

Natural and Holistic Medicines' View on Fermented Ginseng
"Sympathetic and Parasympathetic Nervous Systems"

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GS15-4 Fermented Ginseng is the most powerful and fully balanced adaptogen known to modern science. Adaptogen are substances found in nature which help the body to adapt to stress. GS-15 helps to create the critical balance and synergy in the body's autonomic nervous system between the sympathetic and parasympathetic. This synergy allows the body to create homeostasis which supports cell renewal for optimal health and performance through long term use. (NOTE: Due to stress levels, additional servings of GC15-4 Fermented Ginseng may be needed at times maintain this critical balance.)

This document is written to help you understand your body.

OUR BRAIN AND NERVOUS SYSTEM

Our body is managed through our brain and nervous system which are separated into two parts: The central nervous system composed of the spinal cord and the brain itself. The peripheral nervous system which is the nerve fibers branching out from the spinal cord and the brain. The peripheral nervous system is further subdivided into the autonomic nervous system and somatic nervous systems.

AUTONOMIC NERVOUS SYSTEM

The autonomic Nervous System "ANS" is a control system that acts largely unconsciously and regulates bodily functions such as the heart rate, digestion, respiratory rate, papillary response, urination, and sexual arousal. The autonomic nervous system "ANS" has two divisions: the sympathetic nervous system, which accelerates the heart rate, constricts blood vessels, and raises blood pressure and the parasympathetic nervous system, which slows the heart rate, increases intestinal and gland activity, and relaxes sphincter muscles.

The sympathetic nervous system SNS is your performance system. It is what initiates the fight-or-flight mechanism of the body. This system also can supply nerves to other parts of the body like the lungs, eyes, alimentary canal, heart, kidneys, etc. This system will cause a rise in the heart rate and in the amount of secretions the patient produces. It will also raise the rennin secretions coming from the kidneys. The release of blood sugar from the liver will as well be

stimulated which is deposited into the bloodstream to make the glucose accessible for consumption.

The parasympathetic nervous system PNS is the component that is accountable for the rest-and-digest stage of our body. The nerve fibers of this subdivision are delegated to the smooth muscles, glandular tissues, and cardiac muscles. This system is accountable to stimulate the salivation process, tear production, defecation, digestion, and urination. Immunity and repair are supported by the PNS.

There are various parasympathetic and sympathetic disparities that exist. These two are identified to act in contrasting and complimentary. The PNS can constrict the pupils of the patient while the SNS dilates them. The SNS inhibits the secretion of saliva whereas the PNS stimulates this process. PNS decreases the pulse rate and slows down the blood pressure. On the contrary, the SNS increases the pulse rate and heightens blood pressure levels. The PNS can also constrict the bronchi. On the other hand, the SNS dilates them and increases their diameter. The PNS can stimulate the digestive system activity while the SNS inhibits its activity. The SNS enables urinary retention whereas the PNS can stimulate urination. The rectum is relaxed when the patient's PNS is activated, Inversely, the rectum is contracted when the SNS is stimulated.

These two systems react on the complementary situation in our lives. The Sympathetic Nervous System is stimulated for a person to accelerate the body to support mental and physical performance. The parasympathetic Nervous System functions to decelerate the body supporting cell renewal. They are like our body's gas pedal and brake.

Fermented Ginseng Q and A

1. Can I take with my Doctor prescribed medications?

Yes, but do not take your LiquidCaps at the same time you take your medications. Take it 30 minutes before or 60 minutes after you take your medication. Ginseng is very liver supportive so there will be a tendency for you to have an increased uptake of your drugs. working with their physicians many people have been able to reduce and sometimes eliminate their pharmaceutical drugs as they

experience balance.

2. Can I take with my other vitamins and minerals?

Yes, this is an enzyme fermented ginseng which works to bring your body into homeostatis balance so it works synergistically with other supplements. We recommend taking it by itself so you can more directly and specifically experience the benefits of what Fermented Ginseng brings to you and your unique health situation. also too rapid absorption of other supplements can be avoided.

3. Will I notice it right away or will it take time?

Taken together with your other treatments in many cases patients notice an effect even the first day. When taken consistently on a daily basis most patients notice benefits within the first week or two. On some occasions it takes longer. Science and research has shown that GS15-4 Fermented Ginseng working to bring your body into balance beginning on the first day. This is why many notice it immediately. You can be confident that with consistent daily use your body will receive support to recover from and manage stress.

4. How will it affect my sleep?

Most people experience a great improvement in sleep. Sleep difficulties are often related to stress overload. Fermented **GinsengCaps** are very effective to help your mind and body manage stress.

5. Will it give me energy?

Most people feel a unique experience of smooth energy. This is a fully balanced enzyme fermented ginseng, therefore it is not over stimulating and does not have the “ample” effect experienced with Red Ginseng. It is shown to increase energy and stamina while providing an important soothing effect on the nervous system.

6. Are there are any side effects? How will it affect my blood pressure?

There are no known negative side effects with our LiquidCaps. Full balanced ginseng has been shown to support maintaining blood pressure at normal healthy levels with prolonged use. When people

have high blood pressure, it is recommended that they begin with lower dosages in the beginning and gradually ramp up. Always consult your doctor particularly if you are using pharmaceutical drugs.

7. It is possible to detox and get a reaction?

Yes. This fermented ginseng is very helpful to your body to remove toxins. This Ginseng is fully balanced and not denatured so it is safe and non-toxic even with high dosages. If you are detoxing you may feel slight flu-like symptoms. In this case you should drink lots of water, stop for 24 hours and begin taking smaller doses. Consult your doctor for any questions on detoxing.

8. How much should I take it? How long?

For maintenance once at night and ounce in the morning is ideal, but even once per day can be effective. In high stress circumstances additional doses are recommended. It is safe to take even 10 or more doses/day because its fundamental effect is to bring you into balance. As a whole food, this enzyme-fermented ginseng should be taken daily on an ongoing basis throughout your life.

9. If I am pregnant can I take it?

If you are pregnant always consult with your doctor before taking any supplements. In Korea, ginseng is commonly used as part of a healthy food-based protocol for pregnant women.

10. How will it affect my Libido?

Numerous studies have shown that ginseng is beneficial for sexual function and satisfaction. Fermented Ginseng LiquidCaps are fully balanced, high absorption ginseng. They provide physical and emotional benefits creating a very positive effect on both Men and Women's libido.

Dr. Badanek has been and currently is 38 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at

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