

고려 인삼

Korean Ginseng



'Best Heavenly Gift' Ever

A prized medicinal root with a long history of usage, Korean Ginseng is the best source of health found in the Republic of Korea. Unlike Ginseng cultivated in other countries, Korean Ginseng is of an entirely different class from other Ginsengs, and has effectiveness for all kinds of ailments and diseases, earning Korean Ginseng another name, 'the supreme herbal medicine.' It is often used as component of detoxifying concoction for women and men of all ages. Also known for its medicinal effects for increasing stamina and longevity of healthy life. Korean Ginseng is cultivated in untouched natural environments, and certainly deserves to be called 'the root of life'. Korea's the ideal climate, soil, and centuries of cultivation knowledge what place Korean Ginseng at the pinnacle of quality and potency. Korea has the ideal climate, soil, and centuries of cultivation knowledge, which places Korean Ginseng as one of the most renowned medicinal ingredients not only in Asia, but people from all around the world.





Health Benefits Top 10

1 Aiding Immune System

It helps enhance natural healing process in our body from external pathogens including avian influenza, SARS, cold, influenza, HIV, and other powerful causes of disease, which infiltrate into the body

2 Increasing Stamina

Ginseng is known for enhancing penile blood circulation, thus improving male's sexual performance.

3 Preventing Cancer

Korean Ginseng lowers risk of cancer by strengthening the immune system and suppressing various side effects from cancer treatment.

4 Secret Ingredients for Skin Cancer

Saponin found in the Korean Ginseng suppresses skin from aging, as well as skin inflammation. As its potency for skin whitening, acne treatment, and wrinkle removal is widely recognized, it is used as ingredient for numerous cosmetic products.

5 Enhancing Memory Retention

Ginseng aids in improving the cognitive function and memory retention of patients suffering from Alzheimer's disease. It is also effective for enhancing mental concentration of children, thus helping them perform better in school.

6 Fatigue Recovery · antioxidation

Ginseng works as an agent that alleviates fatigue by preventing lactic acid build-up. It also works as anti-aging agent as saponin is a powerful antioxidant.

7 Curing Hangover

Ginseng expedites disposal of acetaldehyde, a major cause of hangover. It has also proven effective for significant reduction of liver damage.

8 Improving Diabetes

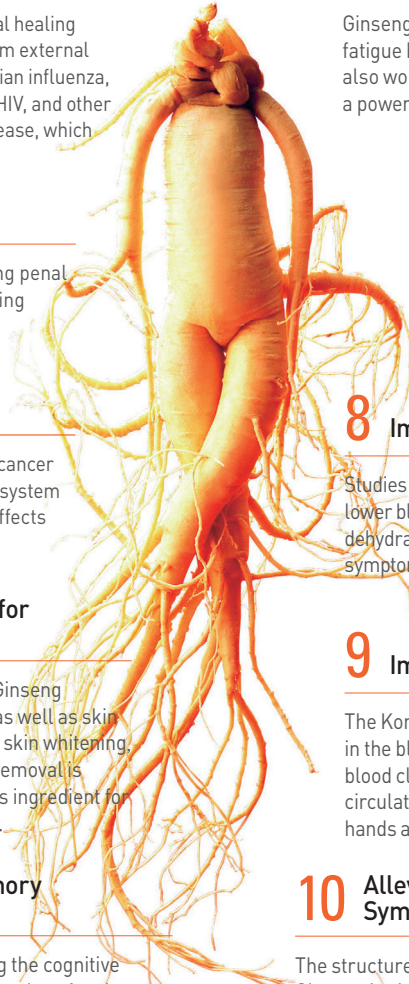
Studies show that Korean Ginseng helps lower blood sugar level and also alleviates dehydration and lethargy, which are common symptoms shown in patients with diabetes.

9 Improving Blood Circulation

The Korean Ginseng lowers cholesterol level in the blood and suppresses formation of blood clots, thus significantly enhancing blood circulation for those suffering from cold hands and feet can benefit from Ginseng.

10 Alleviating Menopausal Symptoms

The structure of the saponins in Korean Ginseng is similar to those of estrogen. The Korean Ginseng's saponin contents alleviate many of hormonal symptoms of women during their menopause.





History of Korean Ginseng

Since ancient times, Korean Ginseng has been frequently introduced as a 'mysteriously powerful medicine' in classical medical writings of Korea, China, Japan and other Asian countries for its renowned quality and potency. During the Era of Three Kingdoms (BC18 ~ 668) of Korea Baek-jae-sahm, Ginseng from Baekjae Kingdom was famous, while it became one of the major trading goods in the Era of Koryo (918 ~ 1392), the era best known for its flourishing maritime import and export business. In 17th century, Ginseng grown in the Chosun Dynasty was used as currency on the Ginseng Road, where robust trading was taking place for the sales of silk from China and silver from Japan. During the time, Korean Ginseng was praised for its superior quality and effectiveness.





When Ginseng cultivation began is not clear. However, historical evidence suggests that forest cultivation of Ginseng was first experimented at the end of Koryo Dynasty, where some began adapting forest cultivation of Ginseng by transplanting Wild Ginseng seeds or roots, as the government demanded higher production rate of Ginseng as a means to collect tax, while availability of Ginseng grew scarce.

▲ Recognition of Korean Ginseng began spreading widely in international communities since the 18th century. The staple products that symbolized Korea were the Korean Ginseng and hats. For example, in 1737, Jean-Baptiste Bourguignon D'Anville, a French Geologist, drew a map of Korean peninsula, and depiction of the life at Korea in that time, with people wearing hats and holding ginseng in their hands.



Táohóng Jǐng (451 - 536 AD, Yang Dynasty, China), an Oriental Medicine Doctor stated that there are other historical findings that evaluated of the Korean Ginseng as top a quality herbal medicine. Táohóng Jǐng wrote, "Korean Ginseng has efficacy in prolonging life and lowering toxicity and has no toxicity. It is, by far, the best kind of medicinal root you can get."



Heo Jun (1539-1615 AD, Chosun Dynasty, Korea), another Oriental Medicine Doctor, started the foundation of Korea's medical enhancement as the greatest doctor in Chosun Dynasty, also rated Korean Ginseng as "sweet medicinal herb, resembling the shape of human body, without any toxicity, useful for regenerating Qi (energy) in Five Organs (Stomach, Small Intestine, Large Intestine, Spleen, Kidneys). It also calms the mind and heart, help restore clarity of vision and improve retain memory."



Celebs Who Loved Korean Ginseng

Ginseng was loved by many famous figures. As the superb potency of Korean Ginseng becomes more widely known, more and more celebrities worldwide today also enjoy Korean Ginseng.



Louis XIV, also known as the Sun King, has received Korean Ginseng for the first time, as a gift from Thai diplomat.



There is evidences that Jean-Jacques Rousseau, the French author of the classic, "Emile," enjoyed Korean Ginseng during his life.



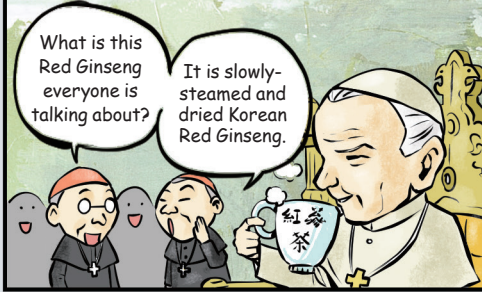
Young-jo, one of the kings in Chosun Dynasty, lived till the age 82. It is recorded that he began taking 20 Korean Ginseng roots in one year when he became 72 years old.



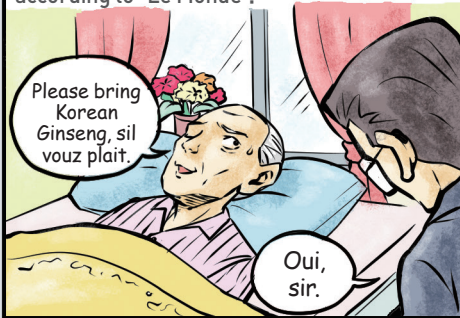
Maxim Gorky(1868–1936), Russia’s beloved novelist, suffered from pneumonia, but he could keep pursuing his passion thanks to Korean Ginseng.



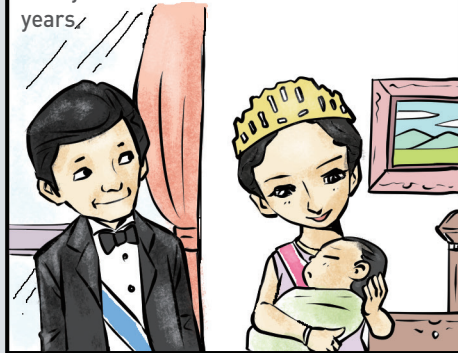
Pope John II, who suffered from Parkinson’s and ailments of old age, enjoyed drinking Red Ginseng Tea.



The reason why former president of France could extend his remaining life from 3 months to 7 months amid terminal illness was because of Korean Ginseng he ingested, according to “Le Monde”.



Koeran Ginseng also helped bring about the precious princess as a gift to Japan’s royal family’s much wanted child after six sterile years.



Many actively performing world stars, including the Scorpions and Naomi Campbell, are known to enjoy Korean Ginseng.





What It Takes to produce the Best Korean Ginseng

36~38°

Location, location, location

Optimal latitude for Ginseng is from 33° to 43°. The latitude of Korea is between 36° and 38° north - a suitable area for Ginseng cultivation.

Time Taken for Perfection

It takes about 180 days for a Korean Ginseng to grow. Korean Ginseng of the same level has more diverse types of Saponins as well as the amount inside.

180days



The Care that Makes the Difference

Before it seeds, the Korean Ginseng undergoes a meticulous selection process; extracting the best kind of seeds among the bunch. Once selected, these seeds are cultivated in the richness of soil so that it can grow into a sprout.

Going with the Flow of the Nature

Within a year after seeding, the Korean Ginseng would be transplanted. Before it gets moved to a bigger surface area, the Ginseng roots absorb the nutrients from the rich soil. It is cultivated in an eco-friendly environment where it's fertilized from Nature.





Beneficial Components of Korean Ginseng

Some nutrition components that the Korean Ginseng has that are beneficial to our body includes: Saponin, acidic polysaccharides, amino sugar, and minerals. These components help build synergy for health metabolism and chemical change for a healthier body. Ginsengs that are cultivated in Korea have richer elements and superior efficiency compared to those from other countries.

Saponin

Korean Ginseng has 20-30 percent more Saponins than ones from other countries. In addition, TriolSaponins, known for relieving fatigue, stress, sexual stamina, and protection from radiation is more than in other Ginsengs. Generally, excessive ingestion of saponin can accumulate toxicity, which can lead to hemolysis. However, saponin found in the Korean Ginseng is not toxic nor does it bring about any side effects.

***What is saponin?** A bio-catalytic substance found in Ginseng and effective for medicinal purposes. They are referred to as Ginsenosides (Ginseng + Glycosides).





Herb that Is Wholesomely Good for Our Body

The shape of the Korean Ginseng resembles the shape of the human body. The natural and medicinal root that is nurtured by the Nature, does not cause any harm to the body even when ingested in a large quantity.



The “Viagra,” Only Made up of 100% Natural Ingredients

It has been proven that Ginseng helps restore and improve the male sexual functions based off the research from pharmaceutical institutions in Korea. Males with erectile dysfunction can increase penile blood circulation and improving erection after consuming ginseng. The Ginseng is different from Viagra because it doesn't have the adverse side effects.



Powerful Cancer-resistant Effects

Ginseng's Saponins and Polydiacetylenes both help increase the immune system that suppresses reproduction of oncogenic cells. It also reduces side effects from chemically manufactured cancer resistant drugs. It also helps patients relieve undergoing radiation treatment and feel severe fatigue and symptoms of other types of side effects.



Restoring Your Youthful Set of Hair

Consumption of Ginseng could also help treat hair loss. It has been clinically proven that 131 patients suffer from hair loss, and after eating ginseng 3 times a day, for 6 months their hair has slowly grown back.



Improving Dementia

As for your brain, Ginseng is known as a brain booster. Study has shown that in a test, 97 patients with Alzheimer's who have taken Ginseng scored a higher grade on a cognitive function test and brief psychotherapy.



Enhancing Stomach Functions

Korean Ginseng strengthens the stomach, increases appetite, and helps stop diarrhea. A research indicates that Helicobacter pylori, one of main causes of stomach cancer is effectively eliminated by Ginseng's substance.

Protection from Influenzas including A(H1N1)



In an experiment conducted with mice, Ginseng has improved the survivability of mice contracted with A(H1N1) by 66%. When subjects were injected with both vaccine and Ginseng extract, their survivability became 100%.

Helping Children Focus and Alleviating Children's ADHD



Saponins in Ginseng heightens attention span and mental focus. Clinical testing of Ginseng administered to children with ADHD for 8 weeks showed clinical effectiveness and improvement of conditions were matching data collected based on clinical impression scale, Connor ADHD Scale, Dupaul ADHD scale and Sustained Attention Evaluation Scale.



Improving Fatty Liver, Preventing Liver Damage

Ginseng has been found effective for treating liver cirrhosis and liver cancer, according to Egyptian National Research Institute, in which Ginseng extract was administered to patients suffering from liver diseases.



Fortifying Respiratory Function

Korean Ginseng strengthens the functions of the lungs, and facilitates the healing process.



Let Us Get to Know Korean Ginseng

Ginseng does not cause rise in body temperature.(O)

When ingesting Ginseng, you may feel your body temperature rising, as Ginseng accelerates metabolism, however, that does not affect body temperature, just as the sensation of body temperature rise after meals are not the result of 'actual' rise. Research collaboratively conducted among Korea, China, and Canada has proven that Ginseng does not raise body temperature. Perception of Ginseng raising body temperature and blood pressure originates from misinterpretation of medical writing of ancient times.

Rural Development Administration, a government entity of Korea, conducted a long-term research consortium among Korea, China, and Canada and has proven that Ginseng does not in fact contribute to rise of body temperature. China-Japan Friendship Hospital and its team under Doctor Ji Neng Wian's supervision announced that the blood pressure of the normal people who ingested Korean Red Ginseng powder was not affected, and those with high blood pressure had improvement in blood pressure after ingesting Red Ginseng powder. Also Team of pharmacists under supervision of nationally-renowned Professor Yong-nam Han at University of Pharmaceutical Study, Seoul National University conducted research from 2001 to 2008 on the efficacy of Korean Ginseng, and discovered that while increasing blood circulation volume and its speed, Ginseng did not affect pulse, blood pressure, nor temperature.

It is good to take Ginseng for a long period of time.(O)

The saponins found in Korean Ginseng do not contain toxicity. Since ancient times, Oriental medicine scholars had long classified Korean Ginseng as Tier 1, non-toxic herb (some herbs in Oriental Medicine contain certain level of toxicity, which often need be to neutralized with other complementary herbs), therefore long-term ingestion was encouraged. A healthy individual should ingest an appropriate amount of Korean Ginseng consistently for a long time, in order to prevent pathogens from causing diseases and ailments. Research done by numerous scholars also support this suggestion, as their findings also show that long-term ingestion of Ginseng brings desired medicinal effects.



Ginseng lowers blood pressure.(O)

False rumor says that Ginseng can raise blood pressure. However, the opposite is the case in reality. Harvard University has published 34 works related to Ginseng and its efficacies, yet those works consistently have proven that Ginseng ingestion do not cause any noticeable changes in blood pressure. When patients suffering from high blood pressure take Ginseng, they experience significant improvement in fatigue, insomnia, emotional balance, and other symptoms. Not only does it lower blood pressure but it also improves blood circulation. However, if you are already taking blood pressure medication, we advise that you first confer with your doctor before ingesting Ginseng for the purpose of preventing any adverse effects.

It is good for children.(O)

Ginseng is especially good for children who are in growing stage. Saponins are really effective in enhancing children's memory and cognitive ability. ADHD, a internally challenging issue for many children across the globe, can be improved through Ginseng intake. Please note to lower the dosage for the children (50% or 30% of amount adult can take.)

Additives like honey or sugar do not decrease the efficacy of Ginseng.(O)

Honey and sugar do not destroy nutritional substances or health-enhancing components of Ginseng, nor do they affect absorption rate. There is no particular food you have to avoid when taking Ginseng, in consideration of counter-effect. For those who do not like its bitter taste, can always sweeten its taste with honey or sugar.





Many Different Ways to Enjoy Korean Ginseng

The medicinal effects of Ginseng is being widely known and growing in popularity. There are so many ways to enjoy Ginseng depending on your preference of taste, age, health condition. Ginseng is ingested and processed in various ways so that it can be blended into drink products, or made into Red Ginseng slice. Shall we take a look at some of the popular ways to enjoy Ginseng?



How to eat Korean Ginseng

- **Honey Ginseng preserves are good for bringing back appetite and physical energy.** You should definitely take some sliced Ginseng preserved in honey.
- **White Ginseng Decoction** Very effective for treating cold, as well as chronic fatigue, water boiled with white Ginseng is the drink you really need.
- **Red and Black Korean Ginseng** They are made by steaming with water vapor, then dried. They are known for suppressing cancer cells from reproduction, while enhancing the immune system.
- **Ginseng Products from tea, liquor, extract to candy and beverage** Decoction is not the only way to ingest Ginseng. There are practically hundreds of ways to enjoy Ginseng through various products for convenient intake.



How to select good Korean Ginseng

- Ginseng with consistent milky golden color, with shiny texture
- Ginseng with dense tissues and with elasticity (ones with loose tissues with little or no elasticity could mean that it is either spoiled or diseased.)



Bringing Back Your Beauty and Youth

- **Ginseng Facial Washing Water** Good for treating acne and various types of skin problems

Ingredients 1 whole fresh ginseng root (medium), 1 lemon (6 wedges), spring water (150ml)

Method ① Put washed fresh Ginseng into a pot and boil it till half of the water is reduced. ② Add lemon to ① and then blend them together in a mixer.

③ Strain the mixture and filter it through paper coffee filter twice for use.

- **Red Ginseng Facial Pack** Effective for improving dry and rough skin and restoring moist and softness.

Ingredients 5 tbsp of red ginseng juice, 5 tbsp of all purpose flour, and , small amount of whole milk.

Method ① Add flour into the ginseng juice and adjust thickness (not running) with honey or milk. ② apply the mix evenly on the face, and then rinse with warm water. ③ Apply the mix evenly on the face, then rinse with warm water.

- **White Ginseng Bathing Product** Ginseng is effective in improving blood circulation and dissolving fat.

Ingredients 2~ 3 white dried ginsengs, 10"×10" of cheese cloth.

Method ① Place the white Ginseng roots into cooten straining bag.

② Soak it in warm bath water in the tub.

Fresh Ginseng Korean Ginseng intact in its shape, without any broken stem.

Red Ginseng Korean Ginseng (in its 4th to 6th years of growth) that has been processed with water steam till its color changes to red.

White Ginseng Unprocessed Korean Ginseng that has been dried by natural sun light, or heated wind.


Ginseng is applied to various cosmetic products today.



Mother's Favorite Recipes with Korean Ginseng

Porridge with Ginseng and Chicken

Boiled in Ginseng-&-chicken broth, the porridge gives layers of tastes and key nutrition needed for energy restoration.

 **Ingredients** whole chicken (1ea), whole Ginseng root(2-3 ea), garlic clove (10) , short grain rice (1 cup)


Method

- 1 Put the chicken and garlic cloves, put them into a stock pot, fill the pot with water untill all the ingredients are submerged, and bring it to boil.
- 2 Rinse short grain rice, drainthe water and then place it for about 20 minutes.
- 3 Once the chicken is fully cooked, rest, debone, and shred the chicken meat and then save the broth and ginseng roots.
- 4 Cook rice with the chicken broth and then bring it to boil. And lower heat and simmer for about 30 mins.
- 5 Plate and garnish with the shred chicken.



Ginseng Jelly

Broiled in sugar or glutinous sugar syrup, Ginseng Jelly is Korea's traditional food often enjoyed as dessert and side dish for a drink.

 **Ingredients** Ginseng (6 roots), sugar (30g), glutinous sugar syrup (10g), and honey

Method


- 1 Once cleaned, boil fresh Ginseng for a few seconds.
- 2 Put Ginseng and sugar in 2:1 ratio, add water used to boild the fresh Ginseng into a pot, bring the water to boil, simmer till thickening.
- 3 Add glutinous sugar syrup boil it till thickening. Do not stir while simmering. (The shape of boiled Ginseng easily breaks.)
- 4 Once Ginseng has reddish color, turn off heat and preserve them in honey.





Fried Ginseng

Easy to make, Fried Ginseng has additional texture and taste for kids to enjoy as snack.


 **Ingredients** Fresh Ginseng (5 roots), oil for deep frying

Method

- 1 Clean Ginseng and cut them into bite size. Heat the frying pan and add sufficient amount of oil.
- 2 Wipe off excess water on Ginseng and carefully place Ginseng pieces into heated oil.

Ginseng Salad

Ginseng is not only the health booster, but the flavorful addition to salads. All you need having your favorite dressing ready!

 **Ingredients** paprika, lettuce, green sprouts, soy and lemon salad dressing

Method

- 1 Cut (slice or dice) Ginseng to the size that is palatable with the rest of greens.
- 2 Prepare the dressing by adding lemon slices into soy sauce.
- 3 Drain water from vegetables, toss them with Ginseng slices, toss them with the dressing.



Ginseng Juice

Ginseng Juice is a nutritional drink that you can enjoy its flavorful kick. First, put Ginseng, Red Ginseng Powder, or fresh Ginseng with milk into a mixer, blend the ingredients.

 **Ingredients** Three Korean Ginseng (Red Ginseng) packets, or fresh Ginseng roots, milk (500m), honey

Method

- 1 Put all the ingredients into a mixer and blend them until mixed properly.
- 2 Add honey in preferred amount.

Products with Processed Korean Ginseng



Ginseng Tea

Ginseng Tea is a powdered form of dried Ginseng, ideal for seasoning food or infusing in hot water as tea.



Ginseng Slice Preserve

Preserved with honey, Ginseng Slice has heightened potency, while improve its flavor by balancing its bitter taste with honey.



Korean Red Ginseng Candy

Containing Red Ginseng's powerful extract, Red Ginseng Candy is enjoyed by many for its portability.



Ginseng Powder

Ginseng Powder is made of fresh Ginseng which is dried, then powdered. The powder form of Ginseng is ideal for food seasoning or mixing with water for convenient ingestion.



Korean Red Ginseng Extract

Red Ginseng Extract is a syrup form of highly concentrated Red Ginseng, slowly decocted in water. It can be ingested as it is or after stirred into water.

Jeol-pyeon (Korean Red Ginseng Slice)

Red Ginseng Slice is fresh Korean Ginseng that is steamed, dried, sliced then marinated with sugar. Because of the processing, its medicinal potency is enhanced, while portability is improved for snacking.



Korean Red Ginseng Powder

Korean Red Ginseng is processed by drying and powdering Red Ginseng. It is a great item for those who want to add Red Ginseng flavor to various types of food and desserts in preferred amount.



Red Ginseng Tea

Coming in powder form, you can enjoy Ginseng tea, combined with lactic sugar, fructose, and dates—perfect health packet served warm and sweet.



Red Ginseng Drink

Mixed with other health-promoting ingredients including deer antlers, angelica roots, honey and others, this sweet and energizing drink will deliver rejuvenation and restoration to women.



Red Ginseng Capsules

Solidified high concentration of Red Ginseng is packed in capsules for your convenient and easy ingestion.





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