Organic Ashitaba
An Amazing Super Food with a Broad Range of Benefits

What is Ashitaba?
Ashitaba is a lush green plant that has its origins on the Island of Hachijo where the warm tropical currents pass by on their way North to meet the cold Arctic waters of the Pacific. Its name means “tomorrow’s leaf,” aptly termed due to its ability to reproduce its green stem and leaf almost on a daily basis.

Extending Your Life Span. Ashitaba’s scientific name, Angelica keiskei Koidzumi, comes from the Latin name for “angel,” most likely due to its “heavenly”, well known health benefits that have given it such notoriety. The inhabitants of Hachijo Island are well known for their longevity, having some of the longest life spans on earth (i.e. many commonly live well into their 90’s in good health). Ashitaba has been an integral part of their diet for hundreds of years.

When all aspects of their lifestyle were analyzed, the researchers found that the consumption of ashitaba was a heavy contribution to their healthy, extended lives. Even the local residents of the island refer to ashitaba as the “longevity herb”. As more research has been conducted on this special strain of angelica, ashitaba has been attracting more and more attention from the scientific community.

A Well Guarded Secret. The oldest written record of the benefits of ashitaba appear to be more than 2,000 years old. Of the many thousands of known plants, ashitaba belongs to the elite 1% category called “medicinal plants.” In China, ashitaba has had a long history of use to purify the blood, detoxify the liver, cleanse the colon, improve lung function, enhance blood circulation, improve nerve dysfunction, and relieve muscle and joint pain.

From the Ming Dynasty to the Shogun warriors, the ashitaba plant traveled from China to Japan and was a well guarded secret of strength and longevity for hundreds of years among the elite classes of society.

Ashitaba’s Benefits. In traditional Chinese medicine, ashitaba is considered a superior, strengthening yin tonic. It has a wide range of known, health-promoting benefits. It provides immune system stimulation, promotes healthy function of the stomach and intestines, demonstrates specific anti-viral and anti-bacterial activity and reduces inflammation.

Other studies show it helps cleanse the blood, regulate blood sugar levels (anti-diabetic action), promote healthy cholesterol levels (decreasing unhealthy LDL cholesterol), stimulates the production of Nerve Growth Factor (NGF) for excellent nerve function, suppresses cell growth abnormalities such as tumors (as seen in cancer), helps decrease high blood pressure, remove toxic wastes from the body, aids natural sleep cycles, improves visual acuity and provides peri-menopausal relief. An interesting side benefit many users of ashitaba have reported their skin feels smoother and much healthier.

The Broad Range of Benefits of Ashitaba

- Promotes blood cleansing and circulation
- Enhances nerve cell growth (both central and peripheral nervous systems)
- Strengthens the immune system
- Proven anti-viral and anti-bacterial properties
- Anti-cancer and anti-tumor properties
- Enhances liver and kidney functions
- Reduces high blood pressure
- Regulates blood sugar levels (anti-diabetic action)
- Regulates cholesterol levels (anti-LDL action, the “bad” cholesterol)
- Supports digestive and intestinal health
- Reduces joint and muscle pain and stiffness
- Relieves smooth muscle spasms in arteries and bronchial tubes
- Removes toxic wastes from the body
- Improves visual acuity
- Peri-menopausal relief
- Aids natural sleep cycles
- Promotes healthier, smoother skin
Ashitaba’s Benefits in Chronic Disease

Ashitaba has been successfully used in the following conditions:

- Chronic hepatitis
- Blood cleansing and purification
- Poor blood cell reproduction and anemia
- Poor circulation
- High blood pressure
- Hangover
- Carcinoma
- Common colds and flu
- Asthma and other breathing problems
- Diabetes and blood sugar imbalances
- Infertility (poor production of sperm)
- Constipation (has laxative effects)
- Shoulder pain & stiffness and other muscle problems
- Neurosis (nerve problems including nerve damage)
- Edema (acts as a natural diuretic)
- GI tract disorders, including acute gastritis, chronic gastritis, achlorhydria, stomach cancer, duodenal ulcer, gastric atonia, chronic enteritis
- Hemorrhoids
- Chronic Fatigue
- Aging of skin
- Coumarins. Ashitaba also contains coumarins (including psoralen, imperatorin, columbianin, isorhazepitin, rhazelpitin, selinidin), a class of widely occurring phenolic compounds, such as found in citrus fruits. Coumarins are being studied for their potential anticarcinogenic properties and preclinical studies show promising effects against skin tumorigenesis. (Cai, Y., Kleiner H., Johnston D., Dubowski A., Bostic S., Ivie W., DiGiovanni J. “effect of naturally occurring coumarins on the formation of DNA adducts and tumors induced by benzo[a]pyrene and 7,12-dimethylbenz[a]anthracene in skin.” Carcinogenesis 16:1521-1527, 1997)
- 4-hydroxydesmin glycosides: Ashitaba contains unique glycosides called isouqueretin, ruteorin, angelic acid and bergapten.
- Melatonin. Ashitaba contains a significant amount of melatonin, a well known antioxidant with benefits of calming the body, stress reduction, anti-aging and anti-carcinogenic properties.
- Natural Vitamins & Minerals: Ashitaba contains a wealth of naturally occurring vitamins and minerals, including beta-carotene, vitamin C, calcium, iron and potassium. Ashitaba also contains vitamin B12, not typically produced in plants. Vitamin B12 has been recognized for its ability to promote the production of blood cells, increase attention span and concentration, increase the production of growth hormone and promote the integrity of the immune system.

Beware of “Junk” Ashitaba. However, like all nutritional products, beware of your source of ashitaba. The original, full-powered source of ashitaba is grown on the pristine Hachijo Island contains the complete range of phytonutrients in full ideal cellular resonance. Sources that we have tested that were grown elsewhere (especially in the U.S., grown with polluted water in poor soil, etc.) have been like shadows of the real thing – with extremely deficient cellular resonance (often chaotic values). It is best to avoid these sources altogether.

The Ashitaba Super Star

Once a well guarded secret of the elite of ancient societies, now we can all benefit from this medicinal plant Super Star, grown from the original pristine source — Hachijo Island. Hippocrates, the Father of Medicine, once said: “Let your food be your medicine.”

And so, we may all envision a time when this incredible Super Food becomes a household word with every mother asking her children before they go off to school: “Have you had your ashitaba today?” To regain and maintain our own ideal health, we must all return to grass roots of true nutrition – for real, sustaining nourishment of the body. And by the way, have you had YOUR ashitaba today?

References


Niemer, Y. et al. Anti-bacterial activity of two chalcones, xanthoangelol and 4-hydroxyxanthone, isolated from Angelica Kozui Katozumi, Osaka University Department of Pharmaceutical Sciences, Japan, Pharmaceutical Therapy, 1991; Dec.
