

## Nutritional Protection Against Radiation

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## GINSENG

Research on animals has shown radioprotective effects of various ginseng formulations. A recent study published in the Journal of Alternative and Complementary Medicine using lymphocytes extracted from humans and treated with North American Ginseng extract 90 minutes after irradiation of the lymphocytes, showed that the extract protected the immune cells from irradiation with Cesium-137. Cesium-137 is the radioactive isotope that's being spewed out from the Japanese nuclear reactors. The extract used in the above study contained a total ginsenoside (the bioactive component) content of 11.7 percent, with Rb1 as the major ginsenoside. Asian ginseng has also shown protective effects by the same researchers when human lymphocytes were treated with the compound before radiation. Furthermore, ginseng extracts enhance immune function in healthy and immune-compromised humans.