

IN THE CHINESE HERBAL MANUALS, IT WAS RECORDED THAT PEOPLE WHO USED CANNABIS IN CONJUNCTION WITH GINSENG

IN THE CHINESE HERBAL MANUALS, IT WAS RECORDED THAT PEOPLE WHO USED CANNABIS IN CONJUNCTION WITH GINSENG, HIGHLIGHTING A FASCINATING INTERSECTION OF TRADITIONAL CHINESE MEDICINE AND HERBAL SYNERGY THAT HAS INTRIGUED PRACTITIONERS FOR CENTURIES. THIS ARTICLE EXPLORES THE HISTORICAL SIGNIFICANCE, TRADITIONAL USES, THERAPEUTIC BENEFITS, POTENTIAL RISKS, AND MODERN SCIENTIFIC INSIGHTS INTO THE COMBINED USE OF CANNABIS AND GINSENG AS DOCUMENTED IN ANCIENT CHINESE HERBAL TEXTS.

HISTORICAL CONTEXT OF CANNABIS AND GINSENG IN TRADITIONAL CHINESE MEDICINE (TCM)

ANCIENT CHINESE HERBAL MANUALS AND THEIR SIGNIFICANCE

CHINESE HERBAL MANUALS, SUCH AS THE SHEN NONG BEN CAO JING (DIVINE FARMER'S MATERIA MEDICA) AND THE BEN CAO GANG MU, ARE COMPREHENSIVE TEXTS THAT CATALOG MEDICINAL PLANTS, MINERALS, AND ANIMAL PRODUCTS USED IN TRADITIONAL CHINESE MEDICINE. THESE TEXTS SERVE AS THE FOUNDATION FOR UNDERSTANDING HERBAL SYNERGY AND THERAPEUTIC PRINCIPLES.

IN THESE MANUALS, CANNABIS (REFERRED TO AS MA) AND GINSENG (REN SHEN) ARE BOTH HIGHLY VALUED HERBS, EACH WITH DISTINCT PROPERTIES. CANNABIS WAS PRIMARILY USED FOR ITS MEDICINAL EFFECTS, INCLUDING PAIN RELIEF AND CALMING PROPERTIES, WHILE GINSENG WAS REVERED AS A TONIC FOR VITALITY, STAMINA, AND OVERALL HEALTH.

RECORDED USE OF CANNABIS AND GINSENG TOGETHER

HISTORICAL RECORDS INDICATE THAT PRACTITIONERS OCCASIONALLY COMBINED CANNABIS WITH GINSENG TO ENHANCE THERAPEUTIC EFFECTS OR MITIGATE SIDE EFFECTS. SUCH COMBINATIONS WERE BELIEVED TO OPTIMIZE HEALTH BENEFITS, ESPECIALLY IN CONDITIONS RELATED TO PAIN, FATIGUE, AND MENTAL CLARITY.

WHILE EXPLICIT MENTIONS OF CANNABIS AND GINSENG AS A COMBINED REMEDY ARE RELATIVELY RARE, REFERENCES TO THEIR CONCURRENT USE SUGGEST A RECOGNITION OF THEIR COMPLEMENTARY PROPERTIES. THE TEXTS OFTEN EMPHASIZE THE IMPORTANCE OF PRECISE DOSING AND UNDERSTANDING INDIVIDUAL CONSTITUTIONS WHEN PREPARING HERBAL FORMULAS.

TRADITIONAL USES AND THERAPEUTIC PRINCIPLES

PROPERTIES OF GINSENG IN TCM

GINSENG, PARTICULARLY PANAX GINSENG, IS CLASSIFIED AS A QI TONIC. IT IS KNOWN FOR:

- ENHANCING ENERGY AND VITALITY
- STRENGTHENING THE IMMUNE SYSTEM
- ALLEVIATING FATIGUE AND WEAKNESS
- IMPROVING MENTAL FOCUS AND CLARITY

GINSENG IS OFTEN USED IN FORMULAS DESIGNED TO RESTORE BALANCE, ESPECIALLY IN CASES OF QI DEFICIENCY.

PROPERTIES OF CANNABIS IN TCM

CANNABIS (MA) IN TRADITIONAL CHINESE MEDICINE WAS UTILIZED FOR:

- PAIN RELIEF, ESPECIALLY IN CHRONIC PAIN CONDITIONS
- CALMING THE MIND AND REDUCING ANXIETY
- ADDRESSING INSOMNIA
- MODULATING GASTROINTESTINAL FUNCTIONS

CANNABIS WAS VIEWED AS A HERB THAT COULD PENETRATE DEEP INTO THE BODY, INFLUENCING BOTH THE MIND AND PHYSICAL HEALTH.

SYNERGISTIC EFFECTS OF COMBINING CANNABIS AND GINSENG

THE COMBINATION WAS BELIEVED TO:

- AMPLIFY OVERALL VITALITY AND MENTAL CLARITY
- PROVIDE PAIN RELIEF WHILE SUPPORTING ENERGY LEVELS
- BALANCE THE SEDATIVE EFFECTS OF CANNABIS WITH THE INVIGORATING PROPERTIES OF GINSENG
- PROMOTE HOLISTIC WELLNESS BY ADDRESSING BOTH PHYSICAL AND MENTAL HEALTH

PRACTITIONERS WOULD TAILOR THESE COMBINATIONS ACCORDING TO INDIVIDUAL NEEDS, EMPHASIZING THE IMPORTANCE OF NUANCED HERBAL FORMULATION.

MODERN SCIENTIFIC PERSPECTIVES ON CANNABIS AND GINSENG SYNERGY

PHARMACOLOGICAL PROPERTIES OF GINSENG

MODERN RESEARCH CONFIRMS THAT GINSENG CONTAINS GINSENOSIDES, ACTIVE COMPOUNDS RESPONSIBLE FOR ITS ADAPTOGENIC EFFECTS. THESE COMPOUNDS:

- MODULATE IMMUNE RESPONSES
- REDUCE INFLAMMATION
- ENHANCE COGNITIVE FUNCTION
- PROVIDE ANTIOXIDANT BENEFITS

CANNABIS COMPONENTS AND THEIR EFFECTS

CANNABIS CONTAINS CANNABINOIDS SUCH AS THC (TETRAHYDROCANNABINOL) AND CBD (CANNABIDIOL), EACH WITH DISTINCT EFFECTS:

- THC: PSYCHOACTIVE, ANALGESIC, AND SEDATIVE

- CBD: NON-PSYCHOACTIVE, ANTI-INFLAMMATORY, ANXIOLYTIC

POTENTIAL INTERACTIONS AND COMPLEMENTARY BENEFITS

RECENT STUDIES SUGGEST THAT COMBINING GINSENG WITH CANNABINOIDS COULD:

- ENHANCE ANTI-INFLAMMATORY AND ANALGESIC EFFECTS
- SUPPORT NEUROPROTECTION AND COGNITIVE HEALTH
- POTENTIALLY MITIGATE SOME PSYCHOACTIVE SIDE EFFECTS OF THC
- BOOST IMMUNE FUNCTION SYNERGISTICALLY

HOWEVER, THESE INTERACTIONS ARE COMPLEX AND REQUIRE CAREFUL CONSIDERATION, ESPECIALLY REGARDING DOSAGE AND INDIVIDUAL TOLERANCE.

CONSIDERATIONS AND RISKS OF COMBINING CANNABIS WITH GINSENG

SAFETY AND PRECAUTIONS

WHILE TRADITIONAL USE SUPPORTS THE COMBINATION'S BENEFITS, MODERN SCIENCE EMPHASIZES CAUTION:

- HERBAL INTERACTIONS MAY VARY BETWEEN INDIVIDUALS
- OVERUSE CAN LEAD TO ADVERSE EFFECTS SUCH AS DIZZINESS, GASTROINTESTINAL UPSET, OR ALTERED MENTAL STATES
- PATIENTS WITH UNDERLYING HEALTH CONDITIONS SHOULD CONSULT HEALTHCARE PROVIDERS BEFORE USE
- LEGAL CONSIDERATIONS REGARDING CANNABIS USE VARY BY JURISDICTION

POTENTIAL SIDE EFFECTS AND CONTRAINDICATIONS

- EXCESSIVE CANNABIS INTAKE MAY CAUSE PARANOIA OR SEDATION
- GINSENG MAY LEAD TO INSOMNIA OR HYPERTENSION IF MISUSED
- COMBINING THESE HERBS WITHOUT PROPER GUIDANCE CAN AMPLIFY SIDE EFFECTS

MODERN APPLICATIONS AND FUTURE DIRECTIONS

INTEGRATING TRADITIONAL KNOWLEDGE INTO MODERN THERAPY

RESEARCHERS ARE EXPLORING HOW THE ANCIENT CHINESE HERBAL MANUALS' INSIGHTS CAN INFORM MODERN INTEGRATIVE MEDICINE. CLINICAL TRIALS ARE INVESTIGATING THE COMBINED USE OF GINSENG AND CANNABIS FOR:

- CHRONIC PAIN MANAGEMENT
- ANXIETY AND DEPRESSION
- NEURODEGENERATIVE CONDITIONS
- IMMUNE MODULATION

INNOVATIONS IN HERBAL FORMULATIONS

ADVANCES IN PHYTOCHEMISTRY AND PHARMACOLOGY PAVE THE WAY FOR STANDARDIZED HERBAL EXTRACTS THAT HARNESS THE SYNERGY OF CANNABIS AND GINSENG, OFFERING SAFER AND MORE EFFECTIVE THERAPEUTIC OPTIONS.

LEGAL AND ETHICAL CONSIDERATIONS

AS CANNABIS LEGALIZATION PROGRESSES GLOBALLY, INTEGRATING TRADITIONAL HERBAL PRACTICES WITH MODERN MEDICINE MUST ADHERE TO ETHICAL STANDARDS, ENSURING SAFETY, EFFICACY, AND RESPECT FOR CULTURAL HERITAGE.

CONCLUSION

THE RECORDING OF PEOPLE USING CANNABIS IN CONJUNCTION WITH GINSENG IN CHINESE HERBAL MANUALS UNDERSCORES A LONGSTANDING RECOGNITION OF HERBAL SYNERGY IN PROMOTING HEALTH AND WELL-BEING. WHILE TRADITIONAL TEXTS PROVIDE FOUNDATIONAL INSIGHTS, MODERN SCIENCE CONTINUES TO EXPLORE AND VALIDATE THESE ANCIENT PRACTICES, OPENING NEW AVENUES FOR HOLISTIC AND INTEGRATIVE THERAPIES. AS RESEARCH PROGRESSES, UNDERSTANDING THE NUANCED INTERACTIONS BETWEEN CANNABIS AND GINSENG WILL HELP OPTIMIZE THEIR THERAPEUTIC POTENTIAL WHILE ENSURING SAFETY AND EFFICACY FOR PATIENTS WORLDWIDE.

KEYWORDS: CHINESE HERBAL MANUALS, CANNABIS, GINSENG, TRADITIONAL CHINESE MEDICINE, HERBAL SYNERGY, HERBAL MEDICINE, HEALTH BENEFITS, MODERN RESEARCH, HERBAL FORMULATIONS, NATURAL REMEDIES

FREQUENTLY ASKED QUESTIONS

WHAT DOES TRADITIONAL CHINESE HERBAL MEDICINE SAY ABOUT COMBINING CANNABIS WITH GINSENG?

TRADITIONAL CHINESE HERBAL MANUALS RECORD THAT COMBINING CANNABIS WITH GINSENG WAS BELIEVED TO ENHANCE CERTAIN HEALTH BENEFITS, SUCH AS BOOSTING VITALITY AND IMPROVING OVERALL WELL-BEING, THOUGH SPECIFIC EFFECTS VARY BASED ON FORMULATIONS.

ARE THERE ANY DOCUMENTED HEALTH BENEFITS OF USING CANNABIS AND GINSENG TOGETHER ACCORDING TO CHINESE HERBAL TEXTS?

CHINESE HERBAL MANUALS SUGGEST THAT THE COMBINATION MAY PROMOTE ENERGY CIRCULATION AND ALLEVIATE FATIGUE, BUT THESE CLAIMS ARE BASED ON HISTORICAL TEXTS AND LACK MODERN SCIENTIFIC VALIDATION.

WHAT ARE THE POTENTIAL RISKS OF USING CANNABIS ALONGSIDE GINSENG AS PER TRADITIONAL CHINESE MEDICINE?

WHILE TRADITIONAL TEXTS HIGHLIGHT BENEFITS, THEY ALSO CAUTION ABOUT POSSIBLE IMBALANCES OR ADVERSE EFFECTS, EMPHASIZING THE NEED FOR PROPER DOSAGE AND CONSULTATION WITH A KNOWLEDGEABLE HERBALIST.

IS THE USE OF CANNABIS WITH GINSENG STILL PREVALENT IN MODERN CHINESE HERBAL PRACTICES?

THE USE OF CANNABIS IN TRADITIONAL CHINESE HERBAL MEDICINE HAS DECLINED DUE TO LEGAL AND SOCIAL CHANGES, BUT SOME HERBALISTS STILL REFERENCE HISTORICAL MANUALS WHEN INTEGRATING HERBAL COMBINATIONS, INCLUDING GINSENG.

How do modern perspectives interpret the combination of Cannabis and Ginseng in Traditional Chinese Medicine?

Modern perspectives often view the combination with skepticism due to the psychoactive properties of Cannabis and legal restrictions, but some researchers explore historical texts to understand traditional practices and potential therapeutic uses.

Additional Resources

In the Chinese Herbal Manuals, it was recorded that people who used Cannabis in conjunction with Ginseng has garnered significant interest among herbalists, historians, and practitioners of Traditional Chinese Medicine (TCM). This historical documentation reveals a nuanced understanding of plant synergy, reflecting centuries of empirical knowledge about how different herbs can influence health when combined. This article explores the historical context, medicinal properties, modern interpretations, and potential implications of combining Cannabis with Ginseng as documented in ancient Chinese Herbal Manuals.

Historical Context of Cannabis and Ginseng in Chinese Medicine

Ancient Chinese Herbal Manuals and Their Significance

Chinese Herbal Manuals like the Shennong Bencao Jing, Tang Materia Medica, and later texts such as the Compendium of Materia Medica by Li Shizhen have served as foundational texts for Traditional Chinese Medicine. These texts systematically cataloged herbs, their properties, and recommended usages, often based on centuries of empirical observation.

Within these texts, Cannabis (*Cannabis sativa*) and Ginseng (*Panax ginseng*) are both prominent herbs, each with a rich history of medicinal use. Cannabis, in ancient China, was valued not only for its fibers and seeds but also for its medicinal properties, including pain relief, sedative effects, and potential spiritual uses. Ginseng, revered as an adaptogen, was believed to boost vitality, improve Qi (vital energy), and enhance overall health.

The recorded practice of combining these herbs suggests an understanding of their synergistic effects, aiming to optimize therapeutic outcomes or mitigate adverse effects.

Documentation of Cannabis-Ginseng Combinations

Historical texts mention specific formulations where Cannabis and Ginseng are used together. These formulations often aimed to balance the sedative or calming effects of Cannabis with the invigorating properties of Ginseng. The combination was believed to harmonize the body's energies, promote vitality, and address ailments like fatigue, pain, or insomnia.

For example, some ancient recipes recommended decoctions combining Cannabis seeds or flowers with slices of Ginseng root. These combinations were often accompanied by specific instructions on dosages and preparation methods, emphasizing careful moderation.

MEDICINAL PROPERTIES OF CANNABIS AND GINSENG IN TRADITIONAL CHINESE MEDICINE

PROPERTIES OF CANNABIS IN TCM

IN TRADITIONAL CHINESE MEDICINE, CANNABIS IS CLASSIFIED BASED ON ITS PROPERTIES AND EFFECTS:

- MERIDIAN TROPISM: PRIMARILY AFFECTING THE LIVER AND LUNG MERIDIANS.
- NATURE AND FLAVOR: SLIGHTLY WARM OR NEUTRAL IN NATURE WITH SWEET AND PUNGENT FLAVORS.
- MAIN ACTIONS: RELIEVING PAIN, CALMING THE MIND, REDUCING SWELLING, AND ALLEVIATING SPASMS.
- USES: TREATMENT OF PAIN, INSOMNIA, EPILEPSY, AND CERTAIN NEUROLOGICAL CONDITIONS.

CANNABIS WAS OFTEN USED IN SMALL QUANTITIES TO CALM THE SPIRIT OR RELIEVE PHYSICAL DISCOMFORT. ITS SEEDS WERE ALSO USED IN FORMULATIONS FOR NOURISHING THE BODY AND PROMOTING DIGESTION.

PROPERTIES OF GINSENG IN TCM

GINSENG IS RENOWNED FOR ITS ADAPTOGENIC PROPERTIES:

- MERIDIAN TROPISM: LUNG, SPLEEN, AND HEART MERIDIANS.
- NATURE AND FLAVOR: SLIGHTLY WARM WITH SWEET AND BITTER FLAVORS.
- MAIN ACTIONS: TONIFYING QI, STRENGTHENING THE SPLEEN AND LUNG FUNCTIONS, CALMING THE SPIRIT, AND BOOSTING VITALITY.
- USES: TREATMENT OF FATIGUE, WEAKNESS, COUGH, AND TO ENHANCE OVERALL RESILIENCE.

GINSENG'S REPUTATION AS A TONIC HAS MADE IT A STAPLE IN MANY FORMULATIONS INTENDED TO RESTORE ENERGY AND BALANCE.

SYNERGISTIC RATIONALE IN TRADITIONAL FORMULATIONS

THE COMBINATION OF CANNABIS AND GINSENG WAS THOUGHT TO HARNESS THE CALMING EFFECTS OF CANNABIS ALONGSIDE THE INVIGORATING PROPERTIES OF GINSENG. THIS SYNERGY AIMED TO:

- CALM THE MIND WHILE BOOSTING PHYSICAL ENERGY.
- BALANCE YIN AND YANG ASPECTS.
- ADDRESS COMPLEX CONDITIONS INVOLVING BOTH PHYSICAL AND MENTAL SYMPTOMS.

MODERN INTERPRETATIONS AND SCIENTIFIC PERSPECTIVES

PHARMACOLOGICAL INSIGHTS INTO CANNABIS AND GINSENG

WHILE ANCIENT TEXTS RELIED ON EMPIRICAL OBSERVATIONS, MODERN SCIENCE PROVIDES INSIGHTS INTO THE PHARMACOLOGY OF THESE HERBS:

- CANNABIS: CONTAINS CANNABINOIDS LIKE THC AND CBD, WHICH INTERACT WITH THE ENDOCANNABINOID SYSTEM TO

REGULATE PAIN, MOOD, APPETITE, AND IMMUNE RESPONSES.

- GINSENG: CONTAINS GINSENOSIDES, WHICH INFLUENCE IMMUNE MODULATION, NEUROPROTECTION, AND METABOLIC PROCESSES.

THE COMBINATION COULD THEORETICALLY PRODUCE COMPLEMENTARY OR MODULATING EFFECTS, WITH GINSENG POTENTIALLY INFLUENCING CANNABINOID RECEPTOR ACTIVITY OR MITIGATING SOME PSYCHOACTIVE EFFECTS OF CANNABIS.

RESEARCH ON HERB COMBINATIONS IN TCM

CONTEMPORARY RESEARCH INTO HERB COMBINATIONS REFLECTS A BROADER INTEREST IN SYNERGISTIC EFFECTS:

- SOME STUDIES SUGGEST GINSENG CAN ENHANCE COGNITIVE FUNCTION AND REDUCE STRESS, POSSIBLY COMPLEMENTING THE MOOD-STABILIZING EFFECTS OF CANNABIS.
- OTHERS EXPLORE THE ANTI-INFLAMMATORY PROPERTIES OF BOTH HERBS, PROPOSING COMBINED USE FOR PAIN MANAGEMENT.

HOWEVER, RIGOROUS CLINICAL TRIALS SPECIFICALLY ON CANNABIS AND GINSENG COMBINATIONS REMAIN LIMITED, AND MUCH OF THE UNDERSTANDING IS EXTRAPOLATED FROM INDIVIDUAL HERB STUDIES.

POTENTIAL BENEFITS AND RISKS

PROS:

- POTENTIAL FOR BALANCED CALMING AND ENERGIZING EFFECTS.
- POSSIBLE SYNERGISTIC ANTI-INFLAMMATORY AND ANALGESIC PROPERTIES.
- MAY ENHANCE RESILIENCE TO STRESS AND FATIGUE.

CONS:

- RISK OF ADVERSE INTERACTIONS, PARTICULARLY WITH PSYCHOACTIVE COMPOUNDS.
- VARIABILITY IN HERB QUALITY AND PREPARATION METHODS.
- LEGAL AND REGULATORY ISSUES SURROUNDING CANNABIS USE.

IMPLICATIONS FOR MODERN HERBAL PRACTICE

INTEGRATING TRADITIONAL KNOWLEDGE WITH MODERN SCIENCE

HERBALISTS AND PRACTITIONERS CAN DRAW VALUABLE INSIGHTS FROM ANCIENT RECORDS BUT MUST ALSO CONSIDER CONTEMPORARY EVIDENCE. FOR INSTANCE:

- USING STANDARDIZED EXTRACTS TO ENSURE CONSISTENT DOSING.
- MONITORING PATIENT RESPONSES CAREFULLY.
- RECOGNIZING LEGAL RESTRICTIONS ON CANNABIS IN MANY REGIONS.

POTENTIAL THERAPEUTIC APPLICATIONS

THE HISTORICAL COMBINATION SUGGESTS POTENTIAL IN AREAS LIKE:

- CHRONIC PAIN MANAGEMENT.
- STRESS AND ANXIETY REDUCTION.
- FATIGUE AND ENERGY ENHANCEMENT.

FURTHER RESEARCH COULD HELP DEVELOP SAFE, EFFECTIVE HERBAL FORMULATIONS INSPIRED BY TRADITIONAL PRACTICES.

CHALLENGES AND ETHICAL CONSIDERATIONS

- ENSURING SAFE SOURCING AND QUALITY CONTROL.
- NAVIGATING LEGAL FRAMEWORKS SURROUNDING CANNABIS.
- RESPECTING CULTURAL HERITAGE AND TRADITIONAL KNOWLEDGE.

CONCLUSION

THE RECORDING IN CHINESE HERBAL MANUALS THAT PEOPLE USED CANNABIS IN CONJUNCTION WITH GINSENG ILLUSTRATES A SOPHISTICATED UNDERSTANDING OF PLANT SYNERGY DEVELOPED OVER CENTURIES. THESE FORMULATIONS AIMED TO BALANCE CALMING AND ENERGIZING EFFECTS, ADDRESSING COMPLEX HEALTH CONDITIONS HOLISTICALLY. WHILE MODERN SCIENCE OFFERS NEW INSIGHTS INTO THE MECHANISMS UNDERLYING THESE HERBS, RIGOROUS CLINICAL TRIALS ARE NEEDED TO VALIDATE EFFICACY AND SAFETY.

AS INTEREST IN HERBAL MEDICINE GROWS GLOBALLY, REVISITING THESE ANCIENT PRACTICES PROVIDES VALUABLE CONTEXT FOR DEVELOPING INTEGRATIVE THERAPIES. THE COMBINATION OF CANNABIS AND GINSENG EXEMPLIFIES THE DEPTH OF TRADITIONAL CHINESE HERBAL KNOWLEDGE AND UNDERScores THE IMPORTANCE OF RESPECTING HISTORICAL INSIGHTS WHILE ADVANCING SCIENTIFIC UNDERSTANDING. WITH RESPONSIBLE RESEARCH AND APPLICATION, THESE ANCIENT FORMULATIONS COULD INSPIRE NOVEL, EFFECTIVE TREATMENTS IN CONTEMPORARY HERBAL MEDICINE.

KEY FEATURES OF CANNABIS AND GINSENG COMBINATION IN TCM

- HISTORICAL DOCUMENTATION: RECORDED PRACTICES DATE BACK CENTURIES, REFLECTING EMPIRICAL KNOWLEDGE.
- BALANCED EFFECTS: COMBINES CALMING AND INVIGORATING PROPERTIES.
- HOLISTIC APPROACH: ADDRESSES BOTH MENTAL AND PHYSICAL HEALTH.
- MODERN POTENTIAL: OFFERS AVENUES FOR NEW THERAPIES BUT REQUIRES CAREFUL RESEARCH.
- CAUTIONS: LEGAL, SAFETY, AND QUALITY CONSIDERATIONS ARE PARAMOUNT.

IN SUMMARY, THE ANCIENT CHINESE HERBAL MANUALS' RECORD OF USING CANNABIS WITH GINSENG UNDERScores A SOPHISTICATED APPROACH TO PLANT SYNERGY, BLENDING EMPIRICAL WISDOM WITH HOLISTIC HEALTH PRINCIPLES. AS MODERN SCIENCE CONTINUES TO EXPLORE THESE HERBS' INTERACTIONS, RESPECTING AND UNDERSTANDING THEIR TRADITIONAL APPLICATIONS CAN INFORM SAFER AND MORE EFFECTIVE INTEGRATIVE MEDICINE PRACTICES.

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