



- Dipl Remedial Therapist
- Ass.Dipl Massage Therapy
- Ass.Dipl Structural Balancing
- Ass.Dipl Sports Injury Management
- Degree in Homeobotanical and Herbal Medicine HB1411
- Certificate in Shiatsu
- Certificate in Crano-Sacral Balancing 1-3
- Certificate in Oriental Medicine Physical Diagnosis
- Certificate in Myofascial Release 1-3
- Certificate in So Tai
- Certificate in Hyperton-X Basic
- Certificate in Hyperton-X Advanced

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CLIENT INFORMATION SHEET

Homeobotanical Medicine

As a practitioner of Homeobotanical medicine for some 12 years now (Reg. No. Hb1411), I'd like to draw your attention to the efficacy of its treatments which draws on the powerful natural healing effects of a great range of plant species. Among these, one of the most widely utilised is the famous Ginkgo biloba, whose health-giving properties were already long appreciated in Chinese traditional medicine wherein the nuts and, sometimes, leaves of the tree were used in the treatments of a range of illnesses including asthma, coughs, diarrhoea, and bladder problems, to name a few.

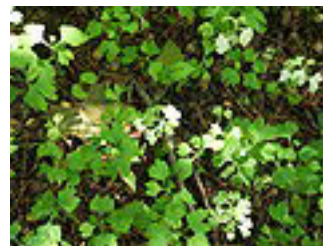


A very interesting and informative account of the species and its history can be found on the Internet at <http://www.xs4all.nl/~kwanten/history.htm> and

the ensuing article in this newsletter will tell you more about its medicinal properties, which are gradually becoming better understood.

Ginkgo Biloba

The ginkgo biloba tree (maidenhair tree) has been called "the doyen of trees", because of its antiquity. Ginkgo is often referred to as a living fossil, because trees alive today are almost identical to those in fossil records which pre-date the evolution of mammals. It is classified in the same group as conifers and cycads, but is distinct from both.



Individual trees are believed capable of living 2000 to 4000 years. The tree is basically native to China and Japan. Ginkgo



THE SHIATSU MAN

biloba is resistant to all kinds of pollution, viruses and fungi and possessed a unique biochemistry.

The active constituents in ginkgo leaves are flavoglycosides (heterosides), and quercetin, as found in the leaf. These constituents should not be isolated, but should be present in a concentrated extract.

Ginkgo has a tonic action on several aspects of neural functioning, including the stabilization of neural and muscular membranes. Ginkgo has an inhibitory effect on blood platelets aggregation, meaning that it effectively reduces the tendency of blood components to stick together; therefore, it reduces the tendency for dangerous clots to form in veins and arteries.

Since oxygen is the major source of free radical, oxygen scavengers are among the best substances used to prevent the formation of free radicals. The flavanoids of ginkgo, including quercetin, are extremely potent oxygen scavengers. Ginkgo is ideally suited for use in protecting the heart, blood vessels and brain against the destructive influence of free radicals. Ginkgo not only destroys existing free radicals, but also inactivates their formation.

Treatment with ginkgo significantly increases blood flow to the brain. Ginkgo also affects the cholinergic aspect of the nervous system. The decline in function of this system is also implicated in the aging process and the onset of dementia.

Ginkgo is used to treat vascular disturbances of the inner ear.

Both structural and functional disturbances on the inner ear have been successfully treated with ginkgo. These

problems may stem from some underlying vascular defect. The action of ginkgo on cerebral circulation resulted in swift and complete repair.

That severe cochleovestibular disturbance with vascular component are subject to amelioration by ginkgo is reported in a recent study. In deafness of long standing, the results were poor, but even then in about half of such cases definite improvement was seen. Such results are truly remarkable. In recent deafness, following head injuries or sonic damage, the results were very good in more than 60 percent of the cases. Ringing in the ear improved significantly even in very severe cases at a rate of 74 percent. Almost all patients with vertigo reported significant improvement.

Before ginkgo was approved for human consumption it had been extensively tested for potential side effects. Virtually none were found. Some people have reported mild gastrointestinal upset, headache or skin rash that are probably allergic in nature, but that's it. Even doses many times in excess of the recommended therapeutic amount have not produced significant toxicity.

One long-term study was carried out to determine if very large doses of ginkgo had any influence on delicate endocrine balance. The results of all hormonal and blood analysis were negative. Research in Europe and elsewhere have shown that the leaf of the tree is very effective in the prevention and treatment of early Alzheimer's disease, diabetic retinopathy, strokes, cataracts and vascular degeneration.

Ginkgo is said to be effective in the treatment of senility, memory loss, and mental fatigue. It does work by helping to dilate the body's blood vessels
"Specialising in Back Problems"



and thereby causing increase blood flow to the brain. Ginkgo biloba is one of the most studied herbs in the world; there have been over 600 scientific studies and many clinical trials – all of them positive.

Ginkgo is completely safe; the standardised extract needs to be taken for six to eight weeks in order to achieve a significant result. Dosage range is between 120 and 160 mg per day divided into equal doses and taken at meal times.

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**I**(Klaus) am not only a practitioner of Homeobotanical remedies, but also a user who has personally enjoyed some of their benefits. These gentle but remarkable remedies for such things as asthma and respiratory conditions, chronic fatigue, migraine, liver and gallbladder problems, insomnia and depression, memory retention to name just a few areas in which they can be effective, come directly from nature itself. If you have a condition which has perhaps been unresponsive to other medications, or if you simply prefer to avoid the questionable effects of some of the mainstream drugs and pharmacopea, then perhaps I can be of assistance in my role of Homeobotanical practitioner.