** and reduce capillary permeability.

Health Benefits of Ashitaba

Ashitaba is growing in popularity because of its many health benefits. It is now recognized for the following attributes:

Ashitaba promotes general wellness.

The plant promotes wellness by **relaxing the blood vessels** and reducing the oxidation of bad **cholesterol**. Taking Ashitaba helps reduce the risk of

[heart attack](#), stroke, brain disorders, [immune deficiency](#), and other serious diseases.

It strengthens immunity so you can easily fight illnesses like [flu](#) and the [common cold](#). It helps rejuvenate your cells so you stay energetic and active far longer.

It strengthens DNA.



A wide range of factors constantly wage war against the body. To stay healthy and well, you must empower your body to rebuild and strengthen itself.

As you age, the [DNA may slowly weaken](#). The body becomes high risk for many age-related diseases.

Ashitaba protects the DNA from the damage that free radicals can cause. It also [repairs DNA](#) and restores the body's balance so it can defend itself against diseases like arthritis, diseases, [glaucoma](#), Type II blood disorders, and heart disease.

It stimulates the production of the Nerve Growth

Factor.

The **Nerve Growth Factor** (NGF) is a naturally-occurring material that helps nerves grow and develop. It is essential for survival. It strengthens the central and peripheral **nervous centers**.

Healthy neurons ensure a stronger, more accurate, and healthier memory. They help to alleviate the early onset of diseases associated with neuron degeneration like **Alzheimer's disease**, Parkinson's, and dementia. They help put off the premature learning deficiency and memory impairment associated with growing old.

It increases energy levels.

Ashitaba increases energy levels like **caffeine** does. However, it does not come with the jitters usually associated with caffeine. It provides a boost in energy without the accompanying crash. It combines energy with a pleasant ability for concentration.

Researchers believe that this unusual blend of physical high and emotional calm is a result of the unique blend of **antioxidants**, Chalcones, and B vitamins.



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image or [click here](#) to find out why they're sourcing and preparation are second-to-none. Their customer reviews are [amazing](#) because *I truly believe that this is the very best, purest Ashitaba you can buy!*

It helps fight infectious diseases.

History tells us how Ashitaba could prevent the spread of [smallpox](#) among the people who lived in the Izu Islands.

Ashitaba has since been recognized for its medicinal properties that help strengthen the immune system and [fight infection](#). It shows potent antibacterial properties to fight serious infections.

It heals wounds and skin infections.

The roots and stems of the Ashitaba plant hold a [sticky yellow sap](#) that generously gushes out when the plant is slivered. The juice can be applied topically to treat a wide range of acute and chronic skin conditions.

It aids in the faster healing of [pustules](#), [cysts](#), and [boils](#). It cures athlete's foot and other fungal infections. It hastens the healing of cuts and lesions. It repels insects and prevents [insect bites](#) from getting infected.

When you apply Ashitaba regularly on problematic skin surfaces, you can expect your skin problem to heal and clear up fast.

It prevents blood disorders.





Traditional medicine makes use of Ashitaba as an anti-Diabetes plant to help bring down blood sugar levels.

Also read: [Keto Diet For Type-2 Diabetes?](#)

Ashitaba helps to regulate blood sugar levels. It stabilizes blood sugar and prevents the spikes associated with hyperglycemic episodes. It also helps diabetics respond faster and more efficiently to insulin.

Ashitaba helps decrease the secretion of stomach acids.

Ashitaba contains 4-hydroxyderricin and xanthoangelol. [Research shows](#) that these two compounds help to regulate stomach secretions. They help control symptoms associated with peptic ulcers and GERD or gastroesophageal reflux.

Ashitaba promotes cardiovascular health.

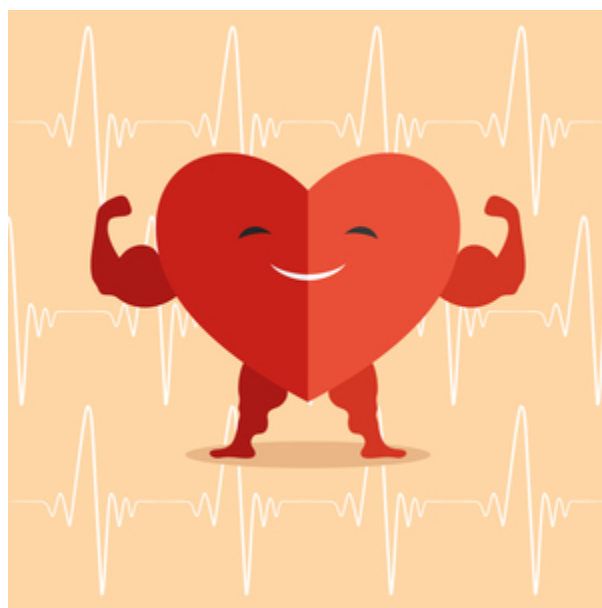
A [2018 scientific study](#) shows that Ashitaba extract contains abundant flavonoids containing chalcones that enhance the natural levels of something called Plasminogen activator inhibitor-1 (PAI-1).

According to the study, "PAI-1 in plasma disrupts the fibrinolytic balance

and promotes a prothrombotic state with which thrombosis and cardiovascular diseases are associated.”

That’s a mouthful, but who wouldn’t welcome an herb that so obviously promotes the health of the human cardiovascular system?

Ashitaba plays an important role in promoting heart health.



It decreases high blood pressure. It is an effective anti-clotting agent. It increases HDL, also known as the “good” cholesterol and reduces levels of triglycerides and LDL, referred to as the “bad” cholesterol.

It has anti-inflammatory properties that help prevent inflammation of the vascular endothelial cells surrounding the circulatory system.

It helps the liver in its functions.

The liver helps to convert food into forms that the body can use and store efficiently. It converts sugar or glucose into glycogen, proteins into amino acids, and carbohydrates into energy. It transforms the chemicals found

in food into substances that the body can make use of.

The liver also eliminates useless and toxic substances that may harm the body. It purifies the blood.

Ashitaba helps the liver do its functions efficiently. It is a rich source of Vitamins A, K, D, and B12 and minerals which the liver needs to remain efficient. It helps the body absorb fat and cleans the arteries of harmful fats.

It helps with gastrointestinal functions.



Nausea, chills, vomiting, headache, fever, and a bloated stomach can often accompany Gastrointestinal Tract Disorders. GI disorders upset the gut, disturb digestion, and keep the stomach from functioning efficiently.

They can cause inflammation in the digestive tract and cause stomach cramps and diarrhea.

GI disorders that are not treated immediately may cause stomach mucosa to erode and the colon to become inflamed and form ulcers. These issues may cause the immune system to malfunction.

Ashitaba has prebiotic fiber that helps the GI tract stay healthy. It helps the body prevent or recover from digestive tract issues like chronic enteritis, colitis, duodenal ulcer, chronic and acute gastritis, gastric atonia, and stomach disease.

Ashitaba promotes the growth of prebiotics that strengthens the immunity of the GI tract. It helps to regulate bowel movement and increase fecal bulk. It also helps generate more good bacteria for a stronger gastrointestinal system.

Ashitaba helps resolve sexual and fertility problems.

Ashitaba helps to increase sperm production. It also increases libido.

Ashitaba helps with sleep problems and other related issues.



Ashitaba helps you overcome sleep problems.

It helps you to sleep and wake at appropriate hours and avoid fatigue and other difficulties linked to a lack of restful sleep.

Ashitaba is recommended for people with SAD or Seasonal Affective Disorder. It helps individuals who need to take night shifts at work to regulate their sleep patterns.

It helps to control issues with confusion and sleeping typical of patients who undergo surgery.

So not only does it aid directly with sleeping issues, it has very helpful benefits for issues that cause sleeplessness and insomnia.

Ashitaba slows down early signs of aging.



Ashitaba keeps the skin supple, young, and free from age lines and wrinkles. It controls free radicals and prevents early aging at the cellular level. Healthy cells also ensure healthy organs and tissues which lead to a longer and more vibrant life.

Ashitaba stimulates the body's life-force energy or the qi, as well as the blood or xue.

According to TCM or Traditional Chinese Medicine, Ashitaba allows the body to make full use of its qi and xue. It helps relieve symptoms

associated with irregular menstrual period and menstrual cramps.

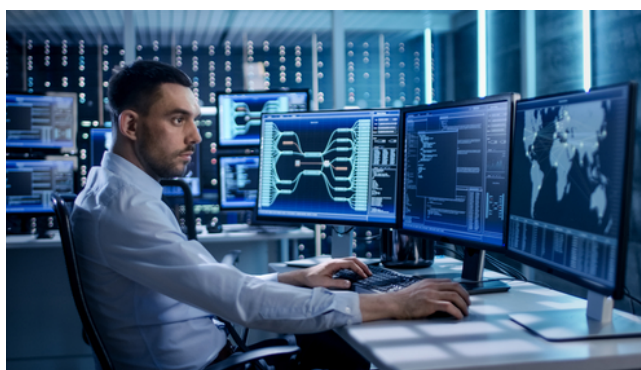
It eases the pain and discomfort that may accompany peri-menopause.

By activating both the xue and the qi, Ashitaba is believed to stimulate milk production, even in women who find it difficult to produce milk.

Ashitaba is an effective digestive tonic.

The bitters in the plant generally serve as a digestive tonic, whetting the appetite, improving digestion, and regulating bowel movement.

Ashitaba helps protect the body from harm caused by technology.



The use of modern technology comes with risks to health. Repeated exposure to industrial wastes and heavy metals may have serious health repercussions.

When you use electronic appliances like televisions, computers, and mobile phones, you expose yourself to the hazardous positive ions that these gadgets generate. Ashitaba acts as a shield against these perils.

Ashitaba perks up metabolism.

Metabolism tends to slow down with age. Ashitaba helps to rev it up. Taking the herb regularly helps you to jump-start your metabolism and keep your energy up. It stimulates the central nervous center and increases metabolism.

Toxins in the body can get in the way of burning calories. They can cause weight gain. The detoxifying properties of Ashitaba help resolve this problem.

Ashitaba helps you to lose weight.



Ashitaba revs up your metabolism and helps you burn more calories. It is an effective aid to losing weight.

It also helps you to manage your appetite. The glycoside compound in Ashitaba replaces the sugar that your body requires, effectively reducing your cravings for sweets.

Ashitaba fights constipation.

If you need a laxative agent for preventing constipation, use Ashitaba

leaves. Its Chalcones component relaxes the bowels and facilitates effective digestion and effortless bowel movement, helping you get and stay regular.

Ashitaba helps prevent and heal painful joints and muscles.



Gout, injuries, rheumatoid arthritis, osteoarthritis, sprains, and excessive exercise are among the many causes of muscular and joint pain. The pain can be mildly irksome or unbearable. As you grow older, you tend to experience such pain with increasing frequency.

Ashitaba helps to reduce these pains. It relaxes the muscles and diminishes the pain and discomfort.

What Does Ashitaba Taste Like?

Ashitaba combines a nutty flavor with a touch of bitterness. Many describe it as being much like the taste of celery. This is more of a concern if you're eating it fresh, raw, in tea, etc. However, if taking an ashitaba extract, you'll never even taste it!

Incorporating Ashitaba into Your Diet





There are many ways to incorporate this nutrient-rich plant into your diet.

You can eat the leaves of the Ashitaba raw. You can extract the juice from the leaves and use it as tea.

You can sauté the leaves. You can use the roots, stalks, and leaves to make different kinds of homemade dressings, smoothies, or tea.

Ashitaba is also available as ready-to-drink teas, juices, or smoothies. You can also take it in capsule or tablet form.

It is also available in powder form which you can readily add to your food or drink of choice.

Whether you enjoy the taste of raw, fresh ashitaba or you'd prefer to just take quick, convenient extracts and supplements in pill or tablet form, there's a product that's just right for you.

Where Can I Buy Fresh Ashitaba?

If you prefer to use fresh Ashitaba, you can visit your local Asian market to get fresh produce.

You can also buy the seeds online and grow the plant yourself. All that the plant needs are a quick soak, fertile soil, and a good amount of sunshine. You can grow the plant in a flowerpot or in your home garden.

Can I Grow Ashitaba?



It is not difficult to cultivate and grow Ashitaba plants. It can survive difficult conditions. However, it is likely to thrive in fertile soil, sunny weather, and temperatures between 20 and 85 degrees.

You can harvest the seeds from mature plants and plant them for the next planting season. Experts recommend that you keep the seeds for about three days or so in a place with a 30-degree temperature before you plant them to ensure that they germinate well.

You can buy Ashitaba from most local health stores if you prefer to take the plant in its other forms (powder, tablet, capsule, tea, juice, and smoothie). You can also buy it online. My trusted source is [Kenko Green](#).

Does Ashitaba Have Side Effects?



Research indicates mostly positive things about the use of Ashitaba. However, like the other plants belonging to the Angelica genus, Ashitaba contains Furocoumarins.

Furocoumarins are substances that tend to heighten the skin's reactions to sunlight, as well as to other comparable irritants. Continued exposure to these irritants can increase skin sensitivity and may lead to dermatitis and other similar skin conditions.

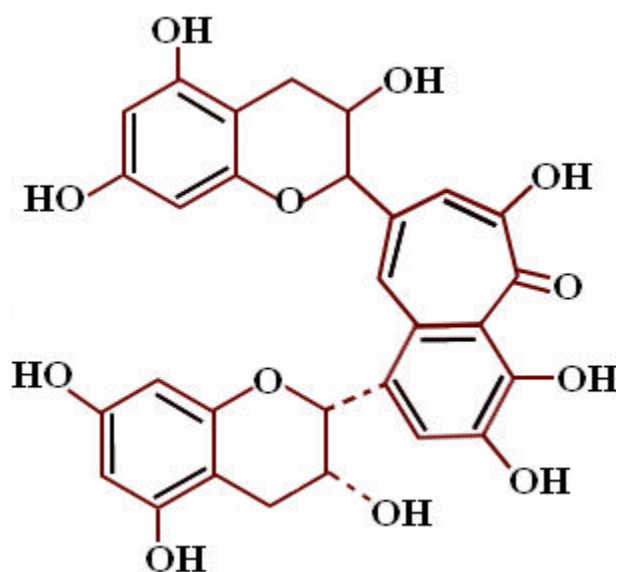
[Clinical trials are still being done](#) to check if the regular use of Ashitaba may, indeed, lead to problems associated with the excessive intake of Furocoumarins.

Before you include Ashitaba, or any new herbal supplement or extract for that matter, in your diet regimen, make sure that you consult with your family physician first.

Summary: Ashitaba – the Super Food!

Why is Ashitaba considered one of the elite, a true superstar, among other plants?

New research indicates amazing results. Ashitaba was able to best other more popular and longer-known herbs when tested for its antioxidant properties.



The phenolic compounds found in Ashitaba contribute to the wide range of healing properties of the plant.

Aside from being a potent antioxidant, Ashitaba also has anti-tumorigenic, anti-microbial, anti-carcinogenic, and anti-inflammatory properties.

Simply put, it helps prevent tumors, infections, diseases, and inflammations. It also promotes nerve cell growth. It helps to detoxify the body.

Ashitaba helps address a vast range of health problems. It promotes health and youthful energy.

Ashitaba is now recognized as a Super Food because of its vast array of health benefits and unique blend of phytonutrients.

It is a rich source of 13 minerals, 11 vitamins, antioxidants, enzymes,

germanium, chlorophyll, plant fibers, carotene, proteins, coumarins, glycosides, and a unique, powerful type of flavonoids known as chalcones.



Ashitaba is widely acknowledged to be the ideal food because of its extensive range of nutrients. Researchers believe that it is the synergism among its many active compounds that makes Ashitaba the Super Food that it is.

The “longevity herb” of the local populace of Hachijo Island continues to be the source of phytonutrients and compounds responsible for excellent health and long life today.

Taking Ashitaba is an easy, convenient, and natural way to stay healthy and young-looking. Regarded as one of the most potent multi-functional Super Food in the market today, Ashitaba continues to live up to the reputation it established a couple of thousands of years ago.

This traditional medicinal and therapeutic plant from ancient Japan now holds a solid reputation as a super green food in the mainstream health and wellness industry.

Ashitaba Plant: Health Benefits (Tomorrow Leaf)



Ashitaba has been around as a plant-based medicine in Japan going back through known history. In this part of the article, I want to share some of the top benefits of ashitaba that are going to cause this plant to make waves in the alternative medicine world.

Commonly known as angelica keiskei, this plant naturally grows along the humid coastal line of southern Japan. It has been used medicinally as a part of the Japanese diet in that region as ashitaba tea or leaves straight from the ashitaba plant.



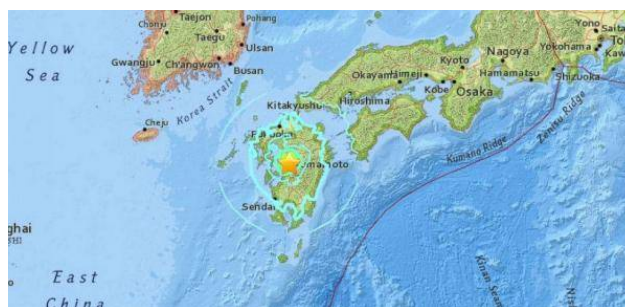


It is used to purify and build blood supporting a long and healthy life. Despite ashitaba having incredible health benefits, most people in the world have never heard of the plant.

Doctors and scientists have started researching ashitaba pretty heavily beginning in the mid-1990s and so far the health benefits they have found have been fantastic.

It offers a wide range of effects, but this recent research into the benefits of angelica keiskei have started to really highlight everything we already knew about the plant from traditional Japanese medicine passed down through the ages.

History of Ashitaba Use



Natural growing region for ashitaba (highlighted)

The record of Ashitaba's use for its medicinal value goes back hundreds of years. We are sure it was used far longer than this but the oldest available written record I could find about the medicinal use of Ashitaba

appears in a book on Chinese medicine that focuses on medicinal grasses and weeds.

The book by Dr. Lee was written in the years between 1518 to 1593 AD and was first published during the Ming Dynasty. This book has since been transcribed into many languages including English, Latin, Russian and German and has become one of the most famous publications on Chinese medicine worldwide. In 1606, the book was brought to Japan and was presented by Razan Hayashi to the Shogun.

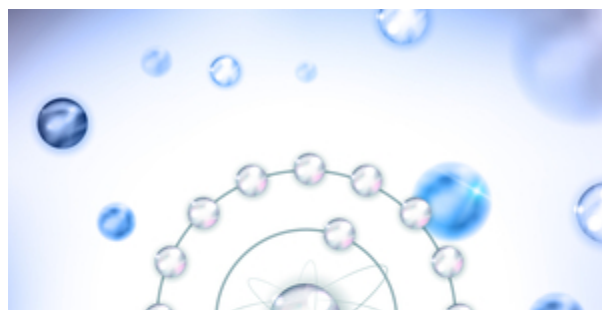
We believe ashitaba has been used as medicine going maybe thousands of years before this publication but the knowledge of healing plants is traditionally transmitted from generation to generation verbally through apprenticeship and what books there are guarded closely by in Japan.

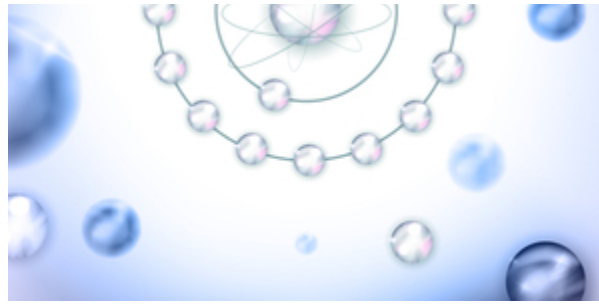
TOP 6 BENEFITS OF ASHITABA

That being said, through extensive research that has only really just begun, angelica keiskei is already well on it's way to proving itself as one of the most incredible healing plants on the planet.

Many medicinal benefits have already been proven about the plant, but these are some of the ones that are pretty awesome!

1. A Powerful Antioxidant



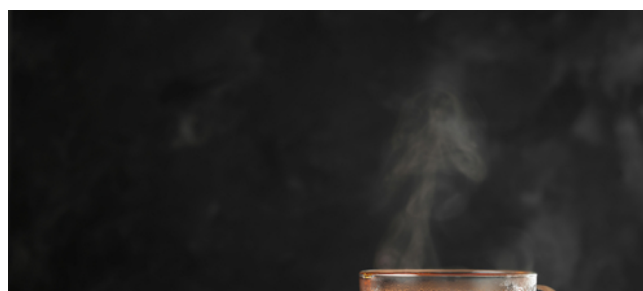


I am sure you have heard about the relationship that exists between health and longevity, and antioxidants? If you haven't this is what the belief is: Antioxidants are vital to the optimal function of the human body, they are abundant in the natural world and are known to reduce inflammation and improve your overall immune function.

They have been proven over and over again to prevent the physical process of aging and have an excessive amount of anecdotal evidence that shows that they extend overall lifespan. In other words, they are awesome!

Antioxidants prevent unhealthy cell division and aid in the replacement of damaged or dead cells. Antioxidants play a critical role in the body as it speeds up the processes of healthy cell division and cell replacement, which in turn slows down the overall effects of aging and prevent specific age-related diseases caused by inflammation.

Ashitaba is one of the most antioxidant-rich plants on the planet with a higher ORAC value than green tea, providing your body with an abundant source of anti-aging goodness.



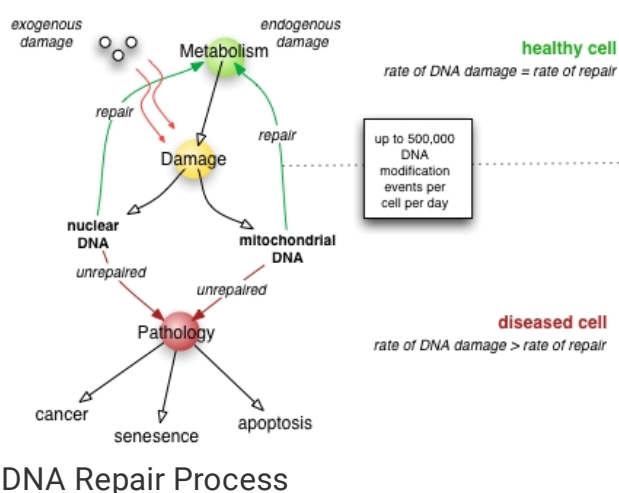


Consuming it whether in raw natural leaf form or as a tea will protect body cells from free radical damage. Indeed, free radical damage is the primary factor that accelerates the aging processes, as it makes the body more prone to degenerative diseases.

Besides that, Angelica Keiskei relaxes blood vessels as well as decreasing the oxidation of unhealthy cholesterol, thereby increasing lifespan. If you take ashitaba with almost every meal, then the risk of having life-threatening diseases, brain disorders, strokes, heart attacks, and immune dysfunction will be massively reduced.

Ashitaba will make your body's cells rejuvenate and reproduce faster, giving you a boost in youthful energy and vigor while at the same time fighting off immune-based illnesses like the common cold and flu viruses.

2. DNA Shield



At every moment of human life, your body is constantly rebuilding itself.

While this constant process is happening, cells are dying and being replaced with new ones.

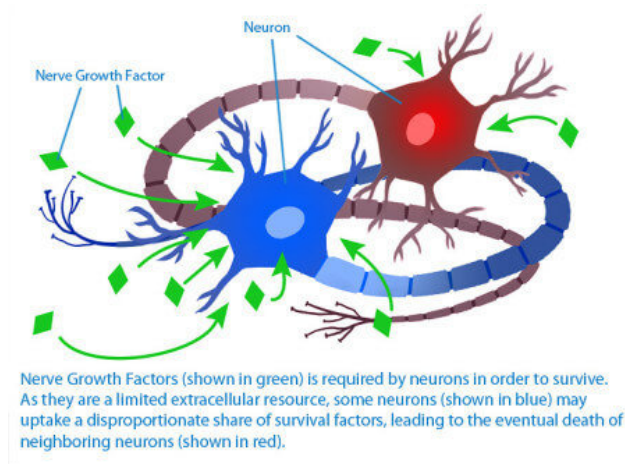
External and internal factors are constantly waging war on your body, and the map it uses to rebuild and maintain your health is your DNA map.

The thing is over time as we age the DNA slowly becomes damaged, and this is when we often see strange self-damaging diseases arise. This is only possible because our body has forgotten its original plan or more specifically our DNA is damaged.

The good news is that ashitaba has been proven to not only protect the DNA from free radical damage it has been shown to repair your body's DNA restoring balance and optimal function to your body.

This effect can be almost magical at times, and the anecdotal evidence has shown this effect of healing diseases ranging from disease to blood disorders. I do hope that scientists keep researching this because what they have found so far is just, wow!

3. Increased Nerve Growth Factor (NGF)



Nerve Growth Factor

Nerve Growth Factor, or NGF in short, is a protein common in all vertebrate tissues. It plays a vital role in the survival and differentiation of nerve cell foundations, found in the central nervous system.

Also, it also plays an important part in maintaining a healthy connection between the central nervous system and the peripheral nervous system.

This process, derived from its ability to keep your body's neurons healthy, helps to alleviate signs and symptoms of dementia, Parkinson's, and Alzheimer's disease, all of which are mainly caused by neuron degeneration.

Scientific studies show that ashitaba not only stimulates your body's production of NGF but also active molecular structures and the presence of concentrated levels of vitamin B in the ashitaba plant help to enhance the NGF effect.

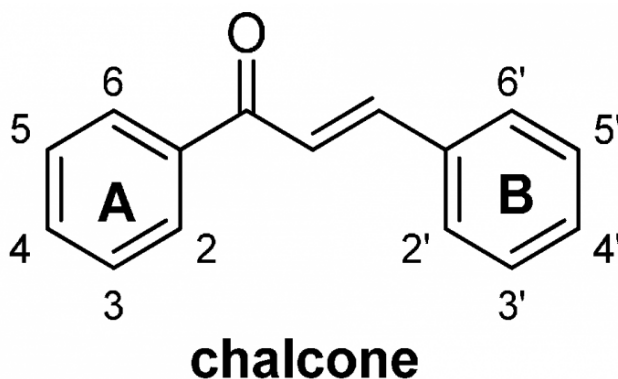
People who have been using it are known to have longer-lasting and more accurate memory.

4. Rich In Vitamin B12

As I mentioned earlier, the ashitaba plant is rich in B vitamins, specifically B12. This vitamin is not only vital for nerve growth, but also has all of these following benefits.

- Increases the production of human growth hormones
- It accelerates the production of blood cells
- It strengthens the immune system
- It leads to greater concentration and attention

5. Chalcones



Chalcone composition

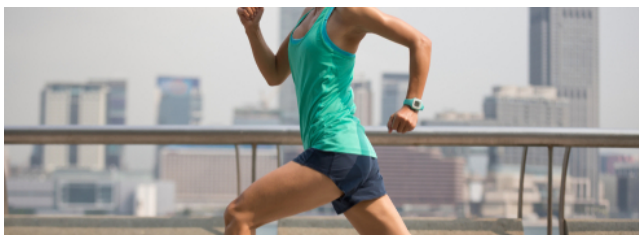
Ashitaba has the highest concentration of the natural compound chalcone in the known world. Chalcone is a unique compound that has incredible healing effects especially when it comes to purifying the blood.

Medical research has proven that concentrated levels of chalcones (that are present in ashitaba) help to lower bad cholesterol, are a powerful blood pressure regulator, and promote a faster metabolism by breaking down fat in the digestive system.

In fact, if you have been trying to lose weight with little success it is worth giving ashitaba a trial for that effect alone.

Furthermore, the chalcones in ashitaba are known to improve mood as well as reducing anxiety.

6. Caffeine Free Energy





Last but not least; Ashitaba is known to increase energy levels. This effect does not come from caffeine, but it is noticed by almost everyone that takes it. The increase in energy it provides is jitter-free, crash-free and comes with an overall calm that is quite pleasant.

Scientists have had trouble isolating the source of this energy-boosting high, but it is believed to be derived from the combined factors of B vitamins, chalcones, and antioxidant effects.

Whatever the cause it is a great caffeine-free source of energy that will keep you healthy and vibrant throughout your day.

Nutritional Content of Ashitaba

In addition to these great benefits and more ashitaba is a true superfood packed with nutrients including.

Vitamin

- Vitamin A
- Vitamin E
- Vitamin K
- Vitamin B12
- Vitamin B2
- Niacin
- Vitamin B6
- Folate

- Pantothenic Acid
- Vitamin C

Minerals

- Sodium
- Potassium
- Calcium
- Magnesium
- Phosphorus
- Iron
- Zinc
- Copper
- Manganese

There are dozens of benefits of ashitaba tea that I could add to this article, but enough is enough: the leaves of this plant is awesome! It doesn't have side effects and the benefits it brings not only prevent aging but keep you feeling better every day.

It is one of only a few supplements that I keep in my daily dosage routine for obvious reasons, and I can't speak any more highly about it.

How To Harvest Ashitaba Leaves For Drying & Making Tea | Tomorrow's Lea...



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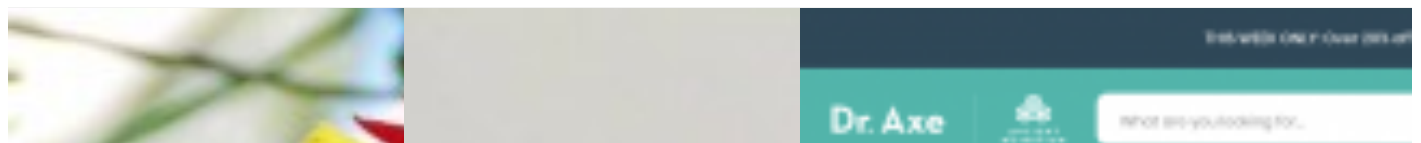
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Lastly, I want you to know that I personally get almost all of my herbs from [Lost Empire Herbs](#). Their sourcing is the best in the business and many of their herbs are grown in the USA. [Click here](#) to learn about their patented Full-Spectrum Extraction process and get 15% off your first order! Tip: Be sure to sign up for their newsletter at the top.

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28 thoughts on “Ashitaba Benefits [A Comprehensive New Guide]”

leticia romano

Oct 11, 2016 at 3:04 pm | Reply

Thanks

MAI PHAM

May 11, 2017 at 4:16 am | Reply

How to order this product?

Where can I buy?

How about the price of this tea?

Al-Razhed S Bakal

May 2, 2018 at 5:17 am | Reply

To Ma'am Lilia Espiritu, we have a lot of Ashitava Plants planted in our backyard, providing this plant is no longer a problem

Lilia Espiritu

Oct 14, 2016 at 10:32 pm | Reply

I've read the beneficial effect of this plant. I'm from Hawaii where can I buy it. Is it also good if you have blood disorders? Am sure interested about it. Thanks

Kurt Watson

Oct 18, 2016 at 7:49 pm | Reply

There isn't clinical data on it yet but I would expect to see some great stuff with regards to ashitaba and blood disorders. I buy my ashitaba as a powdered (matcha like) tea from Kenko.green. As for seeds and seedlings check out Strictly Medicinal Seeds.

jeanie ellis

Oct 15, 2016 at 10:00 pm | Reply

Been making loose tea out of the ashitaba plant. Had an endoscope for my Barrett esophagus, which they said come back in three yrs. Find its awesome for me. I mix my cranberry hibiscus with the ashitaba so there is no bitterness. Just a lovely combination!

Kurt Watson

Oct 18, 2016 at 7:50 pm | Reply

Oh that sounds nice! I love hibiscus tea.

Ladybug

Nov 19, 2017 at 6:09 pm | Reply

Hi, i am suffering from a bad reflux and its really debilitating. I Usually catch sore throat due to acid reflux. It really hurts my throat sometimes. Ist really good for reflux? How long have you been taking ashitaba tea?

grace

Nov 28, 2016 at 1:32 am | Reply

this was a good article – thanks, I’ve bookmarked it for future reference. I just bought some Ashitaba today, and I look forward to its benefits. I also bought some He Shou Wu, Reishi Mushroom and Cordyseps – is that too many herbs to introduce at once or even to build up to? It seems all four have different benefits, but I am curious as to your thoughts. . . also, since I’m going all Eastern medicine here, is it OK to drop my regular daily multi-vitamin? Thanks for your advice!

Kurt Watson

Dec 1, 2016 at 10:44 pm | Reply

The three other herbs you listed are all tonic herbs so I don’t think you will have an issue with them. If you do have an issue it would be impossible to tell which herb it was your body didn’t agree with.

jovet francisco

Dec 20, 2016 at 2:36 am | Reply

Hi Nick, what will be the ideal oral consumption of raw ashitaba

leaves per day? Thanks.

Kurt Watson

Dec 21, 2016 at 7:55 pm | Reply

I've read 2-3 leaves a day. There isn't an established dosage yet.

AB

Jul 6, 2017 at 11:27 pm | Reply

In the Caribbean , the elders use this dosage for medicinal tea leaves: 3, 5, or 7. That's a good dosage measure. Low, medium, high. So you make it gradual.

donna soszynski

Jan 9, 2017 at 10:24 pm | Reply

Hi,

Is it a tea as in *Camellia sinensis*? Or an Herb? Thanks.

Kurt Watson

Feb 3, 2017 at 12:18 am | Reply

It is often used both as a tea and an herb so not specifically one or the other.

Shannon

Feb 8, 2017 at 2:29 am | Reply

Hi Nick,

I'm from a small island in the Pacific and was introduced to the tomorrow leaves 2 years ago. I chew on the leaves, and they tell me its good for high blood pressure and blood disorders. So just want to thank you for all the information and more knowledge and benefits of tomorrow leaf. And also knowing that I'm doing the right thing for my body.

Susan griffin

Feb 15, 2017 at 5:28 pm | Reply

Do you have any suggestions for a reoccurring kidney infection

with white and red blood cells and pus pockets in urine I am wheelchair-bound with cerebral palsy which I have had since birth but was not diagnosed until I was eighteen months old I am 59 years old and currently have been in a wheelchair for 30 years I used to walk on crutches or push a baby stroller around but had to give it up because of asthma I wear pull ups and bladder pads which I believe is the cause of my kidney infections but I am unable to give them up due to lack of physical Mobility to get to the restroom have you got any suggestions of how I can beat these kidney infections naturally they have been reoccurring I do not believe very much in pharmaceutical medicine because I choose to live and not die thank you for your help

Kurt Watson

Feb 20, 2017 at 12:11 am | Reply

I couldn't advise you on your condition it is serious enough that I could potentially cause a lot more harm than good. Best of luck to you on your health journey.

Anonymous

May 5, 2017 at 2:23 pm | Reply

Hi Nick I'm Lourdes Manalo from N.Y. thank you for the info .God bless you. I love this

Anonymous

May 2, 2017 at 10:25 am | Reply

please go to FB Masterfast System (MFS) group.... a detox group.

xx

pilar dolar

Feb 17, 2017 at 5:00 pm | Reply

i have tried planting ashitaba in pots.reading this article gives me the hope to cure my blood disorders since i dont like and afraid of drugs.

thank you so much .GOD bless you .i will notify soon about the good result.

pilar

pepito

Mar 8, 2017 at 5:26 pm | Reply

Hi Nick,

I had known this plant last year my friend give me and I planted in the pot and bearing flowers now.I also search and give a lot of different benefits sickness to human being especially diabetic like me and my wife too.We are both seniors 67 age and 74 year of mine.Like some people said you can eat raw and I did too mixing to salad or anything because of that chalcone benefits and B12.We are hoping that this plants give benefits and share to other people who have sickness especially blood disorders.Thanks for the info.

I remain,

Pepito

Kurt Watson

Mar 8, 2017 at 7:13 pm | Reply

Hi Pepito,

You definitely can eat the leaves to get a lot of the benefits from the plant. Some people also choose to cook with them but if you're growing them just eat 1-2 leaves a day raw to get the health benefits of Ashitaba.

Lucy

Jun 18, 2017 at 3:56 pm | Reply

Awesome plant, I eat a handful of leaves a day and propagagate the plant that was given to me so I can share with others.

I have more mental clarity and overall well being. My blood sugar went down 2 points although I'm not diabetic, just comparison from before.

Thanks a bunch. Oh

Lemuel Berosil

Jul 8, 2017 at 3:36 am | Reply

Thanks for the information.

gigie

Nov 16, 2017 at 3:35 am | Reply

Yes! ashitaba is really a superb herbal medicine and a vegetables. good for kidney: upon taking ashitaba in a month, i found some crystal stone coming out when i urinate ,surprised me, i didn't know that i have a kidney stone. i just found it upon maintaining intake of ashitaba . i had felt some pain on my back before, which i couldn't managed sometime. good to have ashitaba in my life thanks god for miracle. it was all gone now.

good for dysmynorhea: since taking ashitaba i've got my regular monthly period now without sufferring pains.

ashitaba is really a miracle herb, b'coz my father in law was a heavy smoker but he still alive and kicking at age of 94 yrs. old. he take good care of my little ones while me & my hubby @work. he do gardening too to make him busy.

good for skin and complexion: proven to me, i got lighter skin and my scars faded slowly.

ashitaba good for children too. its a promising effect for the whole well being.

i love ashitaba.

Bella

May 24, 2019 at 12:11 pm | Reply

Got a question.....How many raw leaves do I need to consume everyday? and Can I boil the leaves kinda like tea leave? Wait for your response . Thank You so much.

Kurt Watson

May 27, 2019 at 1:05 pm | Reply

Bella, I'd recommend you contact Nick at Kenko Green. He's the expert who can help you most.

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