

Jiaogulan

The Little Handbook



Complete Guide to *Gynostemma Pentaphyllum*

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INTRODUCTION: COMPLETE GUIDE TO GYNOSTEMMA PENTAPHYLLUM

ABOUT BIOHERBY

Founded in 2013 by Peter Oldenburger, Bioherby is committed to bringing the highest quality Jiaogulan to the global market.

With a deep passion for natural health and sustainable agriculture, Peter established Bioherby to provide consumers with pure, potent, and ethically sourced herbal products.

The journey began with eco-friendly farms nestled in the pristine mountain regions of Thailand, where Jiaogulan is cultivated under optimal conditions.

MEET PETER OLDENBURGER

Peter Oldenburger, the visionary behind Bioherby, has dedicated his career to promoting natural health and wellness.

His commitment to sustainability and organic farming practices is the cornerstone of Bioherby's philosophy.

Peter's expertise and passion for herbal medicine have driven the company to become a trusted name in the industry, known for its integrity and quality.

BIOHERBY JIAOGULAN-FARMS IN THAILAND

Bioherby's eco-farms are located in the lush, unpolluted highlands of Thailand, where the environment is ideal for growing Jiaogulan.

These farms adhere to stringent organic farming practices, ensuring that the plants are nurtured without the use of synthetic chemicals or pesticides.

Nestled amidst the pristine landscapes of Thailand, Bioherby's eco-farms stand as a testament to Peter Oldenburger's vision for ethical and environmentally conscious agriculture.

Here, amidst the vibrant biodiversity of Southeast Asia, *Gynostemma Pentaphyllum* flourishes under the care of skilled farmers who prioritize organic cultivation methods.

EMBARK ON A JOURNEY OF DISCOVERY

Join us as we embark on a journey to unravel the mysteries and unveil the countless benefits of *Gynostemma Pentaphyllum*.

Whether you're a seasoned herbal enthusiast or a newcomer to the world of botanical wonders, this guide promises to be your definitive companion in exploring the boundless potential of Jiaogulan.

Get ready to immerse yourself in the world of *Gynostemma Pentaphyllum* with Bioherby as your trusted guide.

Let's uncover the secrets of this extraordinary herb together.

CHAPTER 1: WHAT EXACTLY IS JIAOGULAN?

Jiaogulan (*Gynostemma pentaphyllum*) is a climbing vine from the cucumber family (Cucurbitaceae).

Known for its distinctive five-leaflet leaves that are dark green, this plant is native to China, Laos, Myanmar, and Northern Thailand.

The name 'Jiaogulan' means "twisting blue plant" in Chinese, and it has been cherished for its reputed benefits of promoting a long, healthy, and happy life. In Southern China, residents in high mountain regions have replaced coffee with Jiaogulan tea for centuries.

They describe it as a drink that provides a significant boost to overall health and works as a "rejuvenating elixir." This tea is consumed upon waking, before work, and before bed to enhance stamina, reduce fatigue, and promote restful sleep. It is also said to reduce stress.

Jiaogulan remained largely unknown outside these remote areas until the early 1970s when a national census revealed that regions where Jiaogulan was commonly consumed (Guizhou, Guangxi, and Sichuan) had extremely low cancer and dementia rates and an unusually high percentage of centenarians.

This discovery piqued the interest of researchers, leading to extensive studies into the health benefits of Jiaogulan.

CHAPTER 2: TAXONOMY

Jiaogulan belongs to the Cucurbitaceae family, which includes cucumbers, melons, and gourds. The genus *Gynostemma* comprises about 21 species, with *Gynostemma pentaphyllum* being the most well-known.

The taxonomy of Jiaogulan is as follows:

- **Kingdom:** Plantae
- **Clade:** Angiosperms
- **Clade:** Eudicots
- **Clade:** Rosids
- **Order:** Cucurbitales
- **Family:** Cucurbitaceae
- **Genus:** *Gynostemma*
- **Species:** *G. pentaphyllum*

This classification highlights its close relationship with other cucurbits, though it is unique in its medicinal properties and cultural significance.

CHAPTER 3: DISTRIBUTION

Jiaogulan is primarily found in the mountainous regions of China, particularly in the provinces of Guizhou, Guangxi, and Sichuan. It also grows in Laos, Myanmar, and Northern Thailand.

These regions are characterized by their clean air, rich soils, and traditional agricultural practices, which contribute to the high quality of Jiaogulan grown there.

Jiaogulan's distribution is closely tied to its preferred habitat, which includes humid, subtropical areas with well-drained soils.

Its cultivation has spread to other parts of the world due to its increasing popularity and recognized health benefits, including parts of Japan, Korea, and the United States.

CHAPTER 4: HABITAT

Jiaogulan thrives in humid, subtropical climates. It prefers well-drained, fertile soils and often grows in forested areas, along riverbanks, and in mountain valleys.

The plant can be found at altitudes ranging from 300 to 3,200 meters above sea level. Jiaogulan is a perennial vine that can grow up to 8 meters in length, using its tendrils to climb on trees and other structures.

In its native habitat, Jiaogulan benefits from the rich biodiversity and minimal human interference, which helps maintain the ecological balance and soil fertility necessary for its growth.

This environment is ideal for producing high-quality leaves rich in beneficial compounds.

CHAPTER 5: THE HISTORY AND CULTURAL SIGNIFICANCE OF JIAOGULAN

Jiaogulan has been a cornerstone of traditional Chinese medicine for centuries, primarily known for its life-extending properties.

The herb is also embedded in the cultural practices of the regions where it is grown, especially in Southern China, where it has been consumed as a tea substitute for coffee.

Historical texts and local folklore often refer to it as "the herb of immortality," a testament to its esteemed place in Chinese herbal medicine.

Beyond China, Jiaogulan has been used in traditional medicinal practices in Laos, Myanmar, and Thailand, highlighting its broad cultural and therapeutic significance across Southeast Asia.

In these regions, Jiaogulan is often consumed daily as a tea, believed to promote longevity, reduce fatigue, and enhance overall well-being.

Its use has been documented in various traditional texts, and it is celebrated in local festivals and rituals.

CHAPTER 6: CHEMISTRY

The health benefits of Jiaogulan are largely attributed to its rich chemical composition. The plant contains a variety of bioactive compounds, including:

- **Saponins (Gypenosides):** These are the primary active components, with over 80 different gypenosides identified. Saponins are responsible for many of Jiaogulan's adaptogenic, antioxidant, and anti-inflammatory properties.
- **Flavonoids:** These compounds provide antioxidant benefits and contribute to cardiovascular health.
- **Polysaccharides:** Known for their immune-boosting properties.
- **Vitamins and Minerals:** Including vitamin C, vitamin E, selenium, magnesium, zinc, and calcium.

These compounds work synergistically to provide a wide range of health benefits, making Jiaogulan a powerful natural remedy.

CHAPTER 7: JIAOGULAN AS AN ANTIOXIDANT

Jiaogulan is renowned for its potent antioxidant properties, which are largely attributed to its high content of saponins, also known as gypenosides.

These compounds protect the plant from pests and diseases, and when consumed, they stimulate the body's production of three powerful antioxidants: Superoxide Dismutase (SOD), Glutathione Peroxidase (GPX), and Catalase.

Scientific studies have shown that these antioxidants are significantly more effective when produced by the body compared to those obtained from food or supplements.

Jiaogulan's unique ability to stimulate the production of these internal antioxidants makes it an exceptional natural remedy for combating oxidative stress and aging.

CHAPTER 8: JIAOGULAN AS A NITRIC OXIDE REGULATOR

Nitric Oxide (NO) is a crucial molecule in the human body, playing a vital role in cardiovascular health.

It promotes good blood circulation by dilating blood vessels and preventing the buildup of plaque in arteries.

In 1992, Science magazine named it "Molecule of the Year," and in 1998, the discovery of its role in cardiovascular signaling was awarded the Nobel Prize in Medicine.

Jiaogulan has the remarkable ability to both stimulate and restrict the production of Nitric Oxide, ensuring balanced levels in the body.

This balance is essential for preventing cardiovascular diseases, cognitive decline, and autoimmune disorders.

CHAPTER 9: JIAOGULAN AS AN ADAPTOGEN

Adaptogens are rare plants that help the body resist stressors of all kinds, whether physical, chemical, or biological.

Jiaogulan is a powerful adaptogen that enhances the body's resilience to stress by regulating various physiological functions.

It contains over 174 saponins, which contribute to its wide range of health benefits, including anti-inflammatory, liver-protective, and immune-boosting effects.

Jiaogulan's adaptogenic properties enable it to support the body's homeostasis, helping to balance the endocrine, immune, and nervous systems.

This holistic support makes Jiaogulan an invaluable herb for maintaining overall health and well-being in the face of stress.

CHAPTER 10: JIAOGULAN STRENGTHENS THE IMMUNE SYSTEM

Jiaogulan boosts the immune system by enhancing the production of antioxidants and regulating Nitric Oxide levels.

This dual action helps the body fight off infections, reduce inflammation, and prevent autoimmune diseases.

By maintaining a balanced immune response, Jiaogulan supports overall health and longevity.

Key Benefits:

- **Stimulates immune cell activity**
- **Enhances resistance to infections**
- **Reduces inflammation and autoimmunity**

CHAPTER 11: JIAOGULAN TEA HELPS WITH DIABETES

Jiaogulan is considered one of the best natural remedies for diabetes.

It lowers blood sugar levels and addresses the root causes of diabetes, such as insulin resistance and insufficient insulin production.

Unlike other remedies, Jiaogulan does not cause hypoglycemia and has been shown to restore damage to the cardiovascular system, liver, and kidneys caused by diabetes.

Benefits Overview:

- **Stimulates insulin production**
- **Improves insulin sensitivity**
- **Does not cause hypoglycemia**
- **Restores organ function**
- **Balances blood pressure and cholesterol**

CHAPTER 12: JIAOGULAN STRENGTHENS THE NERVOUS SYSTEM

Jiaogulan protects and enhances the central and peripheral nervous systems through its antioxidant properties and ability to regulate Nitric Oxide levels.

This support helps prevent neurodegenerative diseases like Alzheimer's and Parkinson's and improves cognitive functions such as memory and concentration.

Notable Benefits:

- **Protects nerve cells**
- **Enhances memory and learning**
- **Reduces oxidative stress in the brain**

CHAPTER 13: JIAOGULAN TEA SLOWS AGING

Jiaogulan slows aging by stimulating the production of SOD and Glutathione, two key antioxidants that protect the body from oxidative stress.

Regular consumption of Jiaogulan tea can improve skin elasticity, reduce wrinkles, and promote overall vitality.

Studies have shown that it can extend the lifespan of animals and improve their cognitive and physical performance.

Key Points:

- **Enhances skin elasticity**
- **Reduces wrinkles**
- **Promotes longevity**

CHAPTER 14: CARDIOVASCULAR HEALTH BENEFITS

Jiaogulan supports cardiovascular health by preventing the buildup of plaque in arteries, improving blood circulation, and reducing blood pressure.

It tackles the root causes of atherosclerosis and other heart diseases, ensuring that the arteries remain clear and flexible.

Key Benefits:

- **Reduces arterial plaque**
- **Improves blood circulation**
- **Lowers blood pressure**

CHAPTER 15: JIAOGULAN'S IMPACT ON METABOLIC HEALTH

Jiaogulan tea can support metabolic health by promoting healthy digestion, metabolism, and weight management.

Its saponins enhance the efficiency of the digestive system and improve the body's ability to metabolize nutrients. Additionally,

Jiaogulan has been shown to aid in weight loss by boosting fat metabolism and reducing the accumulation of visceral fat.

Benefits:

- **Improves digestion**
- **Enhances nutrient absorption**
- **Supports weight management**

CHAPTER 16: JIAOGULAN AND STRESS MANAGEMENT

As an adaptogen, Jiaogulan helps the body cope with stress, anxiety, and mental fatigue.

It modulates the production of stress hormones and supports adrenal function, leading to improved resilience against physical and emotional stressors.

Stress-Relief Benefits:

- **Reduces anxiety and mental fatigue**
- **Supports adrenal health**
- **Enhances resilience to stress**

CHAPTER 17: SKIN AND HAIR BENEFITS OF JIAOGULAN

Jiaogulan's antioxidant properties contribute to healthy skin and hair by neutralizing free radicals that cause cellular damage.

Regular consumption of Jiaogulan tea can improve skin elasticity, reduce signs of aging, and promote hair growth and strength.

Key Benefits:

- **Enhances skin health**
- **Promotes hair growth**
- **Reduces signs of aging**

CHAPTER 18: JIAOGULAN IN TRADITIONAL MEDICINE PRACTICES

Jiaogulan has been used in traditional Chinese medicine for centuries to treat various ailments, including inflammation, fatigue, and respiratory issues.

Its uses extend to other traditional healing systems in Southeast Asia, where it is valued for its adaptogenic and restorative properties.

Traditional Uses:

- **Treats inflammation and fatigue**
- **Supports respiratory health**
- **Enhances overall vitality**

CHAPTER 19: JIAOGULAN AND EXERCISE PERFORMANCE

Jiaogulan can improve exercise performance, recovery, and endurance.

Its ability to enhance blood circulation and oxygen delivery to muscles makes it an excellent natural supplement for athletes and active individuals.

Exercise Benefits:

- **Improves endurance**
- **Enhances recovery**
- **Boosts oxygen delivery to muscles**

CHAPTER 20: JIAOGULAN'S ROLE IN HORMONAL BALANCE

Jiaogulan may help regulate hormone levels in the body, supporting overall hormonal balance and reproductive health.

Its adaptogenic properties enable it to modulate the production of hormones, ensuring optimal function of the endocrine system.

Hormonal Benefits:

- **Regulates hormone levels**
- **Supports reproductive health**
- **Balances endocrine function**

CHAPTER 21: JIAOGULAN AND MENTAL WELLBEING

Jiaogulan positively affects mood, cognitive function, and overall mental wellbeing.

It has been shown to reduce symptoms of depression and anxiety, improve concentration, and enhance memory.

Mental Health Benefits:

- **Improves mood and cognitive function**
- **Reduces anxiety and depression**
- **Enhances concentration and memory**

CHAPTER 22: OTHER HEALTH BENEFITS

Jiaogulan offers numerous additional health benefits, including:

- **Detoxifying the body**
- **Enhancing liver and kidney function**
- **Alleviating insomnia and digestive issues**
- **Balancing hormones**
- **Protecting the skin from UV damage**
- **Fighting viral, fungal, and bacterial infections**
- **Reducing headaches and migraines**

CHAPTER 23: ENVIRONMENTAL SUSTAINABILITY AND ORGANIC FARMING PRACTICES

At Bioherby, we are dedicated to environmental sustainability and the production of high-quality Jiaogulan tea.

Our farming practices are designed to protect the environment, promote biodiversity, and ensure that our products are free from harmful chemicals.

Sustainable Farming Practices:

- **Chemical-Free Cultivation:** We do not use synthetic pesticides, herbicides, or fertilizers. Instead, we rely on natural pest control methods such as beneficial insects, companion planting, and organic compost to maintain soil health and plant vitality.
- **Biodiversity Promotion:** By encouraging a diverse range of plant and animal life, we create a balanced ecosystem that enhances crop resilience and reduces the need for chemical interventions.
- **Soil Health Management:** We use organic compost and green manure to improve soil structure, fertility, and moisture retention, which leads to healthier plants and more nutritious crops.

- **Water Conservation:** Our farms use efficient irrigation systems, such as drip irrigation, to minimize water usage and protect local water resources. This practice ensures that we use water sustainably and responsibly.

Jiaogulan thrives in environments that prioritize sustainability and organic farming practices.

Cultivating this remarkable herb involves more than just growing a plant—it requires a commitment to preserving the ecosystem and promoting biodiversity.

In the lush mountain regions of Southeast Asia, where Jiaogulan flourishes, farmers adhere to traditional methods passed down through generations.

These methods involve minimal use of synthetic pesticides and fertilizers, ensuring that the soil remains rich in nutrients and free from harmful chemicals.

By embracing organic farming practices, farmers not only protect the environment but also produce a purer, more potent herb.

By choosing Jiaogulan cultivated through sustainable practices, consumers contribute to the conservation of natural resources and the well-being of farming communities.

CHAPTER 24. CONSUMER TIPS FOR SELECTING AND BREWING JIAOGULAN TEA

Selecting and brewing Jiaogulan tea is an art that enhances the overall experience and ensures maximum health benefits.

Here are some expert tips to help you make the most of your Jiaogulan tea:

Selecting Jiaogulan Tea:

- **Look for Organic Certifications:** Choose Jiaogulan tea that is certified organic to ensure it has been grown without the use of synthetic pesticides or fertilizers.
- **Opt for Whole Leaves:** Whole leaf Jiaogulan tea retains more flavor and nutrients compared to powdered forms. Look for teas that contain whole, unbroken leaves for the best quality.
- **Verify the Source:** Ensure the tea is sourced from reputable growers who adhere to sustainable farming practices. Knowing the source of your tea guarantees its purity and potency.

Brewing Jiaogulan Tea:

- 1. Use Fresh, Filtered Water:** The quality of water can significantly affect the taste and health benefits of the tea. Using fresh, filtered water ensures a clean, pure flavor.
- 2. Proper Steeping:** Use 1-2 teaspoons of dried Jiaogulan leaves per cup of hot water. Steep for 3-5 minutes. Avoid using boiling water, as it can destroy the delicate compounds in the leaves. Instead, use water that is just below boiling to preserve the tea's beneficial properties.
- 3. Adjust to Taste:** While Jiaogulan tea is often enjoyed plain, you can add natural sweeteners like honey or lemon to enhance the flavor if desired. Experiment with different steeping times and additions to find your perfect cup.

Following these tips will help you enjoy the full range of benefits that Jiaogulan tea has to offer.

CHAPTER 25: TOXICITY

Jiaogulan is generally considered safe when consumed in moderate amounts. However, it is important to use it with caution and be aware of potential side effects, especially if consumed in large quantities.

Safety and Precautions:

- **Possible Side Effects:** High doses of Jiaogulan may cause nausea, digestive issues, and an upset stomach. Always start with small amounts and gradually increase the dosage to assess your body's response.
- **Special Populations:** Pregnant and breastfeeding women should avoid Jiaogulan due to insufficient safety data. Additionally, individuals with autoimmune diseases should consult their healthcare provider before using Jiaogulan, as it may stimulate the immune system.
- **Interactions with Medications:** Jiaogulan may interact with certain medications, including those for blood pressure and blood thinning. If you are taking any medications, consult with a healthcare professional before incorporating Jiaogulan into your routine.

By adhering to recommended dosages and consulting with a healthcare provider, you can safely incorporate Jiaogulan into your wellness regimen.

CHAPTER 26: GYNOSTEMMA BLUME

Gynostemma pentaphyllum, commonly known as Jiaogulan, was first documented by the Dutch botanist Carl Ludwig Blume in the early 19th century.

Blume's extensive research in Southeast Asia was pivotal in identifying and classifying this remarkable plant, contributing significantly to our botanical knowledge.

Historical Context:

- **Carl Ludwig Blume:** Blume was a pioneering botanist whose explorations and studies in Southeast Asia led to the discovery and classification of numerous plant species, including *Gynostemma*. His work laid the groundwork for modern botanical science, and his detailed documentation helped introduce Jiaogulan to the broader scientific community.
- **Botanical Contributions:** Blume's meticulous classification work has been instrumental in understanding the unique properties of Jiaogulan and its place within the Cucurbitaceae family.
- **His contributions continue to influence contemporary botanical research and the study of medicinal plants.**

CHAPTER 27: WHY CHOOSE ORGANIC JIAOGULAN FROM BIOHERBY?

Bioherby Organic Mountain Jiaogulan is grown in the pristine mountain regions of Southeast Asia, renowned for their clean environment and nutrient-rich soil.

Our dedication to quality and sustainability ensures that our Jiaogulan tea stands out for its purity, potency, and beneficial properties.

Reasons to Choose Bioherby:

- **Pristine Growing Conditions:** Our Jiaogulan is cultivated in some of the cleanest regions in the world, ensuring that the plants are free from pollutants and rich in nutrients. The natural conditions in these mountain regions provide an ideal environment for growing high-quality Jiaogulan.
- **Certified Organic:** We adhere to stringent organic farming practices, confirmed by third-party certifications. This guarantees that our products are free from synthetic chemicals, pesticides, and fertilizers, ensuring that you get a product that is both safe and healthy.

- **Hand-Picked and Sun-Dried:** Our Jiaogulan leaves are hand-picked and naturally sun-dried to retain their maximum nutritional value and flavor. This traditional method of processing ensures that the beneficial compounds in the leaves are preserved.
- **Rigorous Testing:** Our products undergo extensive laboratory testing to ensure they meet the highest standards of quality and safety. We test for contaminants, potency, and purity, guaranteeing that you receive a superior product.

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Choosing Bioherby means selecting a product that not only supports your health but also respects and protects the environment.

Enjoy the peace of mind that comes with knowing your Jiaogulan tea is produced sustainably and responsibly.

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