Barley, it is commonly known as a basic ingredient for tea. Everyone loves barley tea. Korean uses it as healthy and refreshing tea which is always good to be served with any kind of dishes. No matter how it served, hot or cold, barley tea is always cleans you. It is suppers any grossly taste from oily foods in your daily consumption.

So, what is barley? What is differ barley with wheat grass and alfalfa. And what benefits of consuming barley, wheat grass and alfalfa for your health?

Barley grass, according to its name, barley belongs to grass family, which is mean it has no real trunk. It is simply a plant with small major cereal grain. And this grain is the common name of barley used in tea product.

Another use of barley not only for making tea, it is also can be used as a basic ingredients of soup or stews. It might be unfamiliar kind of tea for you, but it does well know in Russia and Korea for its slightly bulking and refreshing taste.

Wheat grass is a kind of food that only served from fresh sprout leaves of wheat plant. So, it is quiet dissimilar with wheat malt, which is a dried sprout leaves of wheat. Wheat grass can be served as freeze – dried or fresh naturally but you might have to be careful for its surprising raw taste.

Alfalfa also called as Lucerne. It is a perennial flowering plant and belongs to pea family. What is the different of alfalfa from barley or wheat grass is that, something called with gluten.

What is gluten?

Gluten is a kind of protein contained in barley and wheat grass. There is another type of symptoms coming from a hypersensitivity of gluten. Some people might not be able to enjoy barley grass or wheatgrass, that’s why alfalfa is the best choice to avoid this hypersensitivity.

And today, we are going to talk about health benefits of barley grass, wheat grass and alfalfa, including its nutrient facts, health benefits and cautions in consuming barley, wheat grass or alfalfa.

**Nutrition Fact of Barley, Wheat Grass and Alfalfa**

It is quiet difficult to mentions any nutrient fact of barley, wheat grass and alfalfa in the form of one mixed text. So, I think it would be good to mentions every nutrient fact from one to another.

Barley, wheat grass and alfalfa known as healthy drink filled with antioxidant. However, don’t you know that this kind of grass also contains the other beneficial substances for health? According to world population food,

1. In every 100 grams of barley contains:
* 354 calorie
* 2.3 grams of total fat
* 0.5 gram of saturated fat
* 1.1 gram of polyunsaturated fat
* 0.3 gram of monounsaturated fat
* 12 mg of sodium
* 452 mg of potassium
* 73 gram of carbohydrate
* 17 gram of dietary fibers
* 0.8 gram of sugar
* 12 gram of protein
* 3% of calcium
* 19% of Iron
* 33% of magnesium
* 15% of vitamin B-6
1. In every 1 oz or 28.35 gram of wheat grass contains:
* 860 mg of protein
* 120 IU of beta-carotene
* 880 mcg of Vitamin E
* 1 mg of Vitamin C
* 0.3 mcg of Vitamin B-12
* 21 mg of phosphorus
* 8 mg of magnesium
* 7.2 mg of calcium
* 0.66 mg of Iron
* 42 mg of potassium
1. In every 100 grams of alfalfa contains:
* 96 KJ of energy
* 2.1 gram of carbohydrates
* 1.9 grams of dietary fibers
* 0.7 gram of fat
* 4 gram of protein
* 0.076 mg of Vitamin B-1
* 0.126 mg of Vitamin B-2
* 0.481 mg of Vitamin B-3
* 0.563 mg Vitamin B-5
* 0.034 mg of Vitamin B-6
* 8.2 mg of Vitamin C
* 32 mg of calcium
* 0.96 mg of Iron
* 27 mg of magnesium
* 0.188 mg of manganese
* 70 mg of phosphorus
* 79 mg of potassium
* 6 mg of sodium
* 0.92 mg of zinc

Based on the fact that barley, wheat grass and alfalfa have a lot of beneficial substances in it, we should believe that it has many benefits for health.

**Health Benefits of barley grass, wheatgrass and alfalfa**

These are the health benefits of papaya seeds for skin whitening:

1. **Promote Healthy Body**
2. **Support Immune System**
3. **Detoxification Agent**
4. **Blood Cleanser**
5. **Improves your Digestive system**
6. **Relieves Constipation**
7. **Alkalize your Blood**
8. **Support healthy Bacteria**
9. **Neutralize Toxins**
10. **Purify your Liver**
11. **Maximize your Brain Functions**
12. **Rebuild Blood Stream**
13. **Acnes and Scars Remover**
14. **Prevent Tooth Decay**
15. **Fight Eczema and Psoriasis**
16. **Increase heart Function**
17. **Dissolve Scars in Lung**
18. **Reduce High Blood Pressure**
19. **Anti Cancer**
20. **Antioxidant**
21. **Wheatgrass can be Used as Deodorant**
22. **Sore Throat treatment**
23. **Removes heavy Metals from the Body**
24. **Cure Chronic Sinusitis**

Sinusitis is an inflammation of cavities around the nasal passage. The symptom of sinusitis might be like headache, runny nose and nasal congestion.

**Cautions in Using Barley grass, Wheatgrass and Alfalfa**

Barley, wheat grass and alfalfa known as a cleanser agent that purify your body from toxins and impurities which means, they are work by absorb every bad particle inside your body and taking it out from your digestive system as urine or fesses. This reaction is, sometimes, benefits for our health, but on the other hand its stimulate some side effect. Such as headaches and nausea.

Please consume barley grass, wheat grass and alfalfa in low dose first constantly before raising the dose of consumption to prevent any harmful side effects.

Another benefits of grass family you might also read:

Lemon grass, is it lemons family or another type of oranges?

Lemongrass, doesn’t really suit its lemon name. Because, actually, it is not lemon at all. Lemon grass is a grass family which is has a unique scent. It smells tasty and relaxing and lemons like so that is why it is called with lemongrass. This lemon like taste coming from essential citral oil contained in lemon grass.

Lemon grass has long trunk formed from its leaves. It is red base stems and grows up to 10 feet in its favorable habitat. And it is found almost in every country in the world, such as Asia, Africa, and Australia. In Indonesia lemongrass is known as serai.

Lemon grass used in almost every cuisine as a spice. To add flavorful tropical taste. Lemon grass can be dried and powdered or you can use it in its fresh form. And today we are going to talk about lemon grass essential oil and its benefit for our skin. Especially its nutrient for whiter and healthier skin, including its nutrient facts, cautions and recommendation in using lemon grass essential oil for skin.

**Nutrient fact of Lemon Grass Essential Oil**

Lemon grass essential oil is known as a skin beauty treatment, it is filled with protein. However, don’t you know that this kind of essential oil also contains the other beneficial substances for health? Especially for lemon grass essential oil for skin treatment. According to World Population Food, every 100 grams of lemon grass contains:

* 98 calorie
* 0.5 gram of fat
* 0.1 gram of saturated fat
* 0.2 gram of polyunsaturated fat
* 0.1 gram of monounsaturated fat
* 6 mg of Sodium
* 723 mg potassium
* 25 gram of carbohydrate
* 1,8 gram of protein
* 6 IU of Vitamin A
* 65 mg of calcium
* 2,6 mg of Vitamin C
* 8,2 mg of Iron
* 0.1 mg of Vitamin B – 6
* 60 mg of Magnesium

Based on the fact that lemon grass essential oil has a lot of beneficial substances in it, we should believe that it has many benefits for health especially for skin treatment.

1. **Glowing Skin**
2. **Rejuvenated your skin**
3. **Oily Skin**
4. **Skin Lightening**
5. **Treating Acne**
6. **Removes Blackheads and Whiteheads**
7. **Skin Toning Cleanser**
8. **Brightening your Skin**
9. **Anti Aging**
10. **Moisturize your Skin**

Lemon grass essential oil filled with benefits oil for our skin. Which is, keeping your skin to always moisturized and keep bright. Even with essential oil of lemon grass it will never exceed your skin ability in absorbing nutrient oil. Furthermore, it will not increase the oil production of our skin but more importantly its boost your skin tone and energy without being too much oily.

That was some benefits of using lemon grass essential oil for skin treatment. Beside using lemon grass essential oil in skin treatment, here are some of health benefits in using lemon grass essential oil for another treatment such as:

1. **As Deodorant**
2. **Stimulate Urination**
3. **Fight Infection**
4. **Reduces Stomach aches**
5. **Relieves headaches**
6. **Reduces abdominal and muscle pain**
7. **Germ free**
8. **An Astringent**
9. **Fight fever**
10. **Energy Booster**
11. **Maintain your Digestive System**
12. **Stress Reliever**
13. **Fight Insomnia**
14. **Natural Bugs Killer**
15. **Relax your Muscle**
16. **Menstrual Cramp Relief**
17. **Maintain Stomach health**
18. **Bacteria Killer**
19. **Support your Immune System**
20. **Reduce Inflammation**
21. **Antioxidant**
22. **Fights Cholesterol**
23. **Fights Flu and Colds**
24. **Dandruff Treatment**
25. **Silky and Shiny Hair**

**Cautions in Using Lemon Grass Essential Oil for Skin**

Lemon grass is actually safe for everyone. You can use it as spice in your dish, or making tea with lemon grass. Even as a scrub and skin mask for skin treatment and skin problem prevention. But, in some cases, there a side effect of lemon grass that might you have to know. It is causing a severe pain in your lung.

If you have some kind of sensitivity for essential oil including lemon grass essential oil you might experience its symptom of side effects such as rashes, discomfort and burning sensation.

Applying lemon grass essential oil in open wound would be a bad choice. Because, although lemon grass essential oil is benefits to heal your wound inside your body, but in some dose, applying it outside your open will creates a burning feeling that for some people might be unbearable.

Lemon grass essential oil needs to be diluted first in carrier oil prior before applying it in your skin. Otherwise, lemon grass essential oil might cause you another side effect such as increase your sensitivity and irritation. Undiluted lemon grass essential oil contains a very high compound called with citral. Citral can burn your skin literally for some extend. And, that is why applying lemon grass essential oil in open wound and sensitive area such as eyes, mouth and sensitivity organ would be dangerous. Please use it carefully and avoid your open wound and sensitive are.

You can dilute lemon grass essential oil in coconut oil or almond oil to prevent strong side effect of burning feeling from its citral contained in lemon grass essential oil. Takes a small amount first and tasting it in your hand. Make sure that this is enough to avoid the burning feeling and then you may apply it in all your face area.

For pregnant woman, lemon grass might cause over stimulate and miscarriage from its effect that stimulate your menstrual flow. So, for pregnant women and children, using lemon grass essential oil is forbidden. Please consult your doctor if you want to take lemon grass essential oil as a regular skin treatment.

You might also read another essential oil such as:

Pemula atau bahkan bagi anda yang awam dengan animasi mungkin bertaya – Tanya bagaimana sebuah animasi bisa dibuat? Bagaimana animasi bisa menjadi sesuatu yang menarik. Apasaja kerangka dasar pembuatan animasi untuk emnghasilkan sebuah karya yang bagus?

Jika anda tertarik dan ingin mempelajari animasi. Pertama – tama anda harus mengenal lebih dahulu dasar dari animasi itu sendiri. Kerangka dasar akan menjadi tumpuan awal yang menentukan keberhasilan dari animasi yang anda buat.

Jadi, apa saja kerangka dasar dari pembuatan sebuah animasi?

1. **Manual**

Hampir seluruh bagian animasi dimulai dengan menggambar secara manual. Metode ini mengandalkan kemampuan animator yang harus dimiliki sebagai modal awal terjun di dunia animasi.

1. **Motion Capture**

Biasanya, jika seorang animator tidak bisa membayangkan langsung adegan yang ingin dia gambar. Animator dapat menggunakan opti melihat motion capture dari suatu object untuk emnjadi model. Gerakan objek ini akan di aplikasikan dalam objek digital yang anda gambar. Sehingga gerakannya meniru persis dari gerakan model.

1. **Dynamic Simulation**

Apa itu dynamic simulation?

Dynamic simulation merupakan sebuah metode yang menggunakan perhitungan mekanik dari suatu objek untuk nantinya dijadikan animasi kemudian di simulasikan. Seperti belajar tentang gerak dan gaya, input yang dimasukkan adalah berat atau massa benda atau object, gaya grafitasi, benturan, kekuatan angin dan lain sebagainya kemudian dihitung secara manual dan disimulasikan menggunakan software khusus. Contoh hasil metode animasi ini adalah bola jatuh, percikan air, dan lain sebagainya.

1. **Particle**

Konsep particle diterapkan dalam animasi dengan mengumpulkan objek – obet kecil yang dapat dianimasikan secara bersamaan untuk membentuk suatu pola atau gambar. Seperti asap, daun yang berguguran, api, hujan, salju, kumpulan burung dan lain sebagainya.

Mempelajari konsep dasar pembuatan animasi tidak segampang kelihatannya. Pada prosesnya akan banyak sekali kesalahan dan kegagalan yang mungkin anda alami, mulai dari gambar manual hingga waktu simulasinya.

Menemukan tutor yang tepat untuk membantu anda dalam sekolah animasi akan membantu anda meminimalisir kesalahan ini juga menunjukkan cara – cara jitu dan efektif dalam mengembangkan kemampuan anda dan mendalami dunia animasi.

Salah satu sekolah animasi yang wajib anda ketahui jika anda berminat mengembangkan kemampuan anda di bidang animasi adalah SAE Indonesia atau Institute Creative Media School Indonesia, merupakan sekolah kejurusan yang salah satu cabang ilmunya mendalami bidang animasi. Sebuah sekolah kejurusan bertaraf Internasional yang telah membuka cabang dimana – mana dan dapat menjadi referensi anda dalam memilih sekolah dengan salah satu jurusan animasi terbaik di Indonesia.

Bersekolah di SAE akan membantu anda dalam memahami dan mempraktekkan langsung konsep dan kerangka dasar dari pembuatan animasi itu sendiri. Ayo DAFTAR SEKARANG!

Black beans. It is one of soy bean family member plants. For taste and shape it does similar with soy bean but it has black and dark color. Black bean has more flavor than soy bean. It is tasteful and much oily. It is not originally from Asia, in Latin American black bean known as black turtle bean and did you know that almost 70% of black bean calories coming from carbs.

Some people do not like fermented black bean. When it has been fermented, black bean becomes more wry and much saltier. It is sticky and wonderfully beyond its original shape and taste. Black beans known as solid ingredients for soy sauce or kecap in Indonesia.

Another fermented soy bean that well known in tropical country especially Indonesia is tempeh. Tough it is quiet different from fermented black bean but actually they have a similar ingredients base and process. Fermented black been has to be fermented for much longer than tempeh. Tempeh has savory and unique taste, but fermented black bean much like a sour sauce. Some of them even fermented for years. Korean does like sour taste food. So, the longer black bean is fermented the tastier it is.

In another country, like Korea for most, black bean has becomes favorite flavor food. It is serves in almost every kind of main dish in Korea. Such as jjajangmyon or black bean noodles, black adzuki bean, and many more. They called it with Chunjang and it is used as basic sauce for some dishes. For more, black bean known as its protein and fibers contains. How about fermented black bean? Is it similar to another black bean? How about its nutrient facts?

**Nutrition facts of fermented black bean**

People commonly know that every fermented food formed mostly by good bacteria for healthy digestive system. However, don’t you know that this kind of fermented food also contains the other beneficial substances for health? According to World Population Food, every 15 grams of fermented black bean contains:

* 34 calories
* 2 grams of total fat
* 602 mg of sodium
* 2 gram of total carbs
* 1 gram of dietary fibers
* 1 gram of sugar
* 4 grams of protein
* 2% of Calcium
* 6% of iron

Based on the fact that fermented black bean has a lot of beneficial substances in it, we should believe that it has many benefits for health.

**6 Proven Health Benefits of Fermented Black Bean**

**Mostly, every fermented food is good for our health. It is contained with perfect amount of protein and dietary fibers. It is sour and tasty. Even some people avoid its strong sour taste. But, fermented black bean is really good for your health.** So, today we are going to talk about fermented black bean including its nutrient facts, cautions and recommendation in using fermented black bean.

These are the health benefits of fermented black bean for your health:

1. **Lowering Blood Sugar**

Touchi is traditional Chinese seasoning made by fermented black bean. It is known as herbal medicine for lowering your blood sugar contains or diabetes. By providing and stimulate insulin in your body to fight diabetes.

1. **Lowering Blood Pressure**

Hypertension is a long – term medical condition of arteries blood pressure going too high. It might cause you a severe headache, fatigue and vision problems. In some cases, hypertension might include several health failures inside your body such as difficulty in breathing, chest pain and blood in urine.

Hypertension can be lowered by fermented black bean. It is because sodium contained in fermented black bean has a form that fight hypertension. Not only fermented black bean, another fermented dishes has a similar benefits to fight hypertension such as Korean kimchi and so on.

1. **Antioxidant**

Antioxidant in fermented black bean helps your body to recover from fatigue and stress. Furthermore, fermented black bean can be used as anti aging for its benefit in defend you from free radical.

1. **Maintains Digestive System**

Fibers is the best agent to clean your gut, nothing beats fibers in promoting your digestive system. Fibers needed to clean and absorb any kind of non digestive substances inside your stomach. It clears your intestines and caught every substance that sticks in your intestine.

1. **Weight Loss**

Fermented food especially has good bacteria and helps you in reducing your body fats. Protein contained in fermented black bean complete your body needs of protein and fibers. Without much sugar and carbohydrate, fermented black bean reduce your body fat. It is maintain your appetite without being too dominant. Please notice that fermented black bean is not a main course, you cannot replace your rice and bread with only fermented black bean for diet.

Besides, fermented black bean only used as seasoning in your dish. It is better that another kind of sauce for its beneficial protein and fibers. So, please used fermented black bean only as your seasoning without exceed its maximum intake.

1. **Immune System Booster**

Fermented black bean contained with full healthy bacteria that fight illness in your gut and promote a better immune system. Almost every disease comes from your gut. It is the place where bacteria plays as digestive agent to restore your food in smaller amount to be absorb in blood.

Small damage might cause you a severe pain in your lung or guts. It is important to always control your food with nutrient for a better and healthier digestive system.

**Cautions in Eating fermented Black Bean**

Fermented black bean is only used as seasoning and it is not meant to be consumed in large quantities. Please notice that fermented black bean is usually salty. It is much saltier than any dishes you ever try. So, apply only small amount of fermented black bean in your meal to enhance your appetite.

It is only good to consume fermented black bean in small amount every day. It is only 4.5 grams of fermented black bean that can be eaten as daily maximum intake. Taking fermented black bean exceed its range would poisoned you, promote cells mutation and adverse effects.

Protein contained In Fermented black bean might cause you an allergic reaction of soy bean, such as itching, swelling, difficulty in breathing, nausea, vomiting, dizziness and anaphylaxis.

Horchata is a name of several beverages made by ground almond, sesame seeds, rice, barley, tiger nuts and even melon seeds. It is also known as orxata. Mostly found in Spain and Europian country. But horchata originally from Valencia.

Horchata can be made by only water, sugar and tiger nut. But in some country, they prefer to use milk other than water. Together mixed it with another kind of nuts, such as almond, barley, rice, sesame seed and melon seed. You might add it with honey or even rum, chocolate, cinnamons , nutmeg, and vanilla.

As the ingredients only composed from nuts and water, sugar added to increase its flavor. To maintain healthy but also sweet in taste. For the same reasons milk or even cinnamon added to increase your appetite if you need something strong to drink. Please be careful for its nutty taste. If you do not like its lingering nutty feeling another kind of horchata with rum might be your best choice to reduce its nutty taste and increase its flavor. Because something oily and nutty might taste greasy.

**Nutrient fact of Drinking Horchata**

People commonly know that horchata and nuts as the basic compound formed mostly by Calcium. However, don’t you know that this kind of fruit also contains the other beneficial substances for health? According to World Population Food, every 100 grams of horchata contains:

* 54 calories
* 0.7 gram of total fat
* 14mg of sodium
* 34 mg of potassium
* 12 gram of carbohydrate
* 9 gram of sugar
* 0.5 gram of protein
* 1% of Calcium

Based on the fact that horchata has a lot of beneficial substances in it, we should believe that it has many benefits for health.

So, today we are going to talk about horchata and its benefit for our health. Especially its benefits for our health, including its nutrient facts, cautions and recommendation in drinking horchata.

These are the health benefits of horchata for health:

1. **Rich in Fiber**

Fibers, what do fibers good in your health?

Fibers is the best agent to clean your gut, nothing beats fibers in promoting your digestive system. Fibers needed to clean and absorb any kind of non digestive substances inside your stomach. It clears your intestines and caught every substance that sticks in your intestine.

Almost every ailment comes from your gut. Intestine is place of every good and bad bacteria to outlines your food and remake it in small form, before absorb in your blood. Only when it is become small enough that can be carried in blood.

This bacteria helps you to digest your food, but in some extend, whether you loss or added in amount of bacteria inside your body, it is effects your health.

1. **Substitute for Lactose Intolerance**

Some people might be intolerance with lactose. What is lactose?

Lactose is a disaccharide it is some fraction of sugar, composed of galactose and glucose. Lactose intolerance can be determined as intolerance fraction of sugar that will becomes a sugar blood.

Every kind of nuts, even some beans can be used as substitute for lactose intolerance. It is sweet but never hurt you for its sugar contains. It is a healthy choice for tasty and nutty drinks.

1. **Rich in Arginine**

Arginine is some fraction of amino acid that used in biosynthesis of proteins. It can be used as heart disease treatment from arterial block, blood clots, platelet clumping and increase your blood flow through coronary artery.

Inside the body, arginine changes into a nitric oxide which is powerful neurotransmitter that helps blood vessels to relax. And furthermore, improves your blood circulation. Arginine improves blood flows in the arteries of the heart.

1. **Fight Cardiovascular Disease**

You might also read cardiovascular as heart and blood vessel disease. Vitamin E contained in nuts rich antioxidant qualities. Horchata has different fat – soluble compounds that helps your blood to flow steadily and smooth.

1. **Cures Erectile Dysfunction**

Erectile dysfunction or impotence is a type of sexual dysfunction characterized from inability of a man by developing or maintaining his erection of the penis during sexual activity. Horchata with tiger nuts is used as cures of erectile dysfunction. It is stimulate your sense of sexual desire and prolong your long – lasting ability in sex.

1. **Diabetic Controls**

Diabetes is a chronic condition associated with abnormality in high level of sugar (glucose) in the blood. Fructose and lactose is another fraction of glucose. Food contained with higher levels of lactose and fructose might cause you diabetes and damage your normal blood sugar levels. Horchata is lactose and fructose free so it is very good for your diabetic levels.

1. **Anti Inflammation**
2. **Stimulant Free**

Dissimilar from another kind of beverage such as tea or coffee, horchata is caffeine free. It is tasty and milky without being promoted by caffeine. Such a good news for everyone who avoid any stimulant in their drink.

1. **Lactose and Fructose Free**

Another benefit of horchata is that anyone who hates milk or sugar, or someone with milk allergy is drinkable. Horchata is free lactose and fructose.

1. **Lowers calorie**

Low calorie food is the best cure of diets. Still manage you from providing a better meal and tasty drink. It keeps you healthy, promotes your body figure, and never turn to gain your weight.

1. **Rich Mineral**

**Cautions in Drinking Horchata**

Anaphylaxis is an acute allergic reaction to an antigen to which the body has become hypersensitive, such as nuts, peanuts and another kind of seeds. This reaction might come in many ways. When people do have hypersensitivity towards nuts, even from a single touch the reaction is goes stronger and severe. Some people might have itchiness from just looking at the nuts. If your mouth start to feeling tingling, and your face is swelling, pains in tummy or tightness feeling around your throat after drinking horchata you might have hypersensitivity with it. Please stop drinking horchata if you have this kind of reactions.

Recommended articles:

Have you ever heard about ginkgo biloba?

It is well known in Japan or Korea.

What is ginkgo biloba, how does it look like?

Gingko biloba is a division of ginkgophyta. It is also known as ginkgo or gingko. You might also call it with maiden hair tree. Well, ginkgos are dioecious with separate sexes. Some trees being female and the other is male. Is is classified as food but some people also use gingko in their drink.

What is the health benefit of gingko biloba and ginseng?

People commonly know that ginseng and gingko biloba formed mostly by vitamins. However, don’t you know that this kind of roots plant also contains the other beneficial substances for health? According to World Population Food, every 28.4 grams of gingko biloba contains:

* 52 calories
* 0.5 grams of total fat
* 0.1 gram of saturated fat
* 0.2 grams of polyunsaturated fat
* 0.2 grams of monounsaturated fat
* 2 mg of sodium
* 145 mg of potassium
* 11 gram of total carbohydrate
* 1.2 gram of protein
* 3% of Vitamin A
* 7% of Vitamin C
* 1% of Iron
* 5% of Vitamin B – 6
* 2% of magnesium

Another beneficial substance along with gingko biloba is ginseng. It is well known in almost every where around the world. What is ginseng anyway. Ginseng is the root of genus panax plants. It is tipically characterized by the present of ginsenosides and gintonin. Ginsenosides is a.natural product of steroid glycoside that only can be found in ginseng family plants. And gintonin is a some fraction of protein that only can be found in ginseng.

According to World Population Food, every 28.4 grams of ginseng contains:

* 22.4 calories
* 5 grams of total carbohydrate
* 0.6 gram of dietary fibers
* 0.5 grams of sugar
* 0.5 grams of protein
* 1.4 mg of Vitamin C
* 0.1 mg of Vitamin E
* 0.2 mg of Niacin
* 3.1 mcg of folate
* 0.1 mg of pantothenic acids
* 8.1 mg of choline
* 0.2 grams of total fat
* 0.1 gram of saturated fat
* 9.5 mg of total omega – 3 fatty acid
* 33.6 mg of total omega – 6 fatty acids
* 4.5 mg of calcium
* 0.2 mg of Iron
* 12 mg of magnesium
* 9.5 mg of phosphorus
* 116 mg of potassium
* 3.6 mg of sodium
* 0.1 mg of zinc
* 0.1 mg of copper
* 0.1 mg of manganese
* 0.2 mcg of selenium
* 4.2 mg of polyosterol
* 22.1 gram of water
* 0.2 grams of ash

Based on the fact that ginseng and gingko biloba have a lot of beneficial substances in it, we should believe that it has many benefits for health.

So, today we are going to talk about ginseng and gingko biloba and its benefit for our health. Especially its benefits for our health, including its nutrient facts, cautions and recommendation in using ginseng and gingko biloba.

These are the health benefits of ginseng and gingko biloba for health:

1. **Improves Brain Function**

In some people, their brain function might be taking a severe damage without even noticed. Because, the health of the brain itself cannot be describe by its condition. Brain malfunction is not literally caused you any pain. You might feel all healthy but inside, your brain already in their broken state. It is dangerous and unnoticeable. For some disease, you might begin to feel that your brain is not in it best conditions. Alzheimer and long or short term memory is one of the prove that your brain already in their severe conditions. Combinations of ginseng and gingko biloba helps treat ADHD or symptoms begin from childhood of difficulty in paying attention or controlling their impulsive behavior.

1. **Reduces Stress**

Ginseng in some amount can reduce your stress. It is calming your nerves and contained with anti – stress properties.

1. **Anti Inflammatory**
2. **Weight Loss**
3. **Cures Erectile Dysfunction**

Erectile dysfunction or impotence is a type of sexual dysfunction characterized from inability of a man by developing or maintaining his erection of the penis during sexual activity. Ginseng and gingko biloba is used as cures of erectile dysfunction. It is stimulate your senses of sexual desire and prolong your long – lasting ability in sex.

1. **Improves Lung Function**

Ginseng and gingko biloba has an effect of reducing bacteria inside your lung. It is clears your lung and improve your digestive system.

1. **Lowers Blood Sugar**
2. **Prevent Cancer**
3. **Immune System Booster**
4. **Relieves Menopause Symptoms**

Menopause symptoms can be describe as a mood swing, anxiety depressive, vaginal dryness, decreased in sex drive. Another symptoms such as insomnia weight gain and thinning in hair. Ginseng and gingko biloba not only good for men’s fertility, it is also benefits for women in relieving their menopause symptoms.

1. **Improves your Heart Function**

Heart is one of the only part of our body that always work 24 hours each day. It is the human living characteristic that cannot be excluded. Ginseng and gingko biloba antioxidant qualities improves your heart by reducing its cholesterol in your blood circulation system. Ginseng and gingko biloba also plays a significant role for the growth of HDL or good cholesterol at the same time.

**Cautions in Using Ginseng and Gingko Biloba**

Ginseng and gingko biloba is effecting your neural systems. It is stimulate your nervousness system and might cause you insomnia. Long term use of ginseng and gingko biloba may cause headache, dizziness and stomachache. Furthermore, a long term use of ginseng and gingko biloba for women, might effecting their menstrual period.

It is not recommended for children and pregnant moms or breast feeding. For diabetic patients, please consult your doctor before taking ginseng and gingko biloba as something you should eat. Because their effect in changing your blood circulation system and your blood sugar levels might cause any contraindication with any medication you take.

Here is again, another beneficial roots kind of plant for your health. American wild ginseng it is. Can be described as a herbaceous perennial plant in the ivy family, commonly used in Chinese or Korean traditional herbal medications. It is native in north America but nowadays you can find it in tablet or syrup form in every pharmacy around you.

What is different between American and Asian ginseng? Which one is better?

American and Asian ginseng coming from the same family plant member, with similar chemical properties and function, they are also considered as adaptogens, it is helps your body to reduce your stress. You might choose one of them as your favorite without any dissimilar effect.

 **Nutrient fact of Using American Ginseng**

American ginseng works by its potent chemicals within the roots of the plant is responsible for therapeutic benefits. Polysaccharide glycan or another fraction of sugar that can be absorb in our blood. It is helps to store energy and maintain your cell structures.

People commonly know that ginseng formed mostly by minerals. However, don’t you know that this kind of herbal roots plant also contains the other beneficial substances for health? According to World Population Food, every 120 grams of American ginseng contains:

* 456 calories
* 5 grams of total fat
* 1 gram of saturated fat
* 17 mg of sodium
* 90 grams of total carbs
* 30 grams of sugars
* 14 grams of protein

Based on the fact that American ginseng has a lot of beneficial substances in it, we should believe that it has many benefits for health.

So, today we are going to talk about American ginseng and its benefit for our health. Especially its benefits for our health, including its nutrient facts, cautions and recommendation in using American ginseng.

American ginseng works by effecting your energy metabolism in muscle to work longer before getting fatigue. It is also effecting your neural system to stay calm and in their relax mode. People might feeling energetic but also at the same time feeling more at ease. Increase focus and concentration.

These are the health benefits of American ginseng for health:

1. **Immune System Booster**

The improvement of cell function is related in boosting your immune system. Immune system characteristics health benefits for our health is that, it is the best defense for resist and fight disease and infection. American ginseng can be used as fever cure also for its symptoms such as fu and cold. American ginseng stimulates your immune system by increase the amount of white blood cells (leukocytes) in your blood.

1. **Lowers Blood Sugar**

American ginseng boosts carbohydrate tolerance in diabetics. It is beneficial in lowering your blood sugar. Because diabetic patient might be banned from eating carbohydrate food such as rice and bread. It is quiet stressful and uncomfortable. Eating or drinking American ginseng will helps your body to increase your maximum carbohydrate tolerance for you to eats any kind of dishes without any worry.

1. **Fight Cancer**

American ginseng inhibits tumor growth inside your body. It has anti cancer properties to prevent any anomaly cell growth. Especially for gastric cancer by stopping the tumor cells growth. American ginseng also can be used as breast cancer fighter.

1. **Neurological Improvement**

American ginseng helps your body to fight ADHD or attention deficit hyperactivity disorder. Including it symptoms such as emotional stress, cognitive disease and conditions. Another use of American ginseng for neurological systems is that it can helps you to reduce the probability of Alzheimer and memory problems such as long and short memory losing. It is also relieving stress and fatigue and improves your learning abilities.

1. **Respiratory tract Infection**
2. **Energy Booster**

American ginseng works by effecting your energy metabolism in muscle to work longer before getting fatigue. It is also effecting your neural system to stay calm and in their relax mode. People might feels energetic but also at the same time feeling more at ease. Increase focus and concentration. American ginseng works by its potent chemicals within the roots of the plant is responsible for therapeutic benefits. Polysaccharide glycan or another fraction of sugar that can be absorb in our blood. It is helps to store energy and maintain your cell structures.

1. **Soothes Intestinal Irritation**
2. **Cures Erectile Dysfunction**

Erectile dysfunction or impotence is a type of sexual dysfunction characterized from inability of a man by developing or maintaining his erection of the penis during sexual activity. American ginseng is used as cures of erectile dysfunction. It is stimulate your senses of sexual desire and prolong your long – lasting ability in sex.

1. **Relieves Menopause Symptoms**

Menopause symptoms can be described as a mood swing, anxiety depressive, vaginal dryness, decreased in sex drive. Another symptoms such as insomnia weight gain and thinning in hair. American ginseng not only good for men’s fertility, it is also benefits for women in relieving their menopause symptoms.

1. **Tuberculosis**

Tuberculosis is a disease caused by bacteria called mycrobacterium tuberculosis that attacking the lung and damage another part of the body. It is spread through the air from another TB patient to everyone around its surrounding.

1. **Fight Asthma**
2. **Insomnia Treatment**

Insomnia is characterized as difficulty in falling or staying asleep. The symptoms not only for its difficulty in sleeping but also when you have one or two or more time waking up often when you sleep. And having a trouble going back to sleep.

**Cautions in Using American Ginseng**

American ginseng can be used for anyone who needs. It is not forbidden for pregnant women to drink or eat American ginseng. For diabetic patients, please consult your doctor before taking American ginseng as something you should eat. Because their effect in changing your blood circulation system and your blood sugar levels might cause any contraindication with any medication you take.

Some people feeling drowsy and sleepy after taking American ginseng in their drink or food. Especially when it is mixed with coffee or tea or any beverage contained with caffeine. To avoid this side effect, only use American ginseng without adding any stimulant tasting.

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