



# Secrets of Ginkgo

*Winifred Conkling*

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## Secrets of Ginkgo Winifred Conkling

Discover the secrets of concentration, improved memory, and good health.

For thousands of years, Eastern societies have known about the astounding healing properties of ginkgo. An herb with a multitude of medicinal uses, ginkgo has been shown to improve blood circulation, memory, sexual function, vision, hearing, immune system function, and much more. Research has also shown promising results with the use of ginkgo in treating ailments such as Alzheimer's, heart disease, asthma, allergies, and AIDS. And it seems to work as a powerful antioxidant. Word has only recently spread to Western culture about the benefits of ginkgo, but already it's the third most popular herb in the U.S. Is ginkgo right for you? Read the *Secrets of Ginkgo* to see if this amazing herb could help to improve your health too.

This comprehensive guidebook includes:

- \* The history, folklore, and legends surrounding ginkgo
- \* How the herb works in the body
- \* The many uses of ginkgo
- \* Health and energy plans
- \* Candidates for the use of ginkgo
- \* Dosage information
- \* And much, much more!



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