



Reishi History




www.medimushrooms.com

Any Combination of MediMushrooms Capsules may be taken together.

100% Natural Product.

Reishi

<p>Ganoderma lucidum</p> <p>“Mushroom of Immortality”</p>  <p>Manufactured under strict Pharmaceutical Control</p>	<p>Prevents degeneration process and enhances overall vitality.</p> <p>Reduces cholesterol build-up.</p> <p>Facilitates blood circulation.</p> <p>Reduces stiffness in joints and relaxes tense muscles.</p> <p>Relieves the symptoms of lack of energy, stress, exhaustion, strain and short-term insomnia.</p> <p>Regulates mild asthmatic and respiratory disorders. Sufferers are recommended to seek medical advice.</p> <p>Increases memory, thinking ability and prevents forgetfulness in old age.</p>
--	--

General Info:

Reishi (*Ganoderma lucidum*) has been used for more than 4000 years in Traditional Medicine in the entire Orient and it is believed to be the oldest mushroom used in medicine. It is known as the most highly praised ancient medicine and it is undoubtedly one of the most respected medicinal mushrooms of modern times.

Reishi grows wild on decaying logs in Japan, China, Taiwan, Korea and the rest of the coastal regions of the Far East in densely wooded mountains with high humidity and dim light. 99% of Reishi growing in the wild in Japan are found on old stumps of plum trees. In ancient times people had to go high up on the mountains and deep into the forests to harvest this most valuable medicine.



2.

Wild Reishi Mushrooms are scarce. Out of 10,000 aged trees, perhaps 2 or 3 would have Reishi growing on them. The spores of this fan shaped mushroom have such a tough outer husk that makes the germination extremely difficult and this accounts for its rarity. In the old days when one discovered Reishi, its location had to be kept a secret even from one's closest relative as a precious possession.

The cultivating process is extremely hard making Reishi an expensive fungus. Reishi has a large, tough and thick woody body with no gills but instead pores that release their seeds (spores). All six varieties of this mushroom are in fact one species that under different environmental conditions display the six colours in full splendour – yellow (Kishiba), black (Kuroshiba), purple (Murasakishiba), blue (Aoshiba), red (Akashiba) and white (Shiroshiba). Each has been classified in the "Shinnoh Honshokyo" and in the catalogue of herbs written in the Ming Dynasty (1368-1644 A.D.). The red variety is the most commonly used and commercially cultivated.

The hard texture makes Reishi an inedible mushroom, but it is suitable as tea or extract.

Part of the scientific word for Reishi is *lucidum* which means "shiny" or "glossy" and refers to the cap's surface beautifully glazed effect.

Internationally this incredible mushroom is known by its Japanese name, Reishi. The Chinese name Ling Zhi translates as the "Herb of Spiritual Potency" and was highly prized as an "Elixir of Immortality" as it was believed to bring eternal youth and longevity.

The 2200 years old scripture "The Shen Nong Ben Cao Jing" is considered today the oldest book on oriental herbal medicine that offers the classification of 365 species of roots of grass, woods, furs, animals and stones in three categories. The first category, called superior, includes herbs effective for multiple diseases and mostly responsible for maintaining and restoring the body balance. They have no unfavourable side effects. Reishi is ranked number one of the superior medicines.

Reishi Mushroom is also known by the name Lucky Fungus. In the Taoist tradition, Reishi is said to enhance spiritual receptivity and it was used by monks to calm the spirit and mind. It is also considered a symbol of feminine sexuality as it refines the beauty and complexion.

Reishi has been used in traditional oriental medicine for more than 4,000 years to treat liver disorders, hypertension, fortify the bones and tendons, diminish nervous tension, treat general fatigue and weakness, arthritis, deafness and other ailments.

The numerous studies and observations prove that Reishi has multiple benefits in a very wide range of diseases and symptoms, shows no side effects and can be consumed in high dosages and in combination with other medications.

Reishi mushroom has strong immune stimulating properties due to the fact that it contains a high amount of polysaccharides that are essential for proper functioning of the immune system.



3.

Reishi is recommended as preventive measure rather than a cure and the best solution to modern day symptoms and illnesses such as diabetes, asthma, cancer, arthritis, arteriosclerosis, immune deficiency, fatigue, high blood pressure, stomach and liver disorders, nervousness, stress, insomnia and others.

Regular intake of Reishi will not only help to prevent the occurrence of these ailments, but prevent one's body from degenerating too fast. Reishi is indeed regarded as the solution to mankind's miseries.

Reishi has the ability to reduce the cholesterol level, normalise blood pressure, regulate circulatory and respiratory systems. It has a strong antihistamine action that can help control and cure allergies.

Mountain climbers to combat altitude sickness frequently use Reishi and it is contained in many of the performance enhancing herbal formulas used by Chinese athletes.

Reishi contains several major constituents, including steroids, coumarin, mannitol, polysaccharides, triterpenoids called ganoderic acids etc. Ganoderic acids may lower blood pressure as well as decrease cholesterol. These specific triterpenoids also help reduce blood platelets from sticking together which is an important factor in lowering the risk for coronary artery disease. In numerous studies it is demonstrated that Reishi has effective properties in serum cholesterol reduction and improving of blood circulation.

The analyses of blood samples taken from patients suffering from any form of allergy have demonstrated a high concentration of allergen (antibody). Chronic bronchitis, asthma, typical dermatitis, allergic maxillary, sinusitis, chronic hepatitis, chronic nephritis etc. are the most difficult to treat. They are allergy-related one way or another and are generally treated by cortisone, a substance that is naturally produced in the body. The studies show that if this substance is artificially introduced to the system continuously than the normal kidney functions are jeopardised and the organ itself starts suffering.

LANOSTAN found in Reishi can suppress the over active allergen production.

With the build up of protein or fatty acids in the blood stream the level of cholesterol rises up to 300 mg/dl (normal level is between 130 and 230 mg/dl) and the protein level showing over 1000 mg/dl (normal level being 230 – 500 mg/dl).

In the cases of high level of cholesterol, the viscosity of blood becomes thick and the heart muscle has to pump harder to transport blood especially to the extremities. This increases the heart load and elevates the blood pressure; it increases both the systolic and diastolic measures. It slows down the function of circulatory system resulting in stiffness of the joints and shoulders, insomnia, anxiety attacks, dizziness, fatigue and in no time this can lead to arteriosclerosis which is linked to hypertension, stroke, cardiac attacks, obesity, lung and liver diseases etc.

The improvement of blood circulation is imperative and anticoagulants are prescribed. Reishi is a natural anticoagulant.



4.

Clinical tests show that administering Reishi instead of insulin can reverse blood sugar level back to normal after one year. Medical complications associated with diabetes also disappear. This is due to the fact that in 1984, Dr. Komota of Tokyo Medical & Dental University, Japan, isolated the substance GANODELAN A and B from extracts of Reishi that are responsible for blood sugar maintenance. Long-term use of this incredible mushroom has significant effect on diabetes.

It has been discovered that Reishi contains b-3-glucan-polysaccharide that is a potent anti-cancer agent.

The Japanese Government states the following: THE JAPANESE MEDICAL FIELD HAS CONFIRMED THAT REISHI HAS POSITIVE EFFICACY and officially lists REISHI as a substance for treating cancer.

Patients suffering from the side effects of drugs such as antibiotics, hormonal supplements etc often acquire other related illnesses. This problem is under serious debate by the medical profession since 1965. The Royal Medical Society of Russia, Australia and England developed a new medical concept of ADAPTOGEN, a substance that is:

- non-toxic (has no harmful side-effects),
- not limited to special organs or tissues, and
- has overall normalizing effect.

Reishi, this amazing "Mushroom of Immortality", is fast becoming known as one of the leading adaptogens used as a preventive medicine normalizing the body functions with no side effects, boosting the body's defences and contributing to overall vitality.

Reishi is best used in disease prevention measures. When in a healthy state, the use of this miraculous mushroom will maintain the body's immunity system and have the vitalizing effect. The continuous use of Reishi will help prevent degeneration of your body, improve your health and attain longevity.

In Japan Reishi is a prescription drug, in China it is available over the counter and in United States it is a well-known dietary supplement.





Nutritional Components:

Polysaccharides (Ganoderic acids A, B, C and D)
Triterpenoids
Lucidenic acid B
Danodermanontriol
Ergosteroids
Complete proteins
Coumarin
Mannitol
Lactones
Alkaloids
Steroids
Nucleotides



5.

Bioactive Properties and Health Benefits:

-  Anti-tumor effect – boosts immune system, promotes interferon inducing activity, stimulates the cancer cells apoptosis and cytotoxic effect; reinforces the membrane of the cancerous cells to prevent from spreading (metastasis);
-  Post chemotherapy recovery – reduces the side effects of the chemotherapy and stimulates the joint benefits of other drugs; inhibits thrombogenesis and lyses thrombi on the wall of surrounding cells tissue and removes blockade of cancer medication, thus increases the effectiveness of these drugs;
-  Anti-allergy effect - suppresses the over active allergen production, inhibits histamine release;
-  High cholesterol level - efficiently eliminates cholesterol in the blood and the amount of free fat, reducing the cholesterol levels;
-  Cardio-vascular system - stabilizes blood pressures and promotes blood circulation; has the ability to improve the diastolic level which is by far most valuable property; increases the blood flow of coronary artery; lowers the side effects of antihypertensive drugs;
-  Anti-aging effect – improves the skin tone, smoothens the skin texture, contributes to the fading of skin pigmentation due to the antioxidant properties; prevents tissue cell and organ degeneration; prevents senility, maintaining a youthful constitution;
-  Anti-diabetes – adjusts the insulin sensitivity; reduces blood sugar level; restores pancreas functions;
-  Anti-HIV activity – elevates the natural healing ability of the body, allows the body to establish a strong immune system; has a cytopathic effect, inhibits HIV-1 PR enzyme;
-  Liver protection – lowers the GOT and GPT levels, improves the function of the liver at chronic hepatitis;
-  Thromboses prevention - inhibits platelet aggregation due to the natural anticoagulant properties.

Printed from www.medimushrooms.com
All Rights Reserved. Copyright © MediMushrooms™ Centre

