

## SCIENTIFIC AND CLINICAL STUDIES:

Reishi sometimes called the "Mushroom for immortality," Ganoderma has traditionally been used as a sedative and a Qi and blood tonic, and was used by monks to promote calmness, memory, and a meditative life, and to treat chest and heart conditions.

Reishi was highly ranked as an herbal medicine in *Shen Nong Material Medica*.

## Medicinal uses and health benefits of Reishi

Reishi mushrooms have a long history of medical uses. Reishi had been recorded as having the most extensive and effective healing powers. In Traditional Chinese Medicine (TCM), reishi is indicated for the treatment of coronary heart disease, bronchial asthma, insomnia, impotence, hay fever, dizziness, stomach ulcers, depression, and debility from long-term illness. Today, reishi has various applications including lowering or raising blood pressure, stimulating liver actions, blood cleansing, and acting as an adaptogen in helping the body fight the effects of stress.

Reishi has been claimed to be anti-allergin, antioxidant, analgesic, antifungal, anti-inflammatory, antitumor, antiviral, antiparasitic, cardiovascular, antidiabetic, immunomodulating, hepatoprotective, hypotensive and hypertensive, kidney and nerve tonic, and sexual potentiating. Reishi is used to treat a variety of disorders and promote vitality; it works as an antioxidant against free radicals, protects against the effects of radiation and has anti-inflammatory effects. Reishi intensifies the body's free radical scavenging ability and is especially effective against harmful hydroxyl radicals. Reishi is such a strong hydroxyl radical scavenger that its actions continue even after it is absorbed and metabolized.

Reishi is recognized to play a role in preventing spontaneous death in cancer patients. Reishi reinforces membrane of the cancerous cell to impede spreading. It also prevents thrombi formation aiding in fusion of medications within the system. Joint usage with other anti-tumor drugs and chemotherapy diminishes their side-effects and heightens their effect. It normalizes the overall body system thus decreases further health complications. Reishi's ability to inhibit thrombi formation with none of the side effects of modern medication proves to be invaluable contribution in the fight against cancer.

Reishi is known as a cardio tonic herb due to its ability to improve blood flow and reduce oxygen consumption in the heart muscle. Reishi eliminates cholesterol build-up and promotes blood circulation. Regular use of this mushroom helps regulate cholesterol levels and platelet activity in the bloodstream. The mushroom's active ingredients, called ganoderic acids, appear to combat high blood pressure and reduce LDL cholesterol and triglyceride levels. They may also discourage blood platelets from clumping together, thus reducing the risk of dangerous clots.

The mycelium of reishi contains high levels of polysaccharides, which have been shown in research to induce the production of interferon. Interferon is a protein produced inside cells to fight viral infection. Polysaccharides are also tumor fighters and help stimulate the immune system. Reishi is also an adaptogen, with properties similar to ginseng. The adenosine relaxes skeletal muscles, calms the central nervous system and operates against the stimulating action of caffeine. Reishi activates the body's immunity system, increasing one's ability to fight against diseases, but it can also arrest the excessive production of allergen to regulate overall functions in the system

## \*HEALTH FACT #1

Lingzhi or Reishi is known by its scientific name of Ganoderma Lucidum. Ganoderma Lucidum is reported to be able to improve the body's healing ability, maintain a healthy body and to promote longevity. It's properties to strengthen the immune system are also well identified. Reference: American Herbal Pharmacopoeia Society.

## \*HEALTH FACT #2

Approximately 200 clinical studies on Ganoderma Lucidum have been documented and published by Pub Med on the effects and usage of Ganoderma Lucidum. (*PubMed is a service of the U.S. National Library of Medicine that includes over 16 million citations from MEDLINE and other life science journals for biomedical articles back to the 1950s.*)

### **Enjoy the following health effects with regular intake of Reishi supplement**

1. Reishi contains elements of Organic Germanium, Beta Glucans, Triterpenoids, Adenosine, Amino Acids.
2. Increased energy, strengthened immune systems, reduced toxin levels, properly regulated insulin, histamine, and blood pressure levels, and reduced cholesterol.
3. Many also report clearer skin, improved breathing, and better resistance to disease.
4. Studies show Reishi is effective against Anxiety, Asthma, Arthritis, Cancers, Constipation, Gastric/Duodenal Ulcers, Heart Conditions that cause heart attacks, Hepatitis, Hemorrhoids/Varix, High Cholesterol, Hypertension/Hypo-tension, Lupus, Menopause symptoms, Menoxia, Stress, Psychosomatic diseases, Unidentified Clinical Syndrome (neuroses).
5. Regular consumption also increases sexual ability and endurance.
6. Reduces nausea and vomiting for radiation and chemotherapy patients.
7. Increased energy and concentration.
8. The perfect supplement for anyone during illness recovery, dieting, stresses or detox treatment.

Your immune system is an incredibly complex interaction between organs, glands, body systems, surfaces, cells and chemicals in the body. This symphonic concert of processes requires proper nourishment in order to function optimally. And in today's world, we want the best possible immunity from the multitude of diseases we are facing, many of which have been, until now, unknown. The threat of bio-terrorism is now very real, and these germs of warfare are particularly virulent. Regular consumption of Reishi can *enhance your body's immune system* and can safely be relied upon to improve blood circulation, protect you from a wide array of disease-causing organisms and assist you in fighting off illness and maintaining good health.

Reishi used by cultures around the world to nourish and support immunity and protect us from a multitude of disease causing micro-organisms, including bacteria such as Bacillus anthracis (anthrax), the Herpes simplex virus, or fungal growths such as Candida. Reishi is also used to help *treat anxiety, high blood pressure, hepatitis, bronchitis, insomnia, and asthma.*

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