The combination of ginkgo and hawthorn is one of the most popular in Europe for the treatment of poor circulation, atherosclerosis, headaches, tinnitus, Alzheimer’s disease and diabetes. It improves blood circulation and enzyme metabolism throughout the body and supports the utilization of oxygen to the heart. Improved circulation to the brain removes toxins and provide nutrients and oxygen, reducing fatigue and improving brain function.

Both ginkgo and hawthorn have gentle actions and are considered to be among the safest of all herbal medicinals. Because their effects are gradual, best results will be realized through extended, moderate use. Besides ginkgo and hawthorn, this formula also contains olive leaf extract, which benefits circulation.

Hawthorn Berries (*Crataegus oxyacanthoides*)

Hawthorn began to be recognized for its effectiveness in treating weaknesses of the heart during the sixteenth century. Today, hawthorn is widely regarded as the world’s best herbal cardiotonic. Its active components are generally thought to be flavonoids (quercetin and quercitin), bio-active pigments found in almost all higher plants. Flavonoids act slowly and gently on circulatory problems by dilating both peripheral blood vessels and coronary vessels, and increasing metabolism in the heart muscles. By improving coronary blood supply, use of hawthorn tends to normalize both low and high blood pressure, and can also lead to a lessening of angina attacks.

Research has shown that hawthorn can help congestive heart failure, stabilize problems with angina, promote normal heart rhythm, mildly reduce blood pressure, reduce blood fats (lipids) and help prevent hardening of the arteries. In general, it improves heart strength and performance and enhances general circulation. It is a mild nutritive remedy and works best when taken regularly for long periods of time.

Ginkgo Leaves (*Ginkgo biloba*)

Ginkgo is one of the most thoroughly studied herbs in modern times. Research in Europe has centered around an extract of flavonoid glycosides and terpene derivatives in the ginkgo leaves. This standardized extract of ginkgo has been shown to have powerful benefits for the brain and cardiovascular system.

Research has shown that ginkgo extract has antioxidant properties that protect the lipids in the brain against oxidative damage. It improves blood flow to the brain and to the extremities. Ginkgo improves alpha-wave activity in the brain and can help with problems like absent-mindedness, confusion and dizziness.

Ginkgo inhibits platelet aggregation, which reduces the incidence of blood clots in the arteries and veins. This helps prevent heart attacks and strokes. Ginkgo has also been shown to slow macular degeneration, reduce asthma symptoms, strengthen blood vessels and relieve some cases of tinnitus (ringing in the ears).

Interestingly, the ginkgo tree is considered a “living fossil” because it reproduces like evergreen trees (pine, fir, etc.), but has deciduous leaves. It is found in the fossil record. The trees are also long-lived and have a strong resistance to air and water pollution, as well as insects and disease. The trees can grow to a height of over 100 feet and live for up to 1,000 years. The hearty nature of the tree, along with its long life, give it the perfect “signatures” for an anti-aging remedy.

Olive Leaf Extract (*Olea europaea*)

Olive leaves have a 6000 year history in the Mediterranean region as a powerful folk remedy. The leaves contain the immune-stimulating phytochemicals oleuropein, oleuropeoside and calcium elenolate that benefit the spleen, liver, lungs, kidneys, cardiovascular system. Extensive research shows it is a powerful immune booster that interrupts the replication of pathogens, rendering them incapable of reproducing.

Oleuropein is a potent antioxidant with anti-inflammatory properties. Olive leaf will help protect the body and brain from free radical damage and increase energy and vitality. It promotes healthy blood pressure and flow and general cardiovascular health.

**Suggested Use**

Use 1-2 capsules with a meal three times daily. If you are taking blood thinners or medications for the circulatory system or heart, consult with a health care professional before taking this formula.

**Selected References**

- The Healing Herbs by Michael Castleman
- Herbs that Heal by Michael A. Weiner
- Nutritional Herbology by Mark Pedersen
- Nature’s Medicines by Richard Lucas

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