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Posted on [01/11/2009](#)

Ganoderma Testimonials

Here you will find some interesting Testimonials from users of Ganoderma.

We will periodically search out some new testimonials to add to this page so please feel free to check back often.

If you have a testimonial or even just a positive experience that would benefit others please [contact us here](#) and we will add it to our site.

**Ninfa Rios,
LA, CA**

I have been taking 1 pair a day of the Ganoderma and Excellium capsules for 4 weeks now. My blood sugar level history is as follows: Before taking the Gano capsules: 300. After taking the Gano capsules: 1st week: 252; 2nd week: 187; 3rd week: 153 and 4th week: 137. This the first time my blood sugar went down to 137 in 13 years !!! I'm so excited about the Gano Excel products.

**Sean J. Kennedy
Buffalo, NY**

I have been suffering from a chronic injury for over a year with a separated shoulder. While landscaping this spring I began to experience increasing pain in the area, compounding the issue further with tendonitis in the upper bicep region. My friend and business partner, Uwe Uehle, blessed me by introducing to me a product and business opportunity that has literally been transforming my life. Replacing conventional coffee with the Healthy Coffee, which contains Ganoderma Lucidum, has eased the inflammation in the shoulder and bicep, sustained energy levels throughout the day, aided digestion and has allowed me to trade the 9 to 5 grind for a full-time business venture that is growing daily. I have introduced the Healthy Coffee to many friends and family who are now also loyal customers, some of whom have joined the business with me. We've even signed on a team member last week in Puerto Rico. Ganoderma is truly the King of Herbs and king of business opportunities. It is an honor to be carrying out the GanoExcel mission of bringing health and wealth to every family!

Helen Hazel

65 years and getting younger by the minute My Ganoderma Story: Before I started taking Ganoderma Lucidum one year ago, I felt "an absolute wreck", in fact I thought I was "going down the tube" When I eventually got out of bed each day, I felt like I had been hit by a truck I was sore all over and it took me a few minutes to stand up. I suffered from many conditions such as chronic fatigue, ME, fibro myalgia, high blood pressure, diabetes type 2, frequent bladder infections, heavy aching legs, depression, sciatica, short term memory loss, poor eyesight, agoraphobia, diverticulitis attacks, sinusitis, overweight, brain fog, degenerated left hip, snow white hair, generally felt and looked very old, sick and I was in pain. Nothing my GP gave me did any good at all and although being a trained nurse and trained naturopath myself I could not help myself either. I spent most of my time sitting, laying down or sleeping, I felt so bad that I didn't want to go on living because I didn't want to be a burden on my wonderful partner who had said "Even if I have to spoon feed you, I won't leave you".

The day after I took my first pair of capsules, I woke up in the morning amazed that I could remember my dreams in vivid colour, I hadn't been able to remember dreams for years, so I knew something dramatic was happening in my brain, and since that very first day I have gradually continued to improve in health and sense of wellbeing to the point that I no longer feel sick and old, my eyesight has improved dramatically and even my hair colour is gradually going back to it's original shade.

Over a few weeks I gradually built up my dose to 6 pair of caps a day and stayed on that dose for 3 months, I now take 4 pair a day. Now, when I wake up in the morning I bounce out of bed work all day and hardly ever need to rest, I laugh a lot and I feel absolutely fantastic and people keep telling me how great I look. I have started an eBay business which keeps me very busy, I love it and I'm coping very well with it, considering I work 7 days a week and up to 16 hours a day.

I truly believe that Ganoderma Lucidum has 'turned back the clock' for me and I never want to go back to the way I felt before. I plan to take these "miracle" capsules for the rest of my life.

Karen Henderson, N.D.,

OK lost about 5 pounds in the first 3 days after just drinking the coffee. I didn't have any pills at all. I just was brought some samples and started drinking it and noticed that. nd I know I've had a lot more energy and just want to talk about all of the different uses of the coffee, the toothpaste all the different things. We're so excited and my husbands loving it. He is a heavy duty coffee drinker and he was a little skeptical at first. He drank the black coffee and loved it. He said it tastes like it's just been brewed. He's lost weight too.

Valerie Milton-Thomson

I wish to state that I had fluid retention, causing swollen ankles and general discomfort for at least 40 years, and after consuming a pair of Ganoderma capsules per day for less than two months, my ankles are back to normal, with no signs of swelling. I have more energy, and a continuing feeling of well being. I find the capsules also help Irritable Bowel condition, which I also have.

Sebastian Cabrera

I have always been an active worker up until 4 years ago. When I stopped working I started to get very sick. After consuming Ganoderma I have noticed many good results. My memory and my sight are both very good now, I have a lot more strength for gardening and hard work, I can now run. I have noticed the warts that were on my hands have disappeared from applying Ganoderma toothpaste and now disappearing from my ankles. An infection in my leg healed very quickly while taking Ganoderma. My hair was white and is now returning to original colour, I also am noticing new growth now. I no longer suffer from poor digestion and heartburn. A cancer spot on my hand has now gone from applying the toothpaste. While taking Ganoderma I started to get a rash on my body, this was a reaction and I stopped taking the capsules, while I was not taking the capsules, my blood pressure rose to 220 and heart b p m were 257, so I took the capsules again. These are both

now regular. I feel like I have a new life, I will never stop taking Ganoderma. I also use the shampoo, coffee and toothpaste.

Germaine Winspear

My 5 yr old son suffered from asthma. After consuming Ganoderma for 3 weeks, he coughed and vomited a lot of mucus and phlegm from his lungs. This lasted for about 2 weeks on a dose of one pair of capsules per day. Normally he was only able to run around the outside of the house as fast as he could once. Then need his asthma pump. One day when racing his brothers, he ran around the house 3 times in excellent time. To my surprise he was breathing deeply when finished and with no need for his pump. This to me is just amazing. With myself I noticed after consuming the capsules for one week my lower back pain was as if not even there, it is so minimal at around 5 %. I have had two spinal blocks with caesarean births and had 5 children altogether, so this has caused much back pain. My menstrual cycle was also extremely abnormal. After taking Ganoderma for 3 months all is very regular and normal now.

Anna Prince

In January I was bitten by a spider, on the top of the arm, near the armpit. It was a big, red, weeping mess for 6 months. After one week of ingesting one pair of Gano capsules a day I noticed a big improvement. After two weeks of applying the toothpaste it was completely gone, with no scar. I have energy to burn, I am working harder at 56 than I did in my 40's ! Ganoderma is fantastic!!

Eddie: 63yrs

I have worked in the earthmoving, mining and construction industry for the past 45 years and believe me operating heavy machinery has taken its toll on my fitness and general health, not to mention high blood pressure, the onset of arthritis, back and neck pain and being overweight

In 1976 I sustained a severe right shoulder injury when tossed over a fence by a bull I incurred extensive soft tissue damage and over the years the doctors could only prescribe painkillers, mostly panadene forte I have been unable to sleep on my right side as numbness and pins-and-needles would give me constant pain.

In mid 2003 when going to climb down a ladder into an excavation the ladder collapsed and I fell 18 feet to the bottom with one leg twisted in the ladder Again after several x-rays there was no broken bones Two separate doctors concluded I had sustained torn cartilage and soft tissue damage and was a prime candidate for a knee replacement The only relief from pain was hot packs and massage lotions which would last 3 to 4 hours My knee would give-way as soon as I put my weight on it

I was first introduced to the products in late March/04 I rubbed the toothpaste on my aching knee after a shower one night and the next morning the pain had eased a lot and my knee did not collapse under my weight.

A week later I started taking the capsules. After two days I asked my wife how long did it take for the products to work? She didn't know, as she was still learning about these products. She asked why? Well I said "I hardly notice any pain in my knee."

I have been taking the ganoderma capsules now for 6 weeks and will not be without them ever because of the tremendous relief. It's given me. I can now sleep on my right side very comfortably the toothpaste I am rubbing on the sunspots on my hands, upper arms and face the more recent ones are disappearing very quickly. I'm looking forward to my next medical check, which I have every 6 months. Maybe my blood pressure will be normal.

To those of you who are operating heavy machinery or driving trucks and can relate to these conditions I have experienced you won't know what these marvellous Chinese herbs can do for you till you try them

Ron Kennedy Geebung Service Centre.

I was diagnosed with a mass in my stomach, possibly cancerous. My doctor proposed surgery but I

decided to do a Detox, up to 30 pairs of Ganoderma per day. When I returned 15th September there was no mass left. I believe Ganoderma helped to remove it. I believe that everyone needs Ganoderma in his or her lives.

Erickaunna Schmidt:

Aged 75

I lost one kidney in an accident, and then I got cancer of the throat, uterus and my remaining kidney. I half-healed myself through organic foods for 3 weeks, amazing my doctor. Then I found Ganoderma and am now completely free of Cancer. Also, my granddaughter was very sick at birth, and in intensive care. We added Ganoderma to the breast-milk, which was expressed for her. She was discharged from hospital 2 days later!

Bruce & Greta Howard

I am aged 67 years – and reside in Auckland, New Zealand – This testimonial is freely given to assist any person who may wish to use the products RG – Reishi Gano and GL – Ganocelium that they should have no hesitation about the safety on ingesting some. I have been using the tablets for three months now and although sceptical to start with is now a firm adherent to the regime recommended. I started with the de-tox program and then have been having a pair of tablets a day ever since.

For the past 8 years approx. I have been suffering from Schamberg's disease (progressive pigmented purpura) on the lower right leg. This unsightly condition has lessened quite significantly in the colour and area previously affected. Further, a large varicose vein on the right calf has almost receded back to skin level and diminished in size and colour, indicating the restoration of near normal blood flow and reduction in potential clotting.

In addition two benign growths, one on the upper spine which protruded radially, and the other on the left side of the neck, have receded to the point where there the have almost disappeared and become unnoticeable. This is quite remarkable as for the past several years they had been growing!

My wife, who is 63, and myself have both noticed our hair has been growing faster and thickening. Mine is even encroaching over the bald spot on my crown – to the point where my barber is commenting. Both of us have also experienced our skin becoming less dry, with flaking and cracking disappearing where once we had to use a salve to keep the skin moisturized, especially on our lower limbs. My wife has also noticed her spider varicose veins are fading. Our general feeling of well-being has increased as well. We now consider the use of these products to be part and parcel of our normal health regime.

We have no hesitation in accepting enquiries as to the above statements of fact.

Nana Smith

was diagnosed with Dementia in August 2004. She was unable to walk and was incontinent. After taking 3 pairs daily of Ganoderma capsules for only 5 days she was able to walk well and her cognitive function was returning. After 7.5 weeks she went from high to low care at a nursing home and has now returned to her own home. She continues to improve. (written for her by her daughter Kay Smith)

<http://www.ganoderma-online.com/Ganoderma-Healing.html>

Posted on [01/11/2009](#)

Ganoderma Healing

Ganoderma which has been described as "The King of Herbs" has been shrouded in mystery and

secrecy. Described as the Celestial Herb due to absence of any side effects irrespective of dosage and long term usage. This elixir was the cure all for any and every illness in the medical practices of the orient. It also was know for its anti-aging properties and perhaps is the secret of oriental health and longevity. Modern Western science has now identified over 280 active ingredients that have healing medicinal properties.

Taking ganoderma on a daily basis helps detoxify the body, rejuvenate the cells, balance the functions of various organs and help remove disorders. It helps in stress relief and due to this property alone it is effective in preventing disease. It also aids the body in building up the immune systems thus helping to avoid illnesses related problems.

In the early 1970's the veil of secrecy began to be lifted with various researchers beginning to study the medicinal properties of ganoderma. The research mainly by Chinese and Japanese and the analysis and clinical experiments done by hospitals, colleges and pharmaceutical manufacturers, has clearly established the extensive efficacy in the healthy functioning of almost every part of the body.

It truly is a natural wonder drug with many healing properties. It is a hemocatharsis, detoxificant, diuretic, liver protector, intestine regulator, cardio tonic, blood pressure adjuster, a cold tonic, antitussive and expectorant, a tranquilizer and anti tumor agent. It can help your bodies metabolism, prevent tissue degeneration, improve the bodys immune system and help one's self eliminate viruses.

There are many claims on the internet about the fabulous healing powers of Ganoderma but one really has to search and do a bit of fact finding before they take on the decision to try Ganoderma. While we have only brushed over some of the healing properties that Ganoderma can provide we have a [testimonial](#) page from existing users of Ganoderma and some of the positive experiences they have had.

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[Reishi- http://www.ganoderma-online.com/Ganoderma-Origins.html](http://www.ganoderma-online.com/Ganoderma-Origins.html)

Posted on [01/11/2009](#)

Ganoderma Origins

Relatively rare and undiscovered in the West, Reishi and other mushrooms have been revered as herbal medicines for thousands of years in Japan and China.

Emperors of the great Chinese dynasties and Japanese royalty drank teas and concoctions of the mushroom for vitality and long life. The ancient Taoists were constantly searching for the elixir of eternal youth, and Reishi was believed to be among the ingredients. In ancient time, reishi in medicine was considered so auspicious that its medical efficacy has been attested to in the oldest Chinese medical text (presumed to be over 2,000 years old).

The book, which is known in Japan as "Shinnoh Honsokyo", is now accepted as being the original textbook of Oriental medical science. In it, 365 kinds of medicines are classified and explained. The medicines are basically classified into 3 categories: 120 of them are declared to be "superior" medicines, another 120 are classified as "average" medicines, and the remaining 125 are placed in the "fair" category. The "superior" medicines are called "God's Herbs" and they are for perpetual youth and longevity – the medicines of the legendary wizards.

The "average" category medicines are those which can be taken as a tonic, and those in the "fair"

category are taken to remedy specific ailments. One must be careful about the volume taken of the "average" and "fair" category medicines, and should never take them continuously. However, the book states that for "superior" medicines, any amount can be taken as desired on a continuous basis with no unfavorable effects. Of the superior medicines listed in the text, reishi was rated number one

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[Reishi- http://www.ganoderma-online.com/Ganoderma-Coffee.html](http://www.ganoderma-online.com/Ganoderma-Coffee.html)

Posted on [01/11/2009](#)

Ganoderma Coffee

We have all heard that coffee is bad for our health. What if I told you that coffee can be good for you? What If I told you about a coffee that is substantially lower in caffeine than commercially processed decaf coffees, yet gives you all the rich flavour and even more energy than fully-caffeinated coffee? What if I told you that this coffee might actually improve your sleep, balance your PH, increase oxygen to your brain, help balance your weight, and boost your overall health so efficiently that you can feel the benefits almost immediately?

What if I told you that this is REAL coffee (not a coffee substitute) grown and processed organically without the use of chemicals, pesticides, hormones or artificial fertilizers? What if I told you that this coffee actually helps to remove toxins from your body, and with every cup you drink, you can feel better and realize increasing health benefits? And, what if this particular coffee tastes good, really good?

You can guess by now that we are talking about:

Ganoderma Coffee

This is perhaps the first time that you can tell the whole family to "have a cup of coffee" and know that it is loaded with health giving properties which make this great for even the kids, it is also available in a Tea and Cocoa beverage!



Ganoderma Coffee

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[Reishi- http://www.ganoderma-online.com/Reishi-Ganoderma.html](http://www.ganoderma-online.com/Reishi-Ganoderma.html)

Posted on [01/11/2009](#)

Reishi Ganoderma is a form of mushroom that has been used to treat various medical conditions, in China, for 4,000 years. Known as "spirit medicine," the Reishi Ganoderma is one of the oldest and most respected mushrooms used in medicine. Due to its rare existence, the treatments have proven to be both expensive and scarce. Recent developments with growing the Reishi Ganoderma indoors have made its treatments more affordable and readily available to patients and researchers. While its full healing potential has not been confirmed, scientists continue their research so that we may come to know why the Reishi Ganoderma is also known as "The Miracle Herb" in Asian culture.

The *Reishi Ganoderma* is thought to promote longevity by strengthening the immune system. An immune system is designed to detect harmful viruses and other bacteria before any damage occurs within the body. A weakened system is likely to leave a patient susceptible to infection, which is why some individuals have been pleased to find the Reishi Ganoderma to strengthen their immunity with prolonged treatments. While many modern medicines may cause a patient to build a tolerance to their healing agents, the Reishi Ganoderma does not. Many consider a treatment regimen as a preventative method in order to avoid future illnesses.

Patients who suffer from stress related symptoms may also benefit from the Reishi Ganoderma as it promotes an overall improvement in mental health. Sufferers of stress may experience sleeping disorders, fatigue and the inability to concentrate. These symptoms may decrease when a Reishi Ganoderma treatment begins.

As we consider the positive ways that Reishi Ganoderma may help internal illnesses, patients also look to this herb for cosmetic improvements. Individuals who wish to deter acne problems, enhance skin tone, remove fine lines and age spots may consider a treatment regimen. Because of its ability to promote the delivery of nutrients throughout the skin, Reishi Ganoderma may also help to reverse the signs of aging and repair sun damaged skin.

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[Reishi- http://www.ganoderma-for-health.com/](http://www.ganoderma-for-health.com/)

Posted on [01/11/2009](#)

Can Ganoderma Lucidum herb cure various chronic diseases including cancer? Can this fungus slow down aging and prevent illnesses? And how to choose the best Ganoderma extract to improve your health?

It is quite obvious by now. Conventional medication can only control most chronic diseases but not cure it. Those with hypertension, diabetes or asthma have to take medicine for the rest of their life. In the end, medication side effects may cause more harm than the actual illness itself.

How about cancer treatment? We cannot deny the importance of conventional treatment such as radio and chemo therapy for cancer. However, these cancer treatments also cause a lot of unwanted side effects such as lowering of immune system.

Besides conventional treatment, what other natural healing herb you can take for better health improvement?

Introducing Ganoderma herb...

Ganoderma Lucidum, also known as Lingzhi or Reishi, is just a tiny fungus grown in rotten wood. However, the Chinese held this herb in high regard for more than 2000 years, out of the thousands medicinal herb they knew.

And for many decades, the Japanese has diligently researched its healing properties using scientific methods. With modern technology, scientists were amazed of how it improves various health problems in human.

Many researches showed Ganoderma effectiveness in supporting human body throughout the aging process. This fungus is also well-known for its strong anti-cancer and anti-tumor effect. And for 19 years, we have been using this herb to support conventional treatment for a more promising healing result.

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[Reishi- http://www.canited.com/w-reishi.htm](http://www.canited.com/w-reishi.htm)

Posted on [01/11/2009](#)

1.WHAT IS REISHI ?

Reishi is a basidiomycete, lamellaless fungus belonging to the family of polyporaceae. In nature, it grows in densely wooded mountain of high humidity and dim lighting. It is rarely found since it flourishes mainly on the dried trunks of dead plum, guercus serrata or pasonia trees. Out of 10,000 such aged trees, perhaps 2 or 3 will have reishi growth, therefore it is very scarce indeed. The spores of reishi have such tough outer husks that germination is next to impossible and this accounts for its rarity. It was said that in the old days when one discovered reishi, it had to be kept a secret even from one's closest relative and there was big celebration upon fruitful return. The herballous history of reishi had long been documented in the oldest Chinese pharmacopoeia written in about the first or second century B.C. In it reishi had been recorded as having the most extensive and effective healing powers. It is because of this recognition that there is diligent research for methods of reishi cultivation feasible for commercial productions. At about 1972, the cultivation of reishi became successful and as a result, what was once only attainable by the privileged is now readily make available to everyone. A number of countries are now conducting sophisticated research in reishi hoping to further the practice and science of medicine. The booklet reports the result of such research.

2. REISHI'S POWER IN ANCIENT CHINA

In ancient time, reishi in medicine was considered so auspicious that its medical efficacy has been attested to in the oldest Chinese medical text (presumed to be over 2,000 years old). The book, which are known in Japan as "Shinnoh Honsokyo", is now accepted as being the original textbook of Oriental medical science. In it, 365 kinds of medicines are classified and explained. The medicines are basically classified into 3 categories: 120 of them are declared to be "superior" medicines, another 120 are classified as "average" medicines, and the remaining 125 are placed in the "fair" category. The "superior" medicines are called "God's Herbs" and they are for perpetual youth and longevity – the medicines of the legendary wizards. The "average" category medicines are those which can be taken as a tonic, and those in the "fair" category are taken to remedy specific ailments. One must be careful about the volume taken of the "average" and "fair" category medicines, and should never take them continuously. However, the book states that for "superior" medicines, any amount can be taken as desired on a continuous basis with no unfavorable effects. Of the superior medicines listed in the text, reishi was rated number one. You can see how important and powerful reishi was considered in ancient times. It achieved its ranking in the Chinese text not because of its symbolic importance as a good omen but because of its medicinal properties. Centuries ago, reishi was said to be a medicine that would grant you eternal youth and longevity. But after 2,000 years, reishi has jumped into the spotlight as a specific medicine for cancer. This must be a better irony for those in the modern medical profession who discounted the herbal remedies of Oriental medicine as being " old wives' tales". The families of many cancer patients who have received a diagnostic "death sentence" now seek reishi as the only way left for them.

3. SUCCESSFUL CULTIVATION OF REISHI

As mentioned before, reishi and ginseng is identically recognized as superior herbs in the old days. Because of its rarity, extensive research and the wide use of reishi is prohibited. With the success of reishi cultivation, the world is rejoiced over the abundant use of reishi in research and consumption. Reishi is cultured by grafting the reishi fungi onto aged dried wood of Japanese oak, then cultivated in greenhouses under strict controlled conditions. Recently, the use of the plum tree dust in culture bottles is tested but further experiments are needed for better balance development between the cap and stalk of the reishi.

There are many varieties of reishi :

- Akashiba (red reishi)
- Kuroshiba (black reishi)
- Aoshiba (blue reishi)
- Shiroshiba (white reishi)
- Kishiba (yellow reishi)
- Murasakishiba (purple reishi)

Each had been classified in the "Shinnoh Honshokyo" and in the catalogue of herbs written in the Ming Dynasty about the first or second century B.C.. The Akashiba (red reishi) is the one undergoing cultivation.

4. USING REISHI IN THE PREVENTION OF SICKNESS

In contemporary living, meat constitutes a major part of our diet and with the abundant supply of frozen, processed food products compounded by chemical additives such as emulsifiers and preservatives, large proportion of the population is constantly in the state of "pre-illness". Once that illness manifests, recovery can be slow and difficult. Under these circumstances, it is wise to prevent any deterioration in health rather than seek a cure after illness prevails. Fortunately, reishi is such superb medication because its extensive properties can be both curative and preventive. It produces exceptional results when used by one who is prone to illness in the pre-illness stage.

5. REISHI AND ITS MEDICINAL USES

Reishi has long been known to extend life span, increase youthful vigor and vitality. It also promotes good blood circulation by eliminating thrombi in the blood streams. As a result, the person feels renewed vitality. Deterioration of mind and body is arrested. Reishi is indeed a herb with multiple applications.

During recent years, experiments on animals and clinical tests are made in order to record constructions of reishi. Results were reported from time to time, yet no satisfactory conclusion can be arrived.

More research is being conducted and the vast number of such works adequately attest to the complexity and inviolability of the research matter. Summarized from these reports, it is found that reishi have the following properties:

- improves cholesterosis, coronary insufficiency
- improves hyper and hypotensions
- improves nervous tension, neurosis
- improves chronic bronchitis, hepatitis
- improves leukocytopenia and reticuloendothelial system
- effective in numerous other ailments.

The percentage of curing various diseases are tremendously high. For example in allergy related chronic bronchitis, among the difficult to cure has a recovery of 60% to 97.7% when treated with reishi. In treatment of upper respiratory infection, reishi has a complete cure rate of over 50% and shown effectiveness in 80% of the cases. This statistics is as impressive as that treated by

pharmacology.

(A) Reishi Prevents and Improves Diseases that are related to Blood Vessels and Circulatory System.

The three major killers these days are: cancer, cerebrosis and coronary diseases. The latter two have their etiology closely linked to the blood circulatory system. Related problems like stroke, heart block, arteriosclerosis, obesity etc. are all tied to problems in the blood circulation. One out of three persons die from one of the above ailments everyday.

High incidences of these illnesses are closely linked to the adoption of the North American dietary habits: heavy meat consumption, heavy carbohydrates and sodium consumption, lack of food fiber, change in basic food components when food is processed, frozen, and mixed with chemical additives etc..

Consumption of these products provide fats and proteins in an unbalanced proportions. This assimilation damages the blood vessels and oxygenation process to a marked degree that could affect the body's metabolism. Yet, reishi can correct this imbalance and strengthen the system to prevent further deterioration.

Reishi eliminates cholesterol build-up and promotes blood circulation. When there is a built-up of starch, protein or fatty acids in the blood stream, cholesterosis arise. The normal blood cholesterol level is between 130 – 230 mg per decimalitre (dl), it can elevate up to 300 mg/dl in case of cholesterosis; normal level of protein is between 230 – 500 mg/dl, it will also elevate to over 1000 mg/dl in this case. This can quickly leads to arteriosclerosis which is linked to hypertension, stroke, cardiac attacks, obesity, lung and liver diseases etc.. Cholesterosis also slows the circulatory system resulting in stiffness of the joints and shoulders, insomnia, anxiety attacks, dizziness and fatigue etc..

The function of blood is to transport oxygen and nutrients to various parts of the body. This function is being carried out by capillaries. These minute vessels is about 1% the thickness of human hair. When cholesterosis occurs, blood viscosity becomes too thick for fluid circulation. Nutrients cannot reach the extremities as easily as when under normal conditions. Immunity decreases following the decrease in nutrient supply especially in the extremities.

Simultaneously, the circulatory system carries waste products from all parts of the body via the veins to the liver and kidney to be expelled from the system as feces and urine. Pigmented splotches showed up on facial skin if any melanin substance settled due to waste accumulation in slowed circulation cycle. Areas like the face, eyes, bones marrow etc. have high capillaries concentration, a slowing in blood circulation shows prominently in this area as physical marks e.g. lost of skin lustre and texture, appearance of wrinkles and freckles etc..

In the case of tooth infection – black root indicates a lack of blood supply; the sign of nutrient deficiency results in a drop in natural immunity. Tooth becomes easily infected in the end.

In the case of cholesterosis, viscosity of blood becomes thick, heart muscle has to pump harder to transport blood especially to the extremities. This increases the heart load and elevates the blood pressure; an increase in both the systolic and diastolic measures.

Hemorrhoids is a copious escape of blood from the blood vessels around the anus when vessels ruptured under excessive pressure from a backlog of blood in an inhibited circulation. Once that circulation returns to normal upon removal of the obstruction, hemorrhoids disappear.

Consequently, problems mentioned above can be rectified by improving blood circulation. This is achieved when blood viscosity is kept normal by reducing cholesterol built-up. Anticoagulants are employed for such a purpose and reishi is a natural anticoagulant.

In a laboratory experiment involving 3 groups of mice, each given different diets for 4 consecutive days. Group A was fed a diet high in fat content. Group B was fed a diet of fat and reishi. Group C,

the control group, was fed a regular diet. Refer to fig.1, Group A was found to have elevated levels in cholesterol, triglyceride and protein – all suffering from cholesterosis. But Group B maintained normal levels on all 3 categories. This result points to the positive factor of reishi in cholesterosis control. Examinations of the intestines found that GOT & GPT levels of fatty acids were under control in Group B. Reishi activates metabolism of fats thus restricting its deposition in the intestines. Body functions return to normal when excessive assimilation is controlled. After 2 months, Group A all acquires cholesterosis and fatty liver. When toxin from intestinal bacterium was administered, the mice developed thrombosis and phlebitis causing the blood vessels to rupture resulting in massive hemorrhage and eventually, death. Group B was prepared with the intake of reishi for a week. The mice were then injected with the same substance as Group A – toxin from intestinal bacterium. There were no death. It is therefore safe to conclude that reishi plays a role in controlling thrombosis and cholesterol in the blood streams, and facilitating circulation simultaneously. These together discourage formation of fatty liver.

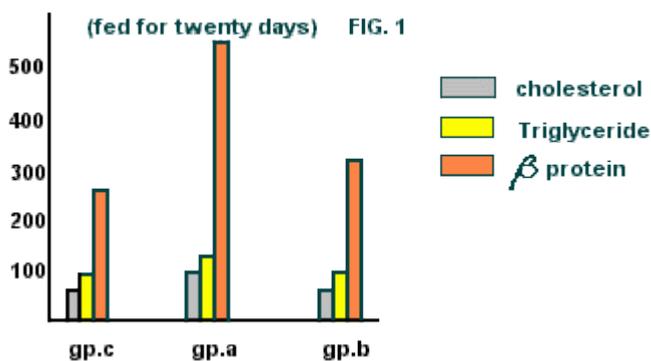


Fig. 1 . Three Groups of Mice fed with a High Fat Content Diet for 20 Days.

* The first block is Cholesterol level, second is Triglyceride level and the third is B protein level.

Another clinical test involved 10 cholesterotic patients. They were given essence of reishi daily (equivalence of 0.7 gm) to observe its effect on blood pressure and serum cholesterol level. Refer to fig.2, it was found that levels of cholesterol, triglyceride and protein were lowered, and related side effects of sluggish circulation, fatigue, stiffness, headache etc. disappeared. After 2 months continued use of reishi, a marked effect was noted : shallow skin tone and pigmented splotches faded, skin texture smoothed, facilitating better cosmetic application. Improvements in areas like tooth infections, hemorrhoids etc., demonstrated reishi’s efficacy in serum cholesterol reduction and blood circulation.

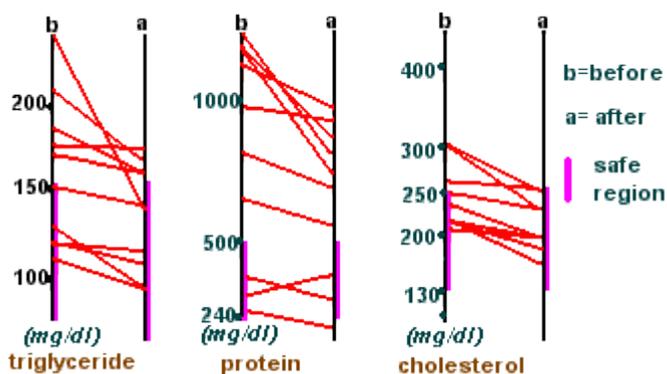


Fig. 2

(B) Reishi Prevents Hyper and Hypotensions

According to the statistics set by the World Health Organization (WHO), blood pressure exceeding 139 (systolic pressure) and over 89 (diastolic pressure) is rated high; systolic pressure of readings below 100 is rated low. Systolic pressure is the measure of highest pressure during a heart beat

cycle; this is the contracting force employed by heart muscle to deliver blood to its surrounding veins. Diastolic pressure is the measure of the expanding force of the heart muscle at which point surrounding veins received the least pressure. A high diastolic generally carries more risks, it indicates lost of elasticity in the veins. When blood vessels are obstructed, excessive pressure exerts on its walls. These repeated expansions weaken the structure sometimes to the breaking point.

Modern medication has trouble matching reishi's effectiveness in reducing systolic pressure but more important is its ability to raise low diastolic pressure that indicates the recovery of blood viscosity and vessel elasticity. One clinical test involving mice with hereditary hypertension and frequent incidences of brain hemorrhage were given a reishi preparation daily (concentration of 100 mg/Kg) for 2 week period. The other group did not receive reishi treatment. Blood pressure measurements were tabulated in fig. 3. As illustrated in the graph, there was a rapid decrease immediately following reishi administration in the initial 5 hours. Then it gradually tapered and steadied for the next 14 days. Total decrease is 20%. This shows reishi's efficacy in controlling hypertension. Furthermore, related problems are also solved by applying reishi treatment. No modern medication up to this date has satisfactorily achieved this.

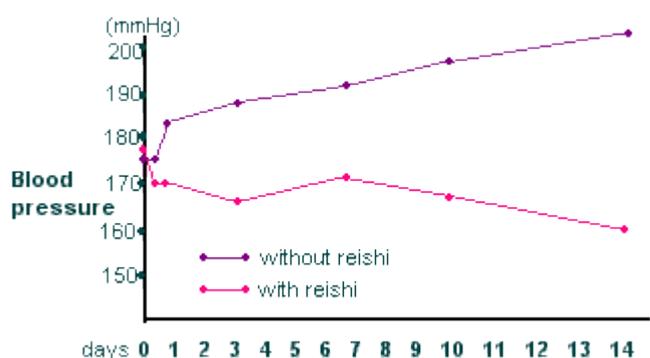


Fig. 3 Reishi Lowers High Blood Pressure Level

* Higher graph line is group without Reishi treatment.

* Lower graph line is group with Reishi treatment.

* Daily dosage: 100 mg/Kg

Second clinical test involved 10 patients with inherent high blood pressure who were taken off their regular medications. Reishi extract of 3.5 gm was given daily for 4 weeks. Fig. 4 tabulates the results found during the test period. All test subjects' blood pressures were maintained within the normal levels with outstanding improvements on the diastolic figure – excessively low pressure being brought to normal, a significant contribution on the part of reishi.

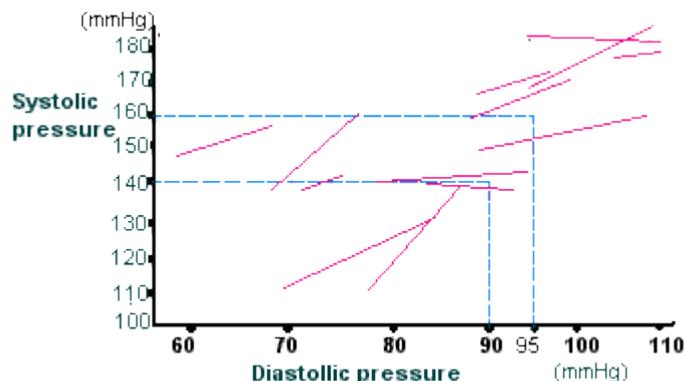


Fig. 4 Changes in blood pressure after applying Reishi for 4 weeks.

Another clinical test involved 10 hypertensive patients who were given 3.5 gm of reishi extracts for 20 weeks. 30% of the subjects were treated with reishi; the other 70% a combination with other

medications. Fig. 5 tabulates the results. Reishi's efficacy in stabilizing blood pressures is shown without a doubt in the test data, and its ability to improve diastolic condition is by far its most valuable function.

Subsequently, serum cholesterol related symptoms like stiffness, fatigue, headache, dizziness etc. gradually disappeared. Long term use of reishi did not show any harmful side-effects.

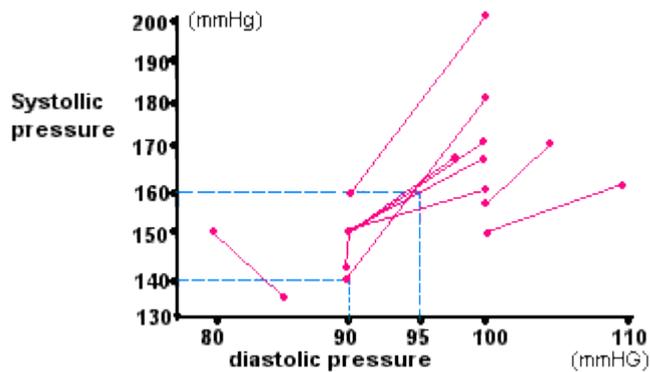


Fig. 5 Changes in blood pressure after applying Reishi for 20 weeks.

(C) Reishi Prevents Phlebitis and Thrombosis

Thrombi (blood clots) are directly responsible for problems like stroke, aneurysm, myocardial failure etc.. Thromboses veins deter blood circulation, decreasing supply to the extremities. This causes inflammation of gangrene to these parts. Other related problems are fatal e.g. hepatitis, nephritis, acute diabetes, cancer etc.. Analysis of blood reveals that it is composed mainly of red and white corpuscles; it also consists of a spherical component with diameter of 2.5 u called platelets. These are the primary blood clotting agents. Clotting is achieved when platelets accumulate at the wound site to stop out-flowing of blood and this bonding effect facilitates in tissue repair. After repair is completed, platelets are unbounded and flushed into the blood stream. But sometimes incomplete unbonding occurs and the larger fragments blocked the blood vessels. Further complication arises if the blood vessel is already clogged by cholesterol and snowballing of this combination results in complete arterial block.

Only mammals in the advanced evolution stage possess the blood clotting mechanism. When the delicate balance of bonding and unbonding is upset, artery blockage of excessive bleeding occurs; therefore, it is important to keep this balance steady and constant. In the case of major injury, the wound site is wide and platelets accumulation rate falls behind that of the bleeding resulting in massive blood loss. Phlebitis causes the blood vessels to rupture at various sections and intervals. As a result, platelets accumulation cannot react effectively thus leading again to arterial blockage. The causes of phlebitis varies from contamination of toxic-by-products, adverse metabolic process from excessive consumption of meats and proteins, infections in other parts of the system (liver, joints etc.). These all contribute to blood vessels damage one way or another. When compounded by allergic reaction, over-stimulating platelet bonding again results in arterial blockage.

One clinical test involved mice with cholesterosis that were predisposed to arterial blockages. Experimental data showed that reishi had inhibited excessive platelet accumulation; reinforced outer membranes of the red corpuscles and no harmful side effect was reported. Incidence of phlebitis decreased regardless of where the arteries were situated and overall strengthening was found.

(D) Reishi is capable of Normalizing and Improving Allergic Reactions. When foreign matter enters the body system, it activates the natural defense mechanism. A substance termed antibodies are released. They engulf and expel the offending matters. Under normal conditions, the amount of antibodies is proportional to the degree of damage. Allergy occurs when an over abundance of antibodies flooded the system attacking both foreign and own tissue matters. The antibodies now

act as toxin destroying body tissues. Symptoms of allergy include : itching, hives, difficulty in breathing etc.. Allergen suppressing injections and medications are found to have only short term effect. For permanent and complete erasure of the symptoms, intrinsic irritant has to be removed from the system.

Analysis of blood samples from allergy suffering patients found to contain a high concentration of allergen (antibody). LANOSTAN found in reishi can inhibit over zealous allergen production. Further research is being conducted at this time to map out its chemical constructions.

To further define the mechanism of the immunity system : When foreign matter enters the body system, specific antibody appropriate to combat this matter is manufactured and released. Thus the body needs to distinguish between foreign and its own matters. In order to do that , a signal is sent to the T-cell lymph node to divide and multiply, forming IgE antibodies which then take up defense against the invading matter. Portion of the IgE remains in the alkaline cells of either the adipose tissue situated around the respiratory tracts or the white corpuscles. Any further invasion immediately triggers the release of such stored antigens. This mechanism is termed "acquired immunity". Cells that house these IgE antigens undergo rapid chemical reactions releasing substances that activate all T-cells stimulated by the increased antigen level to produce its own antibodies. Blood supply around invasion entry point increases, vessels expand, surrounding area heats up; finally the wound site swells manifesting signs of infection. Normally, when foreign matter is removed, infection calms down. But in the case of excess antigen, infection continues to flare causing further cell damage that leads to chronic hepatitis and/or chronic nephritis. Intrinsic reaction is responsible for this condition and can only be remedied by hormones produced in the auxiliary kidney. Hormones catalyze metabolic pathways to produce cortisone that controls T-cell activities to regulate the immunity system. Consequently, healthy auxiliary kidney controls over-stimulation of T-cells, preventing allergic reactions. Subsequently, allergy sufferers have weak auxiliary kidneys. Reishi can energize the kidney thus increasing its hormone output.

Chronic bronchitis, 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. If this substance is artificially introduced to the system continuously, auxiliary kidney's functions are replaced and the organ atrophies.

Side-effects of a non-functioning auxiliary kidney includes : swollen face (moon face), enlarged neck and swollen shoulders (buffalo neck). Discontinued use of cortisone eliminates the side-effects but triggers fatal conditions like cardiac attack. Up to now, no better solution has been found. Cortisone treatment continues in spite of its known undesirable side-effects. However, when Reich is employed as treatment for allergy-related illnesses, the efficacy is gradual but pronounced. Reich works by nourishing and rebuilding the organ itself thus improving the function of immunity regulation. This process is gradual but reliable and produces no harmful side-effects. Nowadays, allergy-related problems like bronchitis asthma, rhinitis etc. are common but medical science has yet to come up with a definite cure. Regulating one's diet and supplementing it with reishi has proven to be the most effective treatment.

(E) Reishi can prevent Metastasis of Cancer

Dr. Ito of Japan discovered the positive effect of reishi in arresting metastatic cancer in laboratory mice. The Japanese Cancer Society also released their research data on the effectiveness of reishi against sarcoma 180. Indeed, Kawara-Dake, belonging to the fungus family, has long been marketed as an anti-cancer drug in Japan. Research on the relation between reishi and cancer is just in the beginning stage; therefore, no conclusive result can be arrived. But reishi is recognized to play a role in preventing spontaneous death in cancer patients. However, the following findings were reported when reishi was used in combating cancer :

(1) Reishi reinforces membrane of the cancerous cell to impede spreading.

- (2) It also prevents thrombi formation aiding in fusion of medications within the system.
- (3) Joint usage with other anti-tumor drugs and chemotherapy diminishes their side-effects and heightens their effect.
- (4) It normalizes the overall body system thus decreases further health complications.

Scar tissues surrounding cancerous cells cause continuous infection. The permanent thrombi formed serve to isolate the diseased area. In this respect, thrombi became an aid in arresting the spread of diseased cells. On the other hand, medication is unable to act on the disease area due to the thrombi barrier. Anticoagulant is employed to dissolve this build-up and to inhibit further platelet bonding. Such treatment carries a high risk since patient now has no defense against bleeding. 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.

Following the increases in cancerous cells, some of the thrombi multiples are carried along by the blood stream and lodged in other parts of the system, e.g. phlebitis and spontaneous bruises are caused by clogged blood vessels. Arteriosclerosis is the more fatal system of such blockage. Cerebrum and coronary arterial block lead to stroke, cerebral vascular accident, myocardial infarction etc.. In fact, cancer patients die more frequently from related complications than the disease itself. Reishi's ability to prevent thrombi formation indirectly plays a significant role in preventing such medical complications.

(F) Reishi and its Effectiveness Against other Ailments

Conclusively, clinical observations have indisputable proof of reishi's efficacy against cholesterosis, arteriosclerosis, hypertension, fatty liver, hemorrhoid, tooth-infections, obesity and various problems that arise from high serum cholesterol level compounded by a lack of blood circulation. Reishi is also recognized to have some effect in cases of stroke, cerebravascular accident, coronary insufficiency, myocardial infarction, phlebitis etc. – problems that arise directly from arterial blockage. Furthermore, it is found to be effective in treatment of typical dermatitis, bronchitis asthma, allergy rhinitis, chronic hepatitis etc. – problems related to allergic reactions. Reishi inhibits thrombi to facilitate medication absorption; it also has an additive effect that strengthens the prostate gland situated between the bladder and the urinary tract. It has the same effect on the early stage of diabetes mellitus. Bladder infection is accompanied by the usual thrombi formation. Treatments with reishi arrest the latter thus eliminating complications within a short period. Other clinical tests showed that administering reishi instead of insulin can reverse blood sugar level back to normal after one year. Medical complications associated with diabetes also disappeared.

GANODELAN A – B found in reishi is responsible for blood sugar maintenance, but further research into the relationship between diabetes and the herb is still needed.

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.

(G) Reishi as an ADAPTOGEN

Patients troubled by side-effects from taking drugs like antibiotics, hormonal supplements etc. often acquired other related illnesses. This problem is under serious debate by the medical profession since 1965. Recently, the Royal Medical Society of Russia, Australia and England developed a new medical concept of ADAPTOGEN, a substance that is :

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

With the above characteristics, the substance is termed as an adaptogen. Modern medicine based their diagnosis on examinations of organs and symptoms. Medications with known side-effects continue to employed as long as they serve satisfactorily for their purposes. The adaptogen concept aims to cure by normalizing all body functions. It holds the notion that unless everything is put into

its right track, there can be no complete cure. This idea coincides with the original supposition of superb herbs like reishi and ginseng that normalize body functions as the bases of their medical efficacy. Since reishi is an adaptogen that normalizes the body functions and with no side-effects, it can be used as a preventive medicine. Because of this, some people may develop a concept that reishi can cure all types of diseases. However, be aware that no substance can be an absolute, ultimate cure-all.

(H) Medical Components of Reishi

As previously reported, reishi is recognized to be effective against a wide variety of diseases due to its extensive properties. Regrettably, up to now there is no categorizing linking individual curative effect to its responsible components. What has been found, however, is that reishi contains β -D-glucan-polysaccharide which is a potent anti-cancer agent. In 1984, Dr. Komoto of Tokyo Medical & Dental University, Japan, isolated the substance GANODELAN A and B from extracts of reishi – β -D-glucan-polysaccharide. At the same time he was also studying the body shape of the reishi in which I have participated. With further research results, it was found that GANODELAN A is composed mainly of lactose, glucose and glucuronic acid. Its molecular weight is 3,000 and belongs to the polysaccharide group. GANODELAN B is found mainly composed of mannose, glucose and glucuronic acid, belonging to the molecular weight class 3,600 of polysaccharide.

Experiments done on white mice found Ganodelan A & B to be responsible for lowering blood sugar content. When it is injected into test subjects' abdominal cavity (concentration of 30 mg/Kg), analysis of samples 7 hours later found blood sugar level to drop 59% – 86%. Long term use has significant effect on diabetes – one of the many uses of reishi. However, further research to pinpoint whether the effect comes from a combination of substances and how LANSTAN, another substance discovered in reishi has been known to impede allergies. Lanstan is closely related to Ganodelan A & B, but its chemical components has not yet been defined. Gradually, more and more similar substances are discovered. Previous evaluation of the potency of individual reishi are based on its thick cap, short stalk and abundance of spores. Hoping in the very near future, we can grade each crop using analysis of its chemical components.

(I) How to Select the Right Reishi ?

In the future, research on reishi's miraculous properties will be vastly extended because reishi does contain a vast number of medicinal substances and it is the combination of these elements that make reishi so potent in the curing of our diseases.

To be able to distinguish the different medicinal elements of reishi and apply it to different medical use will require further studies with substantial time and effort !

At the present, we would like to clarify how to select the best reishi available for use effectively. As mentioned before, reishi comes in 6 different colors. According to our studies, the medicinal properties among the different reishi do not differ much from one another, but, most studies are done with the red reishi because of its abundance due to the success of cultivation and the common understanding that the red type is the most potent.

It is found that the essence extracted from the crown is more potent than that from the stalk. The essence from the stalk is especially potent for people who has high blood pressure and high cholesterol levels. From this, we have concluded that the most potent reishi is the red type with short stalk and large, thick crown.

Cultivation of reishi also plays a very important role in determining the potency of the reishi.

Some type of reishi which are not fully grown would develop into a branch-like looking reishi. Its essence potency will be about 1/5 or 20% of the full grown reishi.

Recently, wood-pulp cultivation is widely used. The resulting crops' medicinal values are not as potent as the ones using whole logs. Wood-log cultivation is considered to be the best possible way to cultivate reishi. Rumors of using plum tree logs would produce the better reishi crop is not true –

there is no facts or studies supporting this claim.

Aside from the above, we are certain that using the same reishi fungi for cultivation, the climate and cultivation method do present a significant difference in the resulting crop.

Be cautious when you are purchasing raw reishi. One have to check the type of reishi that are being sold; its cultivation method used; the cultivation area and the care of the cultivator given before you make your decision.

There are also the immorality of some business minds that you have to look out for – they sell low grade reishi products and purchasers would often be blinded by the low prices and in turn get poor quality products. Worst of all, the products might not have the proper bacteria elimination control due to the manufacturers' lack of funds and their lack of business ethics.

Because of reishi's texture, even with the use of very fine grinders, you cannot really pulverize reishi properly without the use of the hot-water-boil extraction method. Furthermore, reishi itself is developed from fungi and while in the cultivation process, there is bound to be a lot of bacteria organisms present on the plant. When these merchants grind up the reishi and put it in capsule form, the bacteria content still far exceed the minimum requirement of bacteria control in food, that is, the bacteria count should not be more than 3,000 per cm³. This is the one reason why the Chinese in the past have always boil the reishi and drank the essence and never consume pulverized reishi from its raw state.

ALWAYS REMEMBER THE FOLLOWING WHEN YOU ARE SELECTING RAW REISHI OR THE END PRODUCT 1. Manufacturers credibility 2. Vendor's reliability

To sum it up, a manufacturer with credibility is the best choice. Although the cultivation of reishi has been successful, it is still sad that the end product is so expensive because of its high production cost. But one's good health is far more important than the price tag. Take note: You pay for what you get, quality is the most important.

CONCLUSION

In the past, not too many individuals are exposed to the word "reishi", even less when coming to seeing the actual plant. Now, the word "reishi" can be seen everywhere and the actual plant is commonly displayed in stores. We have to give praise to the scientists who have succeeded in the cultivation technique. From this, an abundance of reishi end products are made available to the general public who in turn can benefit from the miraculous medicinal values of reishi.

As recorded in the oldest Chinese medical text, reishi is the "king of herbs", the superior herb for perpetual youth and longevity. Continuous intake will achieve the best results.

Again it was mentioned in the text that reishi is to be used for preventive measures rather than a cure. We think that this is the best solution to modern day sickness like allergies, diabetes, asthma, cancer, arthritis, arteriosclerosis etc..

Besides reishi, Korean ginseng is also another good preventive medicine. We hope that our readers will benefit from the continuous intake of the two herbs.

Because of different individual's hereditary factor, individuals with diseases like cancer or heart attacks due to their genetic codes, is highly recommended to take reishi as early in life as possible. To start the preventive measures early in life is the best possible way to avoid the deadly consequences due to heredity.

By chance, those readers who are suffering from the modern day diseases and are under medication, it is advisable to get a diagnosis from a Chinese herb doctor or a naturopathic doctor. After prescription is given, ask the herbalist to add reishi as an extra ingredient, the patient will benefit tremendously from doing so.

Regular intake of reishi will not only help to prevent the occurrence of modern day diseases, but

prevent one's body from degenerating too fast.

Reishi is indeed the solution to mankind's miseries.

APPENDIX

1. The Brewing of Reishi

- Cut up the dried reishi into small pieces with a garden cutter. The smaller the better. For a person daily usage of 3 – 5 gms, add 3 bowls of water (600 c.c.) and boil for 30 minutes using low heat. (Note: Should only use clay pots or glassware, avoid the use of metallic containers.)
- The boiled reishi can be used again until the bitter taste is gone. Usually, it is good for 2 – 3 times of boiling.
- You can prepare 2 – 3 days portions at one time and keep in the refrigerator for daily use. Re-heat is best before use.
- It is best to drink before each meal. For people with stomach problem, have the brew after each meal.
- If you dislike the bitter taste of the brew, add pure honey or glucose. (Avoid the use of refined sugar.)
- You can also mix reishi pieces with brandy or Chinese wine. Store for 3 – 4 months before use.
- Used reishi pieces can be used as fertilizers for house plants.
- Reishi should be stored in a dry place, but never in the refrigerator.

2. Reishi Soup Recipe

Ingredients :

10 grams of sliced reishi pieces ;
6 whole frozen or fresh quails ;
70 grams of dry scallops ;
100 grams of lean pork ;
1.5 litre of hot water ;
salt and pepper ;
cooking wine.

A. Soak the sliced reishi pieces in 1.5 litre of water for 4 hours.

B. Remove the quails from boiling water after 5 seconds and put in Chinese steam pot. Pour in the 1.5 litre of water together with the reishi pieces. Add dry scallops, pork lean meat and add dash of cooking wine.

C. Steam boil for 3 hours.

D. Before use, season the soup with salt and pepper to your preference.

Note: You can put in dried long-gang meat or dry red dates to sweeten the soup. You can also substitute 2 frozen whole pigeons, a whole chicken or half a turtle instead of the 6 quails for the above recipe.

3. A Word From the Editor

Reishi is best used in disease prevention measures. When you are in a healthy state, the use of reishi will enhance your immunity system against attacks and vitalize your body. Reishi work best when you are in your mid-thirties, continuous use of reishi will help prevent degeneration of your body and improve your health and attain longevity.

Although reishi has miraculous powers, we would like to remind our readers that you should pay special attention to the following when you are using reishi:

- Refrain from using refined sugar. Substitute with pure honey, glucose or fruit sugar instead.
- Avoid processed foods – canned food, instant noodles, soda pop etc.
- Eat all types of natural foods to maintain your nutritional balance.
- Include all types of vegetables in your diet, especially those with stalks and roots.
- Drink more water to provide excretion ease . This will enhance your metabolism functions and rid your body of poisonous waste.
- Exercise will definitely help but not rigorous exercise that you cannot handle.
- Avoid stress. Be mentally relaxed and keep an open mind on all matters.

At the present, the recommended daily usage of reishi tea is the boiling of 3 – 5 gm of the dried reishi. One can increase to 10 or 20 gm per day since there is no harm in abundant intake of reishi as it is the ‘king herb’ and an ‘adaptogen’.

There are also the reishi essence products by extraction method in the market place for sale that comes in tablets, pill or granular form. My final advise is to buy the products from reliable manufacturers.

Best of health to you all.

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[Reishi- http://www.naturalypure.com/GanodermaLucidum.htm](http://www.naturalypure.com/GanodermaLucidum.htm)

Posted on [01/11/2009](#)

(Reishi)

The Wonder Mushroom that Withstood the Test of Time in China for 4000 years.

Now re-discovered by the Western World

For over 4000 years **Reishi** mushrooms (Ganoderma Lucidum) have been recognized by Chinese medical professionals as a valuable remedy. Its Chinese name Lingzhi, means "spiritual potency". Reishi mushrooms are regarded by the Chinese as the "Medicine of Kings". Dr. Shi-Jean Lee, the most famous Chinese medical doctor of the Ming Dynasty, strongly endorsed the effectiveness of Reishi in his famous book, Ban Chao Gang Moo ("Great Pharmacopoeia"). He stated that the "long-term taking of Reishi (Lingzhi) will build a strong, healthy body and assure a long life."(2)

"The Medicine of Kings" and it's benefits

For the Nerves:

Reishi mushrooms have been traditionally recommended by Chinese and Japanese herbalists

for **insomnia** due to their "sleep-promoting factor".(1) Long-term use

causes a significant promotion
number of psychiatric and
anorexia, and **debility** following

produces mushrooms has been
"environmental stress".(1)
taking a Reishi mycelium

inhibiting) effects. In one study,
was concluded that the
narcotic nor a hypnotic.

Germanium, Polysaccharides
our immunity cells and

prescribed routinely to
stress and/or coronary
improved the blood

of slow wave sleep¹. Reishi mushrooms are prescribed in China for a
neurological afflictions, including diseases involving the **muscles**,
lengthy illnesses.(3)

In Japan, the dried "mycelium" of Reishi the root-like body that
found to be highly effective in the treatment of **neuroses** caused by
In addition, in an eight-month study of **Alzheimer's disease**, patients
product demonstrated significant improvement.

In China, Reishi is used for its muscle relaxing and analgesic (pain-
Reishi alleviated anxiety in 18 of 20 patients after four months' use. It
mushroom has an essentially "calmative function", but is neither a



Immune System:

Ganoderma Lucidum contains high concentration of Organic
and Triterpenes. These active components are proven to strengthen
improve our immune system.

Cardiotonic:

For centuries, **Reishi** has been known as a cardiotonic herb. It was
those with a "knotted and tight chest" symptoms consistent with both
artery disease-related angina. Researchers in China found that Reishi

results were also found by acids (which belong to a **blood pressure, lower** of blood cells), which

nearly half (47.5%) of 53 and 10% of the subjects readings) after taking Reishi without any side-effects.(1) Another harmful cholesterol) levels Reishi use.

found that in addition to all significant preventive and therapeutic comprised of a combination of ["foam cells"]. It is deposited passage within arteries resulting

flow and lowered oxygen consumption in the heart muscle.(3) Similar Japanese scientists.(1,4) They found that Reishi contains ganoderic group of natural substances called "triterpenes") which **lower high cholesterol**, and **inhibit platelet aggregation** (the clumping together can lead to heart attacks and other circulation problems.

In a six-month clinical trial performed in a university hospital in Tokyo, hypertensive patients lowered their blood pressure by 10-19 mmHg, dropped their pressures 20-29 mmHg (both systolic and diastolic extract.1 Similar results were observed in a Chinese clinical trial large Reishi study in China found that low density lipoprotein (LDL the dropped in 68% of 90 patients following only one to four months of

Recently, Russian scientists have taken an interest in Reishi. They the cardiovascular benefits mentioned above, Reishi showed a action against **plaque build-up** ("plaque" is a fatty goo which is oxidized cholesterol, calcium, and degenerated white blood cells on the walls of arteries which restricts blood flow by narrowing the in atherosclerosis).



Cancer:

Studies of Reishi in cancer research have been largely conducted in

Japan, where **Reishi** was

continued in Korea, Japan,

scientifically proven to have an **anti-tumor effect**. This research has

and China.

summer of 1986. A 39 -year old

renowned Japanese

Medicine, for help in

refused an operation by

husband had collected

drink as a tea.

An example of Reishi's cancer-fighting potential occurred in the

Japanese woman approached Dr. Fukumi Morishige, M.D., Ph.D, a

surgeon and a member of the Linus Pauling Institute of Science and

treating her lung cancer. It was a complicated case, and she had been

several hospitals. Hopeless, she returned home where she found her

Reishi in the forests. He boiled the mushroom and gave it to her to

her cancer, regardless

Morishige was surprised

Something wasn't right: her

been drinking Reishi

find only scar tissue, and

While this was going on, she begged Dr. Morishige to do something for

of its very advanced stage. From what was evident six months earlier,

when he found no increase in swelling. Then he looked at her X-rays.

tumor showed as only a trace on the X-ray. When she told him she had

tea, Morishige operated with great curiosity. He was "astonished" to

although cancerous cells remained, they were now benign.

a treatment for cancer

Reishi is also an

Reishi are called Beta-D-glucan.

made up of many little sugar

sugars stimulate or modulate

and helper T-cells, as well as

antibodies) to produce a

tumor cells.

That was the impetus for Dr. Morishige to begin his studies of **Reishi** as

especially cases given up as hopeless. Dr. Morishige now believes that

effective **cancer preventive**. The active anti-cancer constituents in

Beta-D-glucan is a polysaccharide basically a huge sugar molecule

molecules chained together bound to amino acids. These intricate

the immune system by activating immune cells such as macrophage

increase the immunoglobulin levels (immunoglobins are specific types of

heightened response to foreign cells, whether bacteria, viruses, or

Ganoderma Lucidum Spore capsules are much more potent than the tea or Coffee

radiotherapy to reduce

suppression and risk of

pains during

terminal stages for prolonging

Ganoderma can be used as a supplement during **chemotherapy** or

side-effects such as fatigue, loss of appetite, hair loss, bone marrow

infection. It can also reduce the toxic and side effects and **mitigate the**

chemotherapy and radiotherapy, in particular to cancer patients at

their lives and improving their living quality.

subject of ongoing research

significantly inhibited all four types

contact dermatitis. In 1990,

Antonio found that Reishi

conjunctivitis (inflammation of the

Anti-Allergic /Anti-Inflammatory Actions:

During the 1970s and 1980s, Reishi's anti-allergy action became the

in both China and Japan. Studies showed that Reishi extract

of allergic reactions, including positive effects against **asthma** and

researchers at the University of Texas Health Science Center in San

could be effectively used in treating stiff necks, stiff shoulders,

fine membrane lining the eye and eyelids), **bronchitis**, **rheumatism**,

and improving "competence"

of the **immune system** without any significant side-effects.(6)

Healing the Liver:

Reishi is commonly prescribed in China for the treatment of **chronic**

hepatitis. In treatments

lasting 2 to 15 weeks, the overall rate of efficiency was 70.7 to 98.0%.

(4) In Japan, Reishi extract

has been reported to be effective in treating patients with **liver failure**.

(1) In animal studies of mice

with carbon tetrachloride-induced hepatitis, the extent of liver damage

was significantly inhibited

by continuous dosing with Reishi tincture, and the regeneration of the

liver was promoted.(7)

Recent Applications:

As the "Medicine of Kings", Reishi is widely used for different purposes. It

is used for symptomatic

relief of arthritis and of menopausal anxiety. It is also used in treating

allergic asthma,

hypertension, hypothyroidism, bronchitis, insomnia, general

anxiety and **stress**, and

cardiovascular problems. Reishi also is often the main ingredient in

herbal formulas for **immune**

dysfunction syndromes, such as **Chronic Fatigue Syndrome**.

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**[http://www.lifenhance.net/Ingredient/Reishi
%20Mushroom.htm](http://www.lifenhance.net/Ingredient/Reishi%20Mushroom.htm)**

Posted on [14/07/2009](#)

Latin Name: Ganoderma lucidum

Chinese Name: LingZhi

Traditional Uses

Actions: Possesses tonic and sedative effects, has antitussive and expectorant, hypotensive, antihepatic, and antibacterial effects; nourishes, supplements, removes toxins, astringes, and disperses accumulation.

Applications: fatigue, neurasthenia, insomnia, bronchial cough in elderly persons, and carcinoma. It is used in Traditional Chinese Medicine to treat asthenia syndrome from lung cancer, cancer of esophagus, stomach cancer and nasopharyngeal cancer.

The Reishi Mushroom, also known as Ling-Zhi (*Chinese*) herb has been used for thousands of years to promote good health in the Far East.

Recent studies have shown the Reishi Mushroom to be helpful for treating high cholesterol, normalizing blood pressure, regulating the circulatory system and helping cure allergies. The Reishi mushroom contains a high amount of polysaccharides which are essential for proper functioning of the immune system, and are known as effective tumor fighters.

The Reishi Mushroom is used as a tonic and a sedative. It is useful in Chronic Fatigue Syndrome, diabetes, liver disorders, hypertension, arthritis, and nervous exhaustion. It has a strong antihistamine action that can help control allergies. The Reishi Mushroom can also lower cholesterol, prevent blood clots, help prevent the growth of tumors, and increase the body's ability to fight unwanted invaders.

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Reishi Mushrooms and their Health Benefits

The **reishi mushroom** is well known in Chinese medicine as the “king of herbs.” Mushrooms are the fruit and reproductive body of fungi, which grow out of networks called mycelium. Thread-like networks of reishi mushrooms grow under the ground around logs and organic waste.

Waste material is a rich source of nutrients for these mushrooms, which have a unique ability to reduce the volume of decayed matter in the environment by using it for nourishment. Under the right conditions, reishi mushrooms emerge from the underground mycelium and can be cultivated for medicinal use.

The medicinal properties of reishi mushrooms have a legendary status. They are said to be capable of promoting longevity and health, as well as increasing wisdom and happiness. Part of the lore of reishi mushrooms can be attributed to the fact that they are quite rare. Only two or three out of 10,000 aged trees produce networks of fungi that spawn reishi mushrooms.

Though they have only recently gained attention in the West, reishi mushrooms have been used in the East for thousands of years. In Japan and China, ancient emperors and kings drank teas made

from reishi mushrooms to promote vitality and long life. Taoists searching for the elusive elixir of youth believed that the substance they sought contained reishi mushrooms.

In modern times, elixirs made from reishi mushrooms are still used to promote longevity and vitality in addition to treating a variety of other conditions. The triterpenes and polysaccharides in reishi mushrooms are thought to be responsible for their therapeutic effects, which include the ability to increase blood flow and reduce [inflammation](#).

Reishi mushrooms are also used for patients with Alzheimers disease and heart disease under the premise that inflammation may play a role in both conditions. Pain associated with other inflammatory conditions, such as infection by the [herpes zoster](#) virus and neuralgia may respond to treatment with reishi mushrooms as well. In fact, the historical use of reishi mushrooms to promote longevity is probably related to the fact that inflammation is a key factor in many chronic and degenerative diseases.

Reishi mushrooms also have strong antioxidant properties. They can be used to boost immunity and may also increase the effectiveness of antioxidant vitamins when the two substances are used together. Reishi mushrooms are believed to suppress tumor growth and are often used in cancer prevention efforts for this reason.

Reishi mushrooms are available dried, in concentrated tablets and capsules or as a liquid extract. The usual dosage is 1.5 to 9 grams of dried mushroom or 150 to 900 mg of capsules or tablets daily. Some conditions have been found to respond to lower doses. Though side effects are rarely reported, people who take reishi mushrooms for several months at a time have noted some effects, such as dry mouth, dizziness, nosebleeds and stomach discomfort.

Since there may be some blood thinning effects associated with the use of reishi mushrooms, people on [prescription](#) blood thinners should avoid reishi mushrooms. As with most herbal remedies, the effects of reishi mushrooms on pregnancy and lactation are not known.

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[Reishi- http://www.sciencedaily.com/releases/2008/04/080408175308.htm](http://www.sciencedaily.com/releases/2008/04/080408175308.htm)

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Extracts From Reishi Mushroom And Green Tea Shows Synergistic Effect To Slow Sarcoma

ScienceDaily (Apr. 14, 2008) — Both the reishi mushroom (*Ganoderma lucidum*; Lingzhi) and green tea have long held a place in traditional medicine in China and other Asian countries, for the general promotion of health and long life and for the treatment of specific diseases. More recent scientific studies have confirmed that both enhance the body's immune functions and hold the potential for treatment and prevention of many types of cancer.

Now a new study by Chinese scientists found that combining the active ingredients in the mushroom and the tea creates synergetic effects that inhibited the growth of tumors and delayed the time of death in mice with sarcomas.

Yan Zhang, of Pharmanex BJ Clinical Pharmacology Center in Beijing, reported the results of two studies at Experimental Biology 2008 in San Diego on April 8. The presentation was part of the

scientific program of the American Society for Pharmacology and Experimental Therapeutics (ASPET).

Reishi grows in damp, sunless mountain areas and was once a rare commodity. Today Reishi, like green tea polyphenols, is manufactured as an extract. Zhang and her colleagues examined products sold as ReishiMax and Tegreen, made by Utah-based Nu Skin Enterprises. ReishiMax contains high concentrations of the active components in the mushroom itself and cracked spores of the mushroom, including polysaccharides (13.5 percent) and triterpenes (6 percent), and Tegreen is almost completely (98-99 percent) made of tea polyphenols.

In the first study, designed to look at cancer treatment, mice were first injected intraperitoneally with sarcoma cells and then were given either low, medium or high dosages of ReishiMax or low, medium, or high dosages of a combination of ReishiMax and Tegree. A control group received neither product. All mice died of sarcoma development after treatment for 28 days. But treatment with the combination of reishi and green tea extracts delayed the animals' death within the first 12 days after sarcoma injection, compared to the animals receiving only ReishiMax.

In the second study, designed to look at cancer prevention, groups of healthy mice were given either low, medium or high dosages of ReishiMax or low, medium, or high dosages of a combination of ReishiMax and Tegreen. A control group received neither product. After receiving the specified treatment for 14 days, mice were given a suspension of sarcoma cells subcutaneously, while the treatments were continued. On day 28, the sarcoma tumors under the skin were recovered from the mice and weighed. The tumor weight was reduced by 45 percent with the combination therapy, but in a much lesser degree with only the Reishi, compared to tumors in mice receiving no treatment, further confirming the synergy of the two together.

Senior author of the paper, Dr. Jia-Shi Zhu of Pharmanex research Institute in Provo, Utah, says these findings suggest the therapeutic values of the combined use of the substances in both cancer prevention and adjuvant treatment.

Other authors include Li Zhang and Ying Qi of Pharmanex Shanghai R and D Center and Ningzhi Tan and Ling Gao of the Pharmanex BJ Clinical Pharmacology Center, Beijing.

[enlarge](#)



The Reishi mushroom grows in damp, sunless mountain areas and was once a rare commodity. Today Reishi, like green tea polyphenols, is manufactured as an extract. (Credit: iStockphoto/Norman Chan)

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Reshi Mushrooms Strengthen Immune System

Ling Zhi Reishi, also known as "**Mushroom of Immortality**", has long been revered in Chinese medicinal history as a "miracle herb", once believed to enhance youth and longevity if taken over long periods of time.

The Four-Canons of Seng-Nung, a famous herbal medicine book written in 2838 B.C., records Reishi as the most valuable of all "superior" herbs (followed by ginseng).

Westerners are just beginning to discover the numerous applications of Reishi to a variety of modern health problems, and many scientists are now attempting to understand how this miracle herb works.

It's no secret that the typical Western diet centers on meat and processed foods which contain excessive hormones, emulsifiers, preservatives and other chemical additives. Many believe that our diets are slowly sickening the population and leading to a higher incidence of serious diseases later in life.

Once an illness manifests, recovery can be slow and difficult. Under these circumstances, many health-conscious people are taking a daily regimen of Reishi to boost their body's defenses against the daily pounding from the toxins in our diets and environment.



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[Reishi- http://www.botanical.com/products/learn/r/reishi.html](http://www.botanical.com/products/learn/r/reishi.html)

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Reishi Mushroom Profile

Reishi

(Ganoderma lucidum)

Reishi is that age old medicine cited thousands of years ago in several texts and scripts as being a tonic for emperors. At one time this mushroom was specifically used under the prestigious vestiges of the ruling class, but it has since made its way into the pantries of us common folk. Traditional and contemporary Chinese medicine admire it as a tonic benefiting vital energy or "Qi", and it popularly prescribed for a multitude of maladies. Reishi is a polypore mushroom, growing in damp, dark forests and the occasional rotting log. Modern day demand has forced its cultivation in Japan, China and the United States which is promising for the wild stands of Reishi.

Constituents

A hearty and abundant medicine with much promise. Constituents include an array of alkaloids, triterpine acids, ergosterols, fumaric acid, coumarins, lactone, mannitol, and many polysaccharides.

Parts Used

The whole mushroom top, with as little shaft as possible. The larger the mushroom the better.

Typical preparations

Tea decoction from the dried mushroom, which Chinese medicine usually call for 1-8 grams of dried mushroom per cup of tea (6-8 ounces) Powdered root sprinkled on food or in beverages, as a liquid herbal extract (non-standardized), and as an encapsulated (non-standardized) product from whole mushroom tops.

Summary



is used historically to treat a multitude of ailments (Far too many to list: "panacea tonic" or "cure all". Modern medicine recommends its use and currently all of the research on this mushroom has indicated that it is safe and effective.

added while processing this directive]

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[Reishi- http://www.naturalherbsguide.com/reishi.html](http://www.naturalherbsguide.com/reishi.html)

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Reishi Mushroom

- Take 1-1.5 grams in powdered form daily

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Reishi Mushroom (Reishi Mushroom Extract, Ganoderma)

Found to be an adaptogen, new research demonstrates the reishi mushroom is effective against chronic fatigue syndrome, restoring vitality and supports adrenal function. Reishi mushrooms also contains phytochemicals demonstrated to lower blood glucose levels in diabetics (B.K. Kim, College of Pharmacy, Seoul National University, Korea). Reishi Mushroom has also demonstrated help in regenerating the liver, and protects the liver against chemical damage while improving conditions of viral hepatitis. Reishi also has demonstrated effectiveness in lowering cholesterol and triglycerides, reduces coronary symptoms and high blood pressure.

Lately, Japanese research indicates that reishi mushroom protects against cancer, being a powerful immune stimulating agent with particular effectiveness against wasting and degenerative diseases

such as AIDS. As an adaptogen, reishi mushroom also has proven effective in reversing some of the side effects of chemotherapy, helping the body and especially the lymphatic system rid itself of poisonous toxins. Clinical studies have recently demonstrated that Reishi stimulates T-cell activity and inhibit some replication of the HIV virus. Reishi also seems to act as an antihistamine, relieving the allergic response, and is antiinflammatory in nature.

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[Reishi- http://www.longevityherbs.com/articles/health-benefits-of-reishi.php](http://www.longevityherbs.com/articles/health-benefits-of-reishi.php)

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[Reishi mushroom](#) asthma Reishi mushroom (*Ganoderma lucidum*) is particularly beneficial for individuals with asthma and other respiratory complaints. "It has a healing effect on the lungs," she says. "Reishi is good for respiratory strength and for coughing". At least one population study confirms this claim. When more the 2000 Chinese with chronic bronchitis took reishi syrup during the 1970s, within two weeks, 60 to 90% felt better and reported an improved appetite, according to "Medicinal mushrooms," by Christopher Hobbs, published in Herbs for Health, Jan/Feb 97.

For four millenia, the Chinese and Japanese have used [reishi mushroom](#) as a medicine for liver disorders, hypertension, and arthritis. Through in vitro and human studies, today's researchers have found that reishi has anti-allergic, anti-inflammatory, anti-viral, anti-bacterial, and antioxidant properties. In vitro experiments also indicate that reishi may help fight cancer tumors. In addition, a protein isolated from reishi – Ling Zhi-8 – may reduce the risk of transplant rejection

[Reishi](#) mushroom also has non-material benefits. Beinfield explains, "Reishi is said to elevate the spirit; it's a mood-elevating substance." Traditionally, reishi is believed to help transform the individual into a more spiritual being. Just as mushrooms transform decayed material on the ground into life-giving nourishment, reishi converts metabolic and psychic waster (hostility and other negative feelings), thereby raising the spirit and unshackling the mind. Individuals can consume reishi every day to support immune function, peace of mind, and physical vigor. Reishi is available in syrups, soups, teas, tinctures, tablets, and by injection. Form and dosage should be decided with the help of a healthcare professional.

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[Reishi- http://intelegen.com/nutrients/reishi.htm](http://intelegen.com/nutrients/reishi.htm)

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Reishi Mushrooms "The Medicine of Kings"

For over 2000 years [Reishi](#) mushrooms (*Ganoderma lucidum*) have been recognized by Chinese medical professionals as a valuable remedy. Its Chinese name Lingzhi, means "spiritual potency". Reishi mushrooms are regarded by the Chinese as the "Medicine of Kings". Dr. Shi-Jean Lee, the most famous Chinese medical doctor of the Ming Dynasty, strongly endorsed the effectiveness of Reishi in his famous book, Ban Chao Gang Moo ("Great Pharmacopoeia"). He stated that the "long-term taking of Reishi (Lingzhi) will build a strong, healthy body and assure a long life."(2)

A Mushroom for the Nerves

Reishi mushrooms have been traditionally recommended by Chinese and Japanese herbalists for insomnia due to their "sleep-promoting factor".(1) Long-term use causes a significant

promotion of slow wave sleep¹. Reishi mushrooms are prescribed in China for a number of psychiatric and neurological afflictions, including diseases involving the muscles, anorexia, and debility following lengthy illnesses.⁽³⁾

In Japan, the dried "mycelium" of Reishi the root-like body that produces mushrooms has been found to be highly effective in the treatment of neuroses caused by "environmental stress".⁽¹⁾ In addition, in an eight-month study of Alzheimer's disease, patients taking a Reishi mycelium product demonstrated significant improvement.

In China, Reishi is used for its muscle relaxing and analgesic (pain-inhibiting) effects. In one study, Reishi alleviated anxiety in 18 of 20 patients after four months' use. It was concluded that the mushroom has an essentially "calmative function", but is neither a narcotic nor a hypnotic.

Reishi as a Cardi tonic

For centuries, [Reishi](#) has been known as a cardi tonic herb. It was prescribed routinely to those with a "knotted and tight chest" symptoms consistent with both stress and/or coronary artery disease-related angina. Researchers in China found that Reishi improved the blood flow and lowered oxygen consumption in the heart muscle.⁽³⁾ Similar results were also found by Japanese scientists.^(1,4) They found that Reishi contains ganoderic acids (which belong to a group of natural substances called "triterpenes") which lower high blood pressure, lower

cholesterol, and inhibit platelet aggregation (the clumping together of blood cells), which can lead to heart attacks and other circulation problems. In fact, Reishi's triterpenes are so important that in Japan they are used to determine Reishi's quality and authenticity.

In a six-month clinical trial performed in a university hospital in Tokyo, nearly half (47.5%) of 53 hypertensive patients lowered their blood pressure by 10-19 mmHg, and 10% of the subjects dropped their pressures 20-29 mmHg (both systolic and diastolic readings) after taking Reishi extract.¹ Similar results were observed in a Chinese clinical trial without any side-effects.⁽¹⁾ Another large Reishi study in China found that low density lipoprotein (LDL the harmful cholesterol) levels dropped in 68% of 90 patients following only one to four months of Reishi use.

Recently, Russian scientists have taken an interest in Reishi. They found that in addition to all the cardiovascular benefits mentioned above, Reishi showed a significant preventive and therapeutic action against plaque build-up ("plaque" is a fatty goo which is comprised of a combination of oxidized cholesterol, calcium, and degenerated white blood cells ["foam cells"]. It is deposited on the walls of arteries which restricts blood flow by narrowing the passage within arteries resulting in atherosclerosis).

Reishi in Cancer Research

Studies of Reishi in cancer research have been largely conducted in Japan, where [Reishi](#) was scientifically proven to have an anti-tumor effect. This research has continued in Korea, Japan, and China.

An example of Reishi's cancer-fighting potential occurred in the summer of 1986. A 39-year old Japanese woman approached Dr. Fukumi Morishige, M.D., Ph.D, a renowned Japanese surgeon and a member of the Linus Pauling Institute of Science and Medicine, for help in treating her lung cancer. It was a complicated case, and she had been refused an operation by several hospitals. Hopeless, she returned home where she found her husband had collected Reishi in the forests. He boiled the mushroom and gave it to her to drink as a tea.

While this was going on, she begged Dr. Morishige to do something for her cancer, regardless of its very advanced stage. From what was evident six months earlier, Morishige was surprised when he found no increase in swelling. Then he looked at her X-rays. Something wasn't right: her tumor showed as only a trace on the X-ray. When she told him she had been drinking Reishi tea, Morishige operated with great curiosity. He was "astonished" to find only scar tissue, and although cancerous cells remained, they were now benign.

That was the impetus for Dr. Morishige to begin his studies of **Reishi** as a treatment for cancer especially cases given up as hopeless. Dr. Morishige now believes that Reishi is also an effective cancer preventive. The active anti-cancer constituents in Reishi are called Beta-D-glucan. Beta-D-glucan is a polysaccharide basically a huge sugar molecule made up of many little sugar molecules chained together bound to amino acids. These intricate sugars stimulate or modulate the immune system by activating immune cells such as macrophage and helper T-cells, as well as increase the immunoglobulin levels (immunoglobulins are specific types of antibodies) to produce a heightened response to foreign cells, whether bacteria, viruses, or tumor cells.

One interesting and important finding by Dr. Morishige was that the effectiveness of Reishi could be increased by combining it with high doses of vitamin C. Polysaccharides are huge molecules absorbed by the body with difficulty. Vitamin C helps to break down these huge molecules to much smaller molecules called oligoglucan, which can be easily absorbed. Vitamin C thus increases the bioavailability of Reishi, and therefore, synergistically increases Reishi's immune-stimulating and anti-cancer effects.

Anti-Allergic /Anti-Inflammatory Actions

During the 1970s and 1980s, Reishi's anti-allergy action became the subject of ongoing research in both China and Japan. Studies showed that Reishi extract significantly inhibited all four types of allergic reactions, including positive effects against asthma and contact dermatitis. In 1990, researchers at the University of Texas Health Science Center in San Antonio found that Reishi could be effectively used in treating stiff necks, stiff shoulders, conjunctivitis (inflammation of the fine membrane lining the eye and eyelids), bronchitis, rheumatism, and improving "competence" of the immune system without any significant side-effects.(6)

Part of the anti-inflammatory effect of Reishi may be due to its free radical scavenging effect. Reishi extract significantly elevates the free radical scavenging ability of the blood, especially against the particularly harmful hydroxyl radicals. The hydroxyl radical scavenging effect of Reishi is so strong that even after the Reishi extract was absorbed and metabolized the scavenging action still continued.

Healing the Liver

Reishi is commonly prescribed in China for the treatment of chronic hepatitis. In treatments lasting 2 to 15 weeks, the overall rate of efficiency was 70.7 to 98.0%.(4) In Japan, Reishi extract has been reported to be effective in treating patients with liver failure.(1) In animal studies of mice with carbon tetrachloride-induced hepatitis, the extent of liver damage was significantly inhibited by continuous dosing with Reishi tincture, and the regeneration of the liver was promoted.(7)

Recent Applications

As the "Medicine of Kings", Reishi is widely used for different purposes. It is used for symptomatic relief of arthritis and of menopausal anxiety. It is also used in treating allergic asthma, hypertension, hypothyroidism, bronchitis, insomnia, general anxiety and stress, and cardiovascular problems. Reishi also is often the main ingredient in herbal formulas for immune

dysfunction syndromes, such as Chronic Fatigue Syndrome.

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Reishi

Se conoce como reishi a la especie fúngica *Ganoderma lucidum*. El reishi ha sido usado a lo largo de los tiempos por diferentes culturas. Los Japoneses lo llaman reishi y así es como se está dando a conocer en occidente, sin embargo los chinos y los coreanos lo conocen como Ling Chi, o Ling Zhi, (Hongo de la Inmortalidad). Bien conocido por sus propiedades curativas, estimulantes y regenerativas, este hongo fue representado en el arte antiguo Oriental más que cualquier otro hongo: se encuentra pintado en los tapices reales, frecuentemente con sabios famosos de la época.

El reishi está tradicionalmente asociado a la realeza, la salud, la recuperación, la longevidad, el poder sexual, la sabiduría y la alegría.

El primer registro histórico del Reishi fue en la época del primer emperador de China, Shih Huang Ti, de la Dinastía Chin (221-207ac), conocido en el mundo por haber construido la Gran Muralla. Este hongo, de poca apariencia, que crece en madera y de sabor agrio, es un rey en Asia. Su producción mundial se eleva a 4 300 toneladas por año. Sólo en Asia, 4.3 millones de gente comen reishi regularmente.

El reishi es famoso porque puede desacelerar procesos de envejecimiento efectivamente, como arrugas y ojeras, en gran parte debido a sus propiedades antioxidantes, pero posee además otras excelentes propiedades. Es muy rico en calcio, hierro, zinc, manganeso y cobre.

El reishi estimula los linfocitos T, las células asesinas, en el cuerpo y apoya a un sistema inmunológico débil. Sus acciones anti hipertónico, anti colesterol y anti trombosis están comprobadas científicamente, son atribuidas a su contenido los trioerpene y B-glucanos. Estas sustancias también inhiben la producción de histaminas en el cuerpo, que hacen difícil a la vida de los alérgicos.

Han sido publicados estudios sorprendentes con este hongo en el tratamiento de hepatitis y cáncer, con cuotas de mejoría de hasta 95 por ciento.

Reishi regenera los pulmones, amplifica los bronquios, y ayuda así con asma y bronquitis, tonifica el corazón y apoya al hígado en su función de detoxificación, en especial después de toma de medicamentos que hacen daño al hígado.

Entre sus acciones, comprobables por la ciencia, también cuenta la inhibición de dolor por el sistema nervioso central. También tiene una acción relajante al sistema nervioso y la musculatura lisa, por ejemplo de la matriz, del estomago y los intestinos.

Por esta multitud de beneficios tampoco nos sorprende que el hombre europeo de la edad de piedra más famoso, "Ötzi", traía el reishi consigo en una bolsa bien guardada (vivió hace 5 300 años, lo encontraron en los alpes, entre Italia y Austria).

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[Reishi- http://www.wildmanstevebrill.com/Mushrooms.Folder/Reishi.html](http://www.wildmanstevebrill.com/Mushrooms.Folder/Reishi.html)

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Reishi Mushroom, Ling-Chi (*Ganoderma lucidum*)



Reishi Mushroom
Sculpture, acrylic paint

This [polypore's](#) cap has a distinct varnished appearance, making it one of the easiest to recognize. 1-14 inches wide, the often overlapping, fan- to kidney-shaped, tough, corky caps are shiny, dark red, often with a tan zone near the margin.



Reishi Mushroom, From Above

The cap's underside is white, becoming beige with age, with pores too small to see without magnification.



Reishi Mushroom, From Below

The lateral stalk, if it exists, is 1-4 inches long, 1/4 to 1-5/8 inches thick, also shiny red.

You can find it from spring through fall, growing on the base of deciduous trees (it prefers maple) as well as logs and stumps, throughout much of the world. This woody mushroom persists through the winter.

Called "the mushroom of immortality," people in the Far East have been using this mushroom for centuries as a tonic. There's [evidence](#) that it strengthens the immune system and helps the body fight off a variety of ailments, and it's even used for cancer in traditional Chinese medicine.

Too tough to eat (perhaps you could boil it in a soup when it's very, very young and still somewhat soft), you saw off about a tablespoon of the mushroom, simmer it 2 hours, covered, over low heat, and drink the tea.

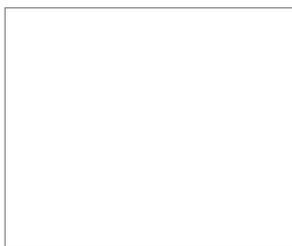


Reishi Mushroom
Pen-and-ink, watercolor pencils drawing

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Reishi Mushroom

The reishi mushroom has been used as a medicinal herb for thousands of years, especially in the far East, such as China and Japan.

They are not the only mushrooms used for their therapeutic and medicinal properties...other popular varieties include the maitake and shiitake mushrooms.

The reishi is also called "Ganoderma Lucidum"; in China, they refer to it as "Ling Zhi."

Medicinal and Therapeutic Uses of the Reishi

Reishi mushrooms have many uses, but **some of the more prominent ones include:**

- boosting immune function
- reducing stress, and inducing relaxation
- fighting fatigue and boosting energy and vitality levels. Used to fight chronic fatigue
- beneficial for bronchitis and asthma (due to anti-inflammatory properties it harbors)
- acting as an anti-coagulant (blood thinner)
- fighting allergies

Some of the more speculative health benefits of the reishi mushroom include:

- helping to lower cholesterol levels
- lowering blood pressure
- used to enhance skin health and beauty (chinese women use it for this purpose)

Although many more studies are needed, some experts say that reishi mushrooms have **anti-cancer properties**.

Specifically, the reishi contains polysaccharides that, in studies on mice, have been shown to fight cancer tumors, and enhance the immune system.

Other compounds present in the reishi mushroom include triterpenes, which may be responsible for its beneficial effects on lowering blood pressure.

Anti-histamines naturally present in the herb also may account for its alleged allergy alleviating effects.

Precautions on the Reishi

As always, pregnant or nursing women should refrain from using nutritional or herbal supplements without having consulted with their physician first.

People taking blood thinners (anti-coagulant medications) should **avoid** reishi as well unless speaking with their physician since the reishi mushroom has blood thinning effects as well.

Many people use reishi without exhibiting any unpleasant side effects. However, some people do report some adverse reactions. Here are some of the ones that have been reported:

- dry mouth
- nausea, upset stomach
- diarrhea
- skin rashes
- nosebleeds

If symptoms arise, reduce dosage or discontinue use.

Dosage

Dosage of reishi mushroom depends on what you're taking it for.

Here are some guidelines espoused by experts:

- For Heart Disease: take 1,500 mg of reishi daily
- For Bronchitis: Take 1,500 mg of reishi daily while the condition persists
- For immune system enhancement: Take 500 mg of reishi mushroom three times per day.
- If taken as a general health supplement, take 500 mg two times daily

Available forms of Reishi Mushrooms

Reishi mushrooms can be purchased and taken in many forms, including: supplements, capsules, powder, teas, and coffees.

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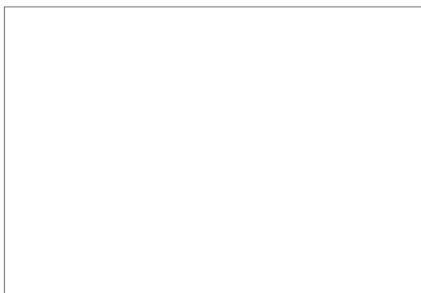
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Reishi

Strong immune system and asthma alleviation

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Reishi is highly valued in traditional Chinese medicine, and has been used for thousands of years as a strengthening remedy. Modern science has shown that the active ingredients in Reishi primarily are polysaccharides and triterpenes. Both these substances have positive effects on the human immune defence system, and primarily on diseases related to the respiratory system, like asthma.

Why choose Viking Brand Reishi?

In historic times Reishi was very rare, nowadays however, reishi is cultivated under controlled conditions. This has increased the availability of the mushroom, and made it one of the most common natural remedies in China and other Asian countries. In the myriad of different reishi

products on offer it is easy to be confused – which brand is the best? The amount of active ingredients in the different products will always decide which product is the best – not the most extravagant packaging or the highest retail prices! Viking Brand Reishi is clearly marked with the contents of each capsule: 10 mg polysaccharides and 3 mg triterpenes, which is the highest levels found in reishi products. Good quality gives good effect! Viking Brand Reishi is Your best choice!

Who should consume Viking Brand Reishi?

People who need to boost their immune system/ immune defence; people who easily catch colds; recovering patients; patients with endocrine disorders; respiratory patients such as asthmatics; athletes; students before exams...the list is long

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[Reishi- http://www.trabajedecasa.net/ReishiRojo.htm](http://www.trabajedecasa.net/ReishiRojo.htm)

Posted on 06/07/2009

En China se le conoce como "**El Rey de las Plantas**" Es un champiñón herbal conocido en China por sus beneficios para la salud.

Se ha usado en Japón y China por mas de 2,000 años, esto lo convierte en el champiñón más viejo conocido que jamás se haya usado en la medicina.

Desde tiempos antiguos el Gano era reservado solo para el Emperador y la realeza.

Ha sido reverenciado como la hierba más rara y más benéfica del planeta.

Este champiñón es calificado en Oriente como "La Medicina Herbal Numero Uno", encima inclusive del Ginseng, debido a las siguientes cualidades:

- Es no-toxico y se puede tomar diariamente sin producir ningún efecto secundario negativo.
- Cuando se toma regularmente, restaura el estado natural del cuerpo, y permite que los órganos funcionen normalmente.
- Es un inmuno-modulador, regula y afina el sistema inmunológico.
- **Previene el cáncer de próstata, la calvicie masculina y el acné.**
- **También tiene propiedades antiinflamatorias y antioxidantes**

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[Reishi- http://ezinearticles.com/?Reishi-Mushrooms—The-Superior-Herbs&id=883754](http://ezinearticles.com/?Reishi-Mushrooms—The-Superior-Herbs&id=883754)

Posted on 06/07/2009

For over 2000 years, Reishi mushrooms (*Ganoderma lucidium*) have been considered by the Chinese to be a high quality herbal medicine. In traditional Chinese medical theory, Reishi or

Lingzhi is among the highest ranking. It improves overall health, increases the body's healing ability, promotes longevity and does not cause any side effects even though it is taken continuously. According to Li Shi-Zhen, the famous physician and pharmacologist in Chinese history, long-term consumption of Reishi will promote a strong and healthy body and assure longevity. It has been proven by modern medical research that Reishi has a wide range of beneficial effects. Its main function is to promote blood circulation and increase the metabolic activities of cells (detoxification) and also helps with the proper functioning of all internal organs (balance the body functions).

Important elements found in Reishi

Through modern scientific analysis, there are more than 300 active elements found in Reishi. The main active elements are:

i) Polysaccharides

Polysaccharides stimulate or modulate the immune system by activating the immune cells such as macrophage and helper T-cells as well as increase the levels of immunoglobulin (antibodies) in fighting the unwanted foreign cells such as bacteria, viruses etc. It helps to cleanse the toxins from the body, strengthen the natural healing ability of the body, convert abnormal cells into normal cells and strengthen the resistance of the body thus improving overall health. Experiments at the Drug Research Institute in Toyama, Japan confirmed that polysaccharides in Reishi are responsible for immune enhancement. In Japan, Reishi extract has been reported to be effective in treating patients with liver failure.

ii) Triterpenoids

Triterpenoids are responsible for Reishi's bitter taste and several of its beneficial properties. This component improves blood pressure and increases blood lipids. Triterpenoids have a kind of harmonizing effect on the body especially on the immune and the circulatory system. It gives Reishi an adaptogenic quality, providing the person with protection from a wide range of biological, environmental and social stresses.

iii) Adenosine

Adenosine improves blood circulation by inhibiting blood platelet aggregation. An earlier study done by a team of researchers from Beijing College of Traditional Chinese Medicine found that Reishi improved the function of red blood cells in transferring oxygen. They related this finding to the adenosine in Reishi.

Adenosine also helps in lowering the cholesterol level and regulates metabolism and hence promotes vigor and vitality.

In today's world, a large proportion of the population is constantly in the state of pre-illness due to environmental pollution, stresses and unhealthy lifestyle such as consuming diets which are high in fats, cholesterol, sugar, salt and chemical additives. Under these circumstances, it is wise to prevent any deterioration in health rather than seek a cure after illness prevails. As recorded in the oldest Chinese medical text, Reishi is to be used for preventive measures rather than a cure. Therefore, Reishi is the best solution for modern day health problems.

Reiner Hoyer

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<http://www.regenerativenutrition.com/content.asp?id=67>

Posted on [06/07/2009](#)

Reishi Mushroom

Reishi has been classed as the highest value healing herb in China for thousands of years.

- Increases disease resistance and normalises bodily functions
- An excellent tonic part of any healing program
- Beneficial for healing the nervous system and for fatigue, including CFS & M.E.
- Potent anti-allergy effects
- Excellent for treating bronchitis and asthma
- Aids liver function and circulation
- A broad acting remedy, it can be taken on a long-term basis

The Reishi Mushroom grows on old, broad leaf trees and often attains a weight of over one pound! Reishi has been used in traditional Chinese medicine for more than 4,000 years and was highly prized as an elixir of immortality. In China it is known as Ling Zhi and is often called "the marvellous herb", it is classified as "superior" and fits into a category called Fu-Zheng. According to Fu-Zheng, the primary function of the Reishi Mushroom is to increase disease resistance, normalise bodily functions. It is also seen as a natural remedy for fatigue and weakness, asthma, insomnia, and cough

Reishi and Immune Function

Today, through scientific research, we are able to understand why the Reishi Mushroom has achieved its tremendous reputation as an enhancer of immune function. It is now being classified by scientists as a "Host Defense Potentator".

The University of Texas Science Centre in San Antonio studied its anti-inflammatory properties, concluding that it is comparable to hydrocortisone and aspirin – with the ability to reduce inflammation when taken orally and applied directly to the skin. The polysaccharides and triterpenoids in Reishi Mushrooms enhance the functioning of the immune system. In laboratory studies, these polysaccharides suppressed the growth of implanted tumour cells.

Reishi and the Nervous System

Reishi Mushrooms have been shown to reduce lipids and cholesterol in the blood. It is a stress-reducing herb effective in treating conditions such as stomach ulcers and high blood pressure.

Reishi is a wonderful herb (or functional food) for the nervous system. Indications include insomnia, anxiety or nervousness accompanied by general adrenal weakness or general neurasthenia or deficiency symptoms. In people suffering from insomnia, it enhances the relaxation increases sleeping time. It is especially suitable for the sensitive patient – normally difficult to treat, as remedies tend to over stimulate. This also applies to those with chronic fatigue and M.E. syndromes. We consider it a remedy of first choice along with [Zell-Oxygen](#) and a re-mineralisation programme.

A Natural Antibacterial, Anti-allergic, Anti-inflammatory

Reishi Mushroom is suitable for those with chronic fungal infections, since Reishi improves the immune response. It is a myth, based purely on assumption that edible fungi will aggravate fungal infection. Fungal infections are best treated by restoring cellular respiration with [Zell-Oxygen](#) and taking [colloidal silver](#) in the correct doses.

The Institute for Appropriate Technology reports that laboratory trials have confirmed that ganoderms such as Reishi Mushroom are effective in combating viral and bacterial infections by stimulating the production of Interleukin 2 in the bloodstream. Reishi is now being used in the treatment of AIDS.

Christopher Hobbs L.Ac. A.H.G. wrote in Herbs for Health Magazine that recent test-tube and human studies have demonstrated anti-allergic, anti-inflammatory, antibacterial, and antioxidant effects. When more than 2,000 patients with chronic bronchitis were given Reishi Mushroom Extract in tablet form, 60 to 90 percent of these patients showed a marked improvement in health, including increased appetite, within two weeks.

Promotes longevity

Mushrooms are regarded as by the Chinese as "spirit medicine" because they nourish the 'shen', or spirit. They are considered particularly important in vegetarian diets and regarded as a medicinal food that promotes longevity. One of the oldest recorded botanical monographs has claimed that Reishi mushroom made the body lighter, which may refer to its ability to reduce cholesterol and blood lipid levels.

In the first Chinese herbal text (Shennong's Pharmacopeia) written about 2400 years ago, Reishi was classified as a "superior herb". That ancient book said, " Reishi was traditionally called "the mushroom of immortality." The Reishi Mushroom grows wild only upon old trees and roots of certain types of trees in remote mountain forests of China, Japan and Korea. Only in the last fifteen years have we seen the cultivation of Reishi, and thus the commercial availability of this amazing health product. Reishi has been the object of intensive scientific studies to discern its many health functions from a modern perspective.

Reishi as a Natural Tonic for the Body's Energy

It is believed to be a tonic to all of the body's energies and was revered as a major tonic to the three Treasures, Jing, Qi and Shen.

As a Jing (Essence) tonic, Reishi is believed to have major life lengthening effects when consumed over a long period of time – builds primal power and to replenishes energy spent handling stressful situations.

As a Qi tonic, Reishi is used to build energy, although it is slightly sedative in the short run. It is most famous as an herb used to build the immune system. Studies in Japan have shown Reishi to have a powerful effect on the body's overall resistance to disease. Japanese and Chinese researchers believe it has a regulatory effect on the immune system, bringing up immune functions in cases of immunodeficiency and reducing the excesses associated with auto-immune conditions.

As a Shen tonic, nothing compares to Reishi. It is believed to protect the Spirit and to nurture the growth of intelligence, wisdom and spiritual insight. Reishi is a superb anti-stress herb; everyone who takes Reishi notices the peacefulness that seems to accompany its use. Many are able to stop using chemical drugs. The healing effects are cumulative, gradually strengthening the nerves and actually changing how we perceive life.

Reishi mushroom, also known by its formal name of Ganoderma and its Chinese name Ling zhi, has attained an unparalleled reputation in the Orient as the ultimate herbal substance. For over 3,000 years it has been the most sought-after product of nature by the emperors and empresses of all Eastern nations.

It has routinely been used by mountain hermits, monks, Daoist adepts and spiritual seekers throughout Asia to calm the mind, ease tension, strengthen the nerves, improve memory, sharpen concentration and focus, build will power and, as a result, help build wisdom. These seekers called it the "Mushroom of Spiritual Potency". The people of Asia believe more than ever in Reishi's power to improve the quality of life by improving the inner life of a human being. The scientific validation only explains the physical nature of Reishi, but it is the profound ability of Reishi to improve one's life on every plane that makes it so incredible.

Reishi and Addictions

In Chinese medicine, addiction is seen as a form of disturbed Shen. Humans have the capacity to become dependant upon certain activities, modes of thinking or behavior. For at least two millenia, herbal medicine has been used to overcome dependancy; and one of the most popular herbs for this purpose is Reishi Mushroom due to it's adaptogenic and Shen developing qualities.

Reishi and Allergies

Reishi is a superb tonic for people who suffer from chronic allergies and is believed to have major benefits on the lungs and liver. Studies in Japan have shown that Reishi protects the liver from damage due to toxic chemicals, including pharmaceutical metabolites.

Reishi and the Heart

Further studies in Japan and elsewhere have demonstrated that Reishi is beneficial to the cardiovascular system; it appears to help regulate coronary and cerebral blood flow and also seems to help reduce levels of blood lipids and in lowering elevated cholesterol. Patients with coronary heart disease and hyperlipidemia have experienced improvements in symptoms such as palpitations, dyspnea, pericardial pain, and edema (Chang & But, 1986). In one controlled study, a reishi extract showed the ability to reduce blood viscosity and plasma viscosity in hypertensive patients with hyperbpidemia, some of whom were recovering from an episode of cerebral thrombosis (Cheng et al).

In another study, Reishi extracts were reported to reduce blood cholesterol and lower blood pressure (Kanmatsuse et al 1985). Reishi is said to act as a cardio-tonic and has been used to treat arrhythmia (Ding, 1987). Another key action of Reishi is found in its anti-allergic effects.

A Natural Remedy for Many Other Health Conditions

In the last 20 years, *G. lucidum* has undergone a number of clinical studies with humans and is thought to be beneficial for a wide variety of disorders, including: neurasthenia, dizziness, insomnia, rhinitis, and duodenal ulcers (Ying et al, 1987); liver pain (hepatodvnia), symptoms associated with anorexia, maldeveloped brain, retinal pigmentary degeneration, leukopenia, progressive muscular dystrophy, liver failure, hyperlipidemia, and diabetes (Tamura et al.1987a,b,c,d,e). The clinical effectiveness of ling zhi extract and its components in this wide range of disorders is currently being used in clinics and tested extensively throughout Asia and other parts of the world.

Reishi has shown favorable results in treating hepatitis, especially in cases without severe impairment of liver function (Chang & But, 1986). In a study of 355 cases of hepatitis B treated with Wulingdan Pill, which includes the fruiting body of Reishi, 92.4% of the patients had positive results (Van et al, 1987).

In a clinical report from the MARA Institute of Technology, positive results were also seen in patients with diabetes, acute myeloid leukemia (AML), and recurrent nasopharyngeal carcinomas. Of special note are Reishi's action on the lungs and heart. In clinical studies conducted in China during the 1970s, over 2000 patients with chronic bronchitis were given a tablet form of Reishi syrup. Within 2 weeks, 60-90% of the patients showed marked improvement, including increased appetite. The older patients, especially, seemed to benefit the most, and those with bronchial asthma, in particular, responded well (Chang & But, 1986).

Finally, Reishi has been found to be effective for two unusual applications. First it alleviates high altitude sickness by oxygenating the blood. Chinese mountain climbers given *G. lucidum* before ascending mountains as high as 4,000-5,000 m (13,200 to 17,000 ft.) felt minimal reactions to the climbs (Ghang & But. 1986)

Second, and most unusual, *G. lucidum*, has been found to be surprisingly effective in treating myotonia dystrophica. A rare hereditary disease characterized by muscular atrophy, which begins in the face, neck, and larynx, and progressively affects the musculature of the entire body. Eventually even the skin and many glands such as the pituitary, thyroid, parathyroid and gonads atrophy as well. There is no known cure for this disorder. Although Reishi is not a cure, it can help alleviate symptoms. In one study, patients with myotonia dystrophica were given 400 mg/day of water-soluble spores administered intra-muscularly. Many showed marked improvement in muscle strength, improved sleeping and eating patterns and weight gain within 1-2 weeks. Patients unable to lift their heads before treatment were able to do so after treatment, and their speech and walking ability improved as well. Indeed, in three cases the disease even ceased to progress (Fu & Wang,)

Active Compounds

Reishi contains several constituents, including sterols, coumarin, mannitol, polysaccharides, and triterpenoids called ganoderic acids. Ganoderic acids seem to help lower blood pressure as well as decrease low-density lipoprotein (LDL) and triglyceride levels. These specific triterpenoids also help to reduce blood platelets from sticking together – an important factor in lowering the risk for coronary artery disease.

Dosage

Herbalists recommend 1.5-9 grams of the crude dried mushroom per day, 1- 3 grams per day in powder form.

Side effects

Very occasionally, with continuous use over three to six months, some may experience dizziness, dry mouth and throat, nosebleeds, and abdominal upset. However, studies in Asia indicate that Reishi is a supreme health food supplement that has virtually no toxicity or side effects and is safe for long-term use.

As it may potentate anticoagulant drugs Reishi is not recommended for those taking anticoagulant (e.g., blood-thinning) medications. As with all remedies there will be a very small proportion that it may not be suited to, and for medium to long term use moderate dosage levels are recommended – no more than 3 grams of the dried Reishi powder.

In animal experiments, Reishi extracts have shown a very low toxicity. (Chang & But, 1986). There is little reported data on the long-term adverse effects of Reishi and its derivatives.

Pharmacological Effects of Whole Reishi Extracts (In Vivo & In Vitro)

- Analgesic (Chang & Bur, 1986)
- Anti-allergic activity, Bronchitis preventative effect, inducing regeneration of bronchial epithelium (Chang & But, 1986)
- Anti-inflammatory (Lin et al, 1993; Stavinoha et al. 1990)
- Antibacterial. against Staphylococci, Streptococci, and Bacillus pneumonia (perhaps due to increased immune system activity) (Hsu. 1990)
- Antioxidant. By eliminating hydroxyl free radicals (Wang et al, 1985; Chen & Zhang.1987) Anti tumor activity Anti viral effect, by inducing interferon production Lowers blood pressure Enhances bone marrow nucleated cell proliferation (Jia et al, 1993b) Cardiotonic action, lowering serum cholesterol levels with no effect on triglycerides, enhancing myocardial metabolism of hypoxic animals, and improving coronary artery hemodynamics (Chang & But, 1986; Chen & Zhang,1987)
- Central depressant and peripheral anticholinergic actions on the autonomic nervous system reduce the effects of caffeine and relax muscles (Chang & But, 1986; Ka'sahara & Hikino, 1987)
- Enhanced natural killer cell (NK) activity in vitro in mice (Zhang & Yu, 1993) (Used in the treatment of aids) Anti-HTV activity in vitro and in vivo (Kim et al, 1994)
- Expectorant and antitussive properties demonstrated in mice studies (Hsuet al, 1986; Chang & But, 1986)
- General immunopotentialion (Shin et al, 1986; Chang & But, 1986)
- Improved adrenocortical function.
- Increased production of Interleukin-1 and Interleukin-2. (Zhang et al,1993)
- Liver-protective and detoxifying effects (Chatig & But, 1986)
- Protection against ionizing radiation when treated with Reishi before and after exposure (Chang & But. 1986; Hu & But, 1987)
- Slight anti-ulcer activity, perhaps due to the central depressant effect (Kasahara and Hikino, 1987).
- Increase white blood cells and hemoglobin in peripheral blood of mice (Jiaetal, 1993)

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[Reishi- http://www.mikei.com/reishi.htm](http://www.mikei.com/reishi.htm)

Posted on [30/06/2009](#)

History



In China, the mushroom known as Reishi (*Ganoderma lucidum*) has been called “God’s Herb” for over 2000 years. Because of Reishi’s reputation for being effective in treating a wide range of ailments, Chinese Emperors throughout history has ordered their servants to search for Reishi in the wild. They believed the consumption of Reishi would grant them eternal youth and greatly improved health. As the mushroom was rare, it was only reserved for royalty and wealthy individuals.

In the original textbook of Oriental medical science, “Compendium of Materia Medica”, which contains hundreds of natural medicine the Chinese have used for thousands of years, celebrated physician and naturalist Li Shi Zhen (1518~1593) described the benefits of Reishi:

It benefits the life energy, or “qi” of the heart, repairing the chest area and benefiting those with a knotted and tight chest. Taken over a long period of time, agility of the body will not cease, and the years are lengthened to those of the Immortal Fairies.

Species and Development

It was not until the late 20th century that, through diligent cultivation by the Japanese, Reishi, the once extremely rare plant, was made widely available to the general public.



Among the six kinds of Reishi species that are known to benefit health, **RED REISHI** have demonstrated the most significant health-enhancing effects and are most widely used in the global health supplement market nowadays.

Research has shown that the health-enhancing properties of Reishi are strongest when the plant is mature, a state that is almost impossible to find in the wild due to the unstable environmental conditions that exist in the natural habitat of red Reishi plants.

As a result, the highest quality of red Reishi products use mushrooms that have been naturally cultivated in greenhouses, as opposed to other inferior and potentially hazardous methods of growing Reishi using glass bottles.



Benefits*

Red Reishi has the following health benefits:

- Supports healthy blood circulation
- Supports a healthy metabolic activity of human cells
- Supports internal organ functions
- Boosts natural immunity of the body
- Anti-oxidant
- Provides an energy boost

Daily consumption will lead to the elimination of unfavorable toxins in the body and assist in a healthy lifestyle.

As a dietary supplement, Japanese Reishi aids in supporting healthy blood circulation, and healthy metabolic activity of human cells. It also helps in supporting both internal organ functions and the natural immunity of the body.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Detoxification Symptoms From Taking Red Reishi

During the initial period of intake of Reishi, sensitive individuals may experience some detoxification symptoms such as dizziness, sore bones, irritated skin, or changes in bowel movements.

These are all normal signs of recovery and an indication that the medicinal effect of Reishi is functioning well. This is the body's way of excreting accumulated toxic matters from modern day foods and vigorous actions of the body metabolism.

The above-mentioned reactions differ from each individual. Some consumers might not have any reactions at all.

The time frame for these symptoms may vary from person to person, but they generally last only a few days – until the body adjusts to a higher state of wellness and becomes accustomed to the regular intake of Reishi. Daily consumption of a large amount of water is also recommended to help the body with the detoxification process.

It is important to note that these physiological reactions are only temporary, unlike side effects from most medications.

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[Reishi- http://red.reishi.ws/reishi-tea-reishi-coffee.html](http://red.reishi.ws/reishi-tea-reishi-coffee.html)

Posted on [24/06/2009](#)

Reishi is known as ling Zhi in Chinese which is an herbal mushroom for health. The herb is being used in china and Japan for over 2000years, it has no side effects and can be taken regularly. The

herb surely proves that good things come in small quantity as it needs a high density mountain with high humid and low light and that's not all out of 10,000 trees that are grown only 2-3 produce reishi. A number of countries are conducting extensive research for production of reishi and science of medicines. It has been recorded to provide the most healing and extensive capabilities.

The history of this herb has been documented in the oldest pharmacopoeia written in the first and second century. Also noted that unlike any other mushrooms, which have up to 90% of water content reishi has only about 75% of the same.

Reishi has a lot of variety in spite of being the most rare herb like Akashiba (red reishi)which is good for heart, Kuroshiba (black reishi)is good for kidney and brain, Aoshiba (blue reishi) for liver, Shiroshiba (white reishi)for lungs and skin, Kishiba (yellow reishi)is for spleen and Murasakishiba (purple reishi)is considered for joints. It almost cures each and every part of our body.

The herb helps in prevention and cure of a lot of diseases like hypertension, diseases related to blood vessels and circulatory system, blood clots, it reduces and improves allergic reactions and the list goes on and on. But the most important being it helps in curing cancer too by reducing the growth of cancerous cells in the body and by giving high immune system. So when a doctor says "Cancer is a serious disease, but it is not fatal. Patients have a good chance to recover." It's not a statement to console you but can be true. Reishi has also been termed as the "god's herb" due to its qualities.

Tea and coffee have a lot of nicotine and caffeine which makes you addicted to it and has adverse effect on health, some people tried using reishi also called Ganoderma in their drink and could realize the difference, they say they felt more energetic, less fatigue and helped them reducing the intake of tea and coffee, not only this they also reported that it helped them strengthen their organs for waste elimination and detoxication.

There are tea and coffee in the market which come with reishi in them and have proven themselves to be the most effective. Who wouldn't like to improve their immune system and cure all the diseases you have just by in taking a regular cup of tea or coffee?

The text book "Shannon Honsokyo" in Japan has been accepted as the original book of Oriental medicine science. Says that reishi was said to be the medicine that can grant you eternal longevity and youth.

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[Reishi- http://red.reishi.ws/reishi-treatment-examples.html](http://red.reishi.ws/reishi-treatment-examples.html)

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Most of today's illnesses are said to be a result of consumption of too much red meat, heavy carbohydrates, fatty food and sodium as well as negligent consumption of fiber rich fresh food.

Reishi seems to be the antidote for most of these. This fungus which originates from China was deemed auspicious, was very difficult to grow and hence was a well kept secret for a long time. It had enormous curative properties and was said to increase life span; it was so scarce it absolutely could not be shared.

Luckily, in the last few decades the cultivation has been made possible so its benefits are now available to many.

Reishi is said to cure ailments which are minor to serious diseases like cancer. It helps eyesight, muscular disorders, blood pressure, cholesterol, weight loss, bronchitis, asthma, allergic reactions and countless others; it is even said that where certain kind of incurable cancers are concerned, reishi remains their only hope. It is supposed to be able to bring a person out of a coma.

Reishi contains a substance called Ganodelan – it contains a combination of glucuronic acid, glucose and lactose. Ingestion of Ganodelan eliminates thrombi or clots in the blood and makes it pure and nutrient rich which in turn rejuvenates cells throughout the body making a person feel younger and more energetic. It seems similar to ginseng in that it promotes vitality and slows the ageing process considerably and keeps one mentally very alert. Blood clots can block arteries which in turn cause heart failure, aneurisms and strokes and prove fatal. Ganodelan seems to clear these blocks and negate these risks.

As is usual with any new treatment, Reishi was also often dismissed as just another old wives' tale but there have been extensive clinical studies which have recorded how patients who suffered from terminal illnesses and had undergone cancer treatments as well as suffered from extreme diabetic side effects like gangrene and amputations have recovered fully and are able to live healthy lives without the fear of recurrence.

Reishi can prove a real boon for the treatment of diabetes which is one of the most feared killer diseases and has terrible side effects. It has already proved beneficial in kidney related diseases but a lot of research is still necessary where regulation of blood sugar is concerned. Too much of research was not possible- it was actually prohibited because of the scarcity of the herb but hopefully the situation has changed now.

There are six different varieties of Reishi- each of them is a different color. The red variety is supposed to be the most effective. Needless to say, it needs to be taken in carefully regulated quantities to realize its effectiveness and can prove harmful if taken at random without proper knowledge.

It takes anywhere between two weeks to twenty to start working. Initially the symptoms intensify and grow much worse. Gradually, as the herb begins to remove the vestiges of the disease or ailment. If it is continued for several months then a permanent cure is affected.

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[Reishi- http://red.reishi.ws/reishi-cancer.html](http://red.reishi.ws/reishi-cancer.html)

Posted on [24/06/2009](#)

Reishi the powerful herbal plant, that is been acclaimed for its ability to assist with the enhancement of health, long life and specific treatment for numerous diseases. In recent times studies have established that Reishi when combined with green tea has the potential to prevent and treat the many types of cancer from growing in our body.

It is a known fact that both the Reishi mushroom and the green tea are well acclaimed their functions in traditional medicine in countries like China and other Asian countries. Today the Chinese genius scientists have invented a means where when they combine the vigorous ingredients that are found in the wonder mushroom and the tea produces synergetic special effects that inhibited the development of tumors and delayed the time of death which they managed to test on mice with sarcomas.

Dr. Ito who was the one carrying out the test for the fight against cancer found amazing results during his research. He was amazed to notice that Metastasis of the cancerous cells was in detention which proved that Reishi and green tea had potential for the cure and prevention of the danger disease known as cancer.

The combination of Reishi and green tea has resulted in the following outcome which could give hope to patients suffering from cancer.

- The treatment had toughened the membrane of the cancerous cells, thus holding back further spreading.

- The therapy had also prevented development of thrombi, which permitted improved fusion of medication.
- The side-effects which normally occurred from Cancer treatments, that included chemotherapy and anti-tumor drugs was trimmed down while the effectiveness of these treatments increased by introducing the Reishi and green tea treatment.
- The Reishi treatment also aided in normalizing the body's system and in addition reduced the health hazard and complications that arise during treatment.

During normal treatments for cancer, a scar tissue is shaped just about the cancerous cells. This blemish tissue in due course causes further virus and distribution of cancerous cells if left abandoned. When this happens the body tends to stop this spreading by forming a substance called thrombi. There are times when thrombi tend to multiply and are carried away along the blood stream to other parts of the body. While the thrombi are traveling it does clog the vessels which give rise to fatal Cerebro-Vascular Accident commonly known as a stroke.

Reishi's capacity in assisting to prevent thrombi from multiplying plays a momentous role in putting an end to the side-effects and associated hitches which can be fatal for the sufferer. So it could be acclaimed that Reishi can bring to a standstill to the spread of cancerous cells. Patients are advised to take Reishi as a supplement that contains Ganoderma which could make better their excellence of life

Reishi which was once considered a rare commodity has the tendency to grow in damp, dark forest areas. Today is a different story where Reishi, like green tea polyphenols, is produced as an extract.

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[Reishi- http://red.reishi.ws/benefits.html](http://red.reishi.ws/benefits.html)

Posted on [24/06/2009](#)

Reishi is basically made up of complex carbohydrates called water-soluble polysaccharides, proteins, triterpenoids and amino acids. It is also known that the product has the tendency to improve the immune system, standardize and regulate the organs in the human body along with its functions. In addition it has the ability to improve memory, relax the mind, alleviate tension, expand focus and sharpen attentiveness.

Reishi has another major ingredient called ganoderic acid which mainly helps in the cure of general allergies along with improvement to the breathing process and liver in order to function well. This ingredient which has a bitter taste can be valued for its content by the bitterness in the product.

One of the main benefits of Reishi when taken in on a daily basis is the enhancement to the human body's immune system and the blood circulation system that flows through the body. Reishi, the vitalizing product also is beneficial with treatments to help anxiety, insomnia, high blood pressure, asthma, hepatitis and bronchitis to name a few.

To obtain maximum benefits of Reishi it is vital that folks make it a point to consume the product making it part of their every day schedule in order to live a healthy life. Enduring the program will depend from one person to another, it has been found that results were achieved which proved beneficial after person had taken excellent quality of Reishi for a period of 10 to 14 days. A significant alteration can be witnessed on the able-bodied being when Reishi is constantly consumed for a couple of months.

Reishi the healthy food supplement is beneficial to individuals of all ages, but to be on the safe side it is advised to seek guidance from a Reishi specialist. The magical product should be consumed early in the morning on an empty stomach. The drinking of excess water will boost the consequence of Reishi in getting rid of the unwanted and poisonous waste particles in the body.

Studies also show that when Reishi is accompanied by Vitamin C it helps to break up the complex polysaccharides that is found in Reishi into smaller portions so that the body can absorb the ingredients easily. Reishi merchandises, which are on hand come in tablet, capsule, or granular form. The best beneficial good Reishi product is normally found in an extract or concentrates form.

It is common knowledge that in view with any other product, not all Reishi is being made equal. Reishi products comprise of diverse levels of quality which rely on the maker. The basic factor to consider is the method of cultivation, the superiority of the plant's mother fungi, the growing state of affairs, and the processing technique used to extract the Reishi essence from the Reishi mushroom. All of these factors play an imperative role in determining the effectiveness of a Reishi product.

The bottom line is that before the decision is taken on what product is going to be traveling down your throat, you should know the ingredients, ratio and origin of the product.

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[Reishi- http://red.reishi.ws/reishi.html](http://red.reishi.ws/reishi.html)

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Reishi is an herbal mushroom that is well known in China to have phenomenal health benefits. Ling Zhi which is the Chinese name for Reishi has been recognized as "God's Herb" throughout Asia for nearly 2,000 years. This oldest mushroom that has medical benefits was consumed by royalty in Japan and China. These royal emperors believed that Reishi was their answer to strength and prolonged existence to their lives.

Reishi that has been valued as heavens herb is very effective against various sicknesses and in olden times have been specially used for the treatment of a knotted and tight chest, enhancement of scholarly competency, the rectification of poor memory, the increase of alertness and the expansion of one's living duration.

To prove that Reishi was a number one medical mushroom there are many mentions about the same in various Chinese medical journals that have been written and compiled by many famous and celebrated physicians. The late Mr. Hiroshi Hikino, the world's famous author on chemistry related to medical plants acknowledged Reishi as being one of the most imperative elixirs of life that existed in the Orient.

Reishi is basically an herbal plant which is non-toxic to be taken orally on a daily basis with no complaining of any side effects. Reishi has the tendency to refurbish the human body to its natural condition and facilitate all the human organs to function in a normal manner. In addition Reishi has the capability to normalize and fine tune the immune procedure in our bodies.

Today it is well accepted throughout the world that there are six different types of Reishis that have been acknowledged to have a cure on potential health problems. These six are red, white, blue, yellow, purple and black. Red Reishi is the most advanced of the Reishi's as it holds the miraculous effectiveness to boost the immune system and improving the human organs and body functions.

Reishi basically increases liveliness in the human body, assists in normal blood circulation whilst preventing any blockages and helps fight any growth of tumor and any other unnecessary elements that affect the human structure.

Reishi is principally made up of convoluted carbohydrates that are normally called water-soluble polysaccharides, amino acids, proteins and triterpenoids. Studies have shown that water-soluble polysaccharides are the most vigorous element to be found in Reishi that controls the blood pressure in the body, fights against the growth of tumor and immune modulating. It was also found that more the quantity of water-soluble polysaccharide content are added to Reishi the effect of the plant will show greater effects.

Before jumping into the decision of consuming this wonder plant, in order to have a healthy, exotic and long life it is advisable to consult a professional health care specialist. This specialist who is mainly specialized in the Reishi program will be in a position to advice you on the dosages and any side effects that may come about when you start the famous Reishi program.

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[Reishi- http://www.saludoriental.com/informacion/historia.html](http://www.saludoriental.com/informacion/historia.html)

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La Historia del Reishi

Son numerosos los documentos clásicos de la medicina china que recogen detalles de gran interés sobre el Reishi o Ling Zhi. El libro más antiguo, "Shennong Materia Médica", escrito por el famoso farmacólogo Li Shin-Chen, es el primer manuscrito que trata sobre el *Ganoderma lucidum*.

Considerado como el secreto de la longevidad y salud proverbiales de la familia imperial, el Reishi era altamente valorado por los Emperadores, pues según antiguas crónicas chinas, el imperio contaba con más soldados para buscar setas Reishi en los bosques que para proteger el país. Otro libro de gran prestigio médico, titulado "Shinnou Honzou Kyo", sitúa al Reishi en la categoría superior o "Shàng" por sus efectos beneficiosos en tratamientos continuados.

Se cuenta que fueron los bonzos procedentes del continente chino quienes divulgaron el Ling Zhi en Japón, al implantar el budismo y su cultura. En diversos diccionarios y publicaciones japoneses, se define el Reishi bajo el epíteto "Maboroshii", cuya traducción podríamos interpretar como "misteriosa, rara, valiosa y difícil de conseguir". Su rareza era tal, que algunos escritos populares reflejaban la dificultad que suponía encontrar un ejemplar entre cien mil árboles.





Dada su escasez y conscientes de la importancia del *Ganoderma lucidum*, tras la "II Guerra Mundial", los chinos y los japoneses comenzaron a investigar fórmulas para su cultivo y producción, aplicando técnicas modernas. El Catedrático japonés de la Universidad de Agricultura de Kyoto, Takeo Hayami, en 1.937 trató, aunque sin éxito, el cultivo del Reishi. Sin embargo, fue en China en 1.972 donde se consiguió cultivar por primera vez el *Ganoderma lucidum*.

Ya en la década de los setenta, el Reishi se cultivaba artificialmente en bases de harina de arroz, salvado, madera, etc. iniciándose su comercialización en el mercado chino. Los japoneses continuaron la investigación y búsqueda de nuevos métodos que reprodujeran el proceso de crecimiento y desarrollo natural de la seta, siendo la implantación de los micelios en maderos de roble, haya y ciruelo viejo, una de las principales fórmulas que constituyeron el éxito de los nuevos avances.

En la década de los ochenta, diferentes universidades, facultades y centros de investigación de China y Japón, estudiaron el Reishi con el fin de desarrollar su aplicación en los campos de la medicina y de la farmacología. Fruto de estas investigaciones se publicaron multitud de libros, algunos de los cuales han llegado a adquirir fama internacional, como los escritos por el Dr. Shigeru Arichi, el Dr. Jui Tung Chen o el Dr. Kubo Michitoku. Los avances tecnológicos y las investigaciones realizadas en esta década, posibilitan la difusión y conocimiento del Reishi. Así, el consumo del *Ganoderma lucidum* toma un carácter relevante en el mercado oriental, iniciándose su producción y comercialización en otros países.

A finales de la década de los ochenta, la demanda y producción del *Ganoderma lucidum*, se ve acompañada de la publicación de libros sobre la legendaria seta. Los autores insisten en la necesidad de una adecuada producción del Reishi, conjugando los requisitos imprescindibles para su correcto desarrollo en talla, color, grosor y propiedades intrínsecas.



Estos investigadores divulgan las propiedades del Reishi de color marrón rojizo e insisten que además, es imprescindible cuidar otros aspectos como el lugar de cultivo, ambiente, climatología, etc. para su correcta formación. Este aviso insistente de los especialistas se debe a que numerosos ejemplares de Reishi encontrados en el mercado, están privados en un porcentaje muy elevado de su potencial terapéutico. Numerosas especies estudiadas son tratadas bajo un sistema de cultivo inadecuado; crecen en cuestión de semanas en macetas o jardines artificiales contruidos para tal efecto.



En esta década ya se conocía que una parte importante de las sustancias activas del Reishi quedan atrapadas bajo una película sumamente dura (membrana celular), difícil de asimilar por el ser humano. Powerful Kenko Shokuhin, en la siguiente década, logró romper esta membrana que envuelve la célula, potenciando su digestibilidad y elevando significativamente sus propiedades.

A principios de la década de los noventa, el gobierno japonés declara oficialmente el *Ganoderma lucidum*, como "planta adyuvante en tratamientos contra el cáncer". La naturaleza adaptógena del Reishi se comienza a conocer en círculos más amplios, abriéndose camino en el continente europeo y americano. Simultáneamente, las investigaciones en torno a la *Ganoderma lucidum* continúan para tratar de averiguar propiedades farmacológicas y principios activos no identificados.

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[Reishi- http://www.micotec.cl/reishi.html](http://www.micotec.cl/reishi.html)

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EL REISHI Y LA MICOTERAPIA USOS EN MEDICINA ORIENTAL Y OCCIDENTAL

Por: Rubén E. Medina Lama

Introducción:

El Reishi o *Ganoderma lucidum* como se le conoce a nivel científico, es un hongo basidiomiceto que pertenece a la familia de Polyporaceae y que se caracteriza por tener un aspecto de oreja de palo de color café rojizo y con un estípote o pie algunas veces muy alargado. Crece naturalmente sobre madera descompuesta o sobre árboles vivos en los bosques templados húmedos de Asia.

Este hongo es de gran importancia comercial debido a sus propiedades medicinales. Hasta el año 2003 existía una prohibición para su cultivo en Chile por parte del SAG debido a que se consideraba un hongo patógeno que podría afectar el cultivo o explotación de algunas especies de leñosas, pero su liberación a contar del año 2004 viene a contribuir a la diversificación de la oferta agraria y un nuevo potencial de exportación de productos no tradicionales.

Las técnicas de cultivo de esta especie se conocen en Asia desde 1972 y su uso y cultivo es prácticamente desconocido en toda Sudamérica, recién en junio de 1998 comienzan los cultivos en Venezuela, también se han desarrollado producciones en Colombia, en Argentina y ya se han comenzado a dictar cursos de este y otros hongos medicinales en forma reciente. En Chile, la empresa Micotec se suma a esta labor de difusión y desarrollo de técnicas de cultivo desde el año 2000, fecha donde se reportan las primeras experiencias de cultivo sobre sustratos artificiales.

Importancia comercial:

Aproximadamente 300 especies de hongos superiores, alrededor del mundo, tienen

características medicinales y que eventualmente son o pueden ser cultivados comercialmente, y otras 1800 especies se han identificado con características medicinales potenciales, muchos de ellos corresponden a hongos inferiores que sólo pueden ser cultivados en condiciones *in Vitro*.

Son dos las especies de Hongos superiores que presentan una gran importancia comercial debido a sus propiedades medicinales y que en la actualidad son profusamente utilizados en la obtención de suplementos alimenticios y extractos de medicina natural y alópata. Uno de ellos es el tradicional Shiitake (*Lentinula edodes*) y el otro es el Reishi (*Ganoderma lucidum*). Se ha estimado que para el caso del Reishi, el valor comercial de suplementos alimenticios y productos similares obtenidos a partir de él supera los USD 1.6 billones en el año 1995 y es prácticamente el doble en el año 2005.

Propiedades:

La historia herbolaria del Reishi había sido documentada en la farmacopea china alrededor del Siglo II antes de Cristo y había sido registrado como poseedor de las propiedades curativas más extensas y eficaces.

Hoy en día los productos nutracéuticos en base a Ganoderma se utilizan como remedio para tratar más de 20 diversas enfermedades que incluyen: jaqueca y dolor de cabeza, hipertensión, artritis, bronquitis, asma, anorexia, gastritis, hemorroides, hipercolesterolemia, nefritis, dismenorrea, estreñimiento, hepatitis, leucopenia, los problemas cardiovasculares y cáncer incluyendo leucemia.

Gracias a diversas investigaciones realizadas alrededor del mundo desde la década de los 60s se ha llegado a determinar el los extractos de Reishi actúan principalmente sobre el Sistema Inmune, el Sistema Circulatorio y el Sistema Nervioso.

Constituyentes activos:

- Beta-Glucanos (antitumoral, inmuno-estimulantes)
- Hetero-Beta-glucanos
- Acidos ganodéricos- triterpenos (agentes antialérgicos; Reductores del colesterol y presión sanguínea)
- Ling Zhi-8 – proteína (inmunomodulador, antialérgico)

Productos:

Desde el descubrimiento de **lentinan** en el hongo Shiitake, se han desarrollado y se han comercializado varios agentes antitumorales, los cuales en su mayoría corresponden a polisacáridos o sus precursores. Un ejemplo es usando la biomasa de micelio en cultivo sumergido de *Trametes* (**Krestin**, PSK; Japón), y de otros hongos (**Sonifilan**, SPG, Schizophyllan; Japón). Estas sustancias antitumorales actúan modificando naturalmente las respuestas inmunológicas.

Las sustancias fisiológicamente activas del Reishi son polisacáridos solubles en agua y triterpenoides solubles en alcohol.

En la actualidad se han identificado 119 triterpenoides a partir del Reishi (Kim HW, Kim BK, 1999) de los cuales, cerca de 80 son biológicamente activos. Los suplementos dietéticos o nutracéuticos obtenidos a partir del Reishi (DS) se valoran por sus características inmunomoduladoras, anticancerígenas y antivirales. Se utilizan principalmente durante la remisión del cáncer y por pacientes con Hepatitis B. También tienen acciones hiperlipidémicas, hipotensas, e hipoglicémicas (Wasser SP, Weis AL, 1997).

CULTIVO DE REISHI

Lo más interesante del Reishi es que se puede cultivar utilizando la misma tecnología del cultivo del Shiitake, es decir, se puede cultivar tanto sobre troncos o sobre sustratos artificiales en base a aserrines.

Los cultivos en troncos se realizan inoculando troncos de diversas especies arbóreas. Esto se realiza colocando inóculos, especialmente preparados o adquiridos a laboratorios, al interior de perforaciones hechas con taladro. Luego estas perforaciones inoculadas se sellan y los troncos son llevados a incubación durante 4 a 6 meses, dependiendo de las temperaturas y humedad. Cada cierto tiempo los troncos son regados para impedir su desecación. Luego de que el micelio del Reishi ha crecido al interior del tronco se procede a sumergir estos troncos durante 14 horas en agua fría. Después de este remojo se ubican en una nave de cultivo para esperar la fructificación la que suele demorar un par de semanas.

Para el cultivo sobre sustratos artificiales se utilizan mezclas de aserrines apropiados con nutrientes básicos. Esta mezcla se ubica al interior de containers o bolsas las que son esterilizadas a 121°C durante 90 o más minutos. Una vez frías se inoculan con micelio vegetativo de Reishi en condiciones muy asépticas, generalmente al interior de una Cámara de Flujo Laminar o en una cuarto muy limpio y esterilizado. Luego las bolsas inoculadas son mantenidas en incubación unas 16 semanas a temperaturas superiores a los 25°C y con una alta humedad relativa para evitar su resecamiento. Al término de este periodo las bolsas se perforan o se retira su parte inferior por donde comienzan a crecer lentamente los primordios. Las cosechas se suelen hacer en forma consecutiva a 5 o 6 meses de iniciado el cultivo.

Variedades de Reishi:

- Akashiba (reishi rojo)
- Kuroshiba (reishi negro)
- Aoshiba (reishi azul)
- Shiroshiba (reishi blanco)
- Kishiba (reishi amarillo)
- Murasakishiba (reishi púrpura)

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REISHI: ANCIENT MEDICINE IS MODERN HOPE

By Linda McGlasson, Assistant Editor

Western culture has often frowned on mushrooms, even fearing the small innocuous forest growth. The French prize their truffles, but even truffles and other edible fungi and mushrooms are not as highly valued or show as much potential as a species of mushrooms called Ling Zhi or Reishi (*Ganoderma lucidum*).

The late Hiroshi Hikino, recognized as the world's authority on the chemistry of Oriental medicinal plants, called Reishi one of "the most important elixirs in the Orient."

Relatively rare and undiscovered in the West, Reishi and other mushrooms have been revered as herbal medicines for thousands of years in Japan and China. Emperors of the great Chinese dynasties and Japanese royalty drank teas and concoctions of the mushroom for vitality and long life. The ancient Taoists were constantly searching for the elixir of eternal youth, and Reishi was believed to be among the ingredients.

In modern times, *Ganoderma lucidum* and its fellow mushrooms have been well-researched in Asian universities. It is currently being studied in China as a sports performance enhancer. Its long History has sparked interest in the West where it is used by herbalists to treat diverse problems such as allergies, chronic Fatigue Syndrome, diabetes, liver diseases and many immune-related diseases.

As little as 20 years ago, Reishi was rare and not widely found in Asia. It grew in the wild, but was extremely hard to cultivate. Now with an increased knowledge of the climates that it thrives in, scientists are able to set up artificial growth conditions with the correct amounts of oxygen and moisture for the spores to grow into the Reishi mushroom.

JUST ANOTHER FUNGUS?

Reishi mushrooms are polypore mushrooms. Mushrooms are the fruiting body and reproductive structure of a higher order fungus organism, much like an apple is the fruit of an apple tree. The actual mushroom "tree" is a fine thread-like network called mycelium. This mycelium is for the most part subterranean, living in soil, logs and other organic litter.

Unlike green plants, which produce many of their own nutrients by photosynthesis, mushrooms primarily get their nutrients from dead organic matter or soil. Mushrooms and their mycelium are nature's original recyclers. Without them, the planet surface would be piled high with dead, decaying material.

Mushrooms rise out of the mycelium when the right nutrients are amassed and the right environmental conditions are present. Mushrooms release spores at maturity. The wind spreads them and when they land on the right spot, the cycle starts over again.

REISHI'S MEDICAL PROPERTIES

In the 16th Century pharmacopodia *Pen T'sao Kang Mu*, which contains hundreds of natural medicines the Chinese have used for thousands of years, compiler *Le Shih-chen* described the uses of Reishi. "It positively affects the life energy, or qi of the heart, repairing the chest area and benefiting those with a knotted and tight chest." He wrote that it also increases intellectual capacity and banishes forgetfulness. "Taken over a long period of time, agility of the body will not cease, and the years are lengthened to those of the Immortal Fairies."

In the Orient, Reishi is considered a *Fu Zhen* herb (immune modulation). Presently, 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.

Chinese herbalists prize it for its abilities to regenerate the liver. In high doses, and to some degree normal doses, *Ganoderma* maybe classified as a liver detoxicant and protectant.

In traditional Oriental applications Reishi is also used to treat insomnia, gastric ulcers, neurasthenia, arthritis, nephritis, asthma, bronchitis, hypertension and poisoning. It is also being used in treating neuromuscular disorders — stress-induced tension, myasthenia gravis and muscular dystrophy — all with varying degrees of success.

Toxicity studies show no toxic effects on humans. In research, patients are given much higher doses, as high as 10 grams of extract per day, with no ill effects.

ACTIVE INGREDIENTS

The potency of Reishi mushrooms is usually based on its level of triterpenoids. One can determine the level of this by tasting it. The more bitter it is, the higher the level of triterpenoids. Because Reishi is a polypore, (a group of hard, woody, bracket-like mushrooms) it is not eaten, but cut into pieces and made into a tea. In China, the average dose is 3 to 5 grams a day. Other popular forms of delivery are the water/alcohol extracts and powders.

Reishi mushrooms and mushroom extracts are generally analyzed for specific triterpenoids called Ganoderic acids. When buying a Reishi mushroom product, check for the analysis of how much triterpenoids is in the extract or powder.

"There is no standardization yet, either here or in Asia for Reishi. You have to look for high ganoderic acid-A levels, which indicates high levels of other ganoderic acids," said Kenneth Jones, a researcher/writer specializing in the ethnopharmacology of medicinal plants.

One focus for future research is on Reishi spore extracts. In China, it has been used in injectable form in clinical treatments of various ailments with success. One of the things it has successfully treated is low energy, and debilitation following long illness.

OTHER APPLICATIONS

Chinese women take Reishi for beautification of the skin. The results are probably due to the mushroom's hormone-potentiating effects, Jones said.

Reishi is included in many Japanese patents for hair loss formulas, including products used for alopecia. Spore extract injections of Reishi are also being used to treat lupus in China.

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 being recognized for its adjunct use as an immune system stimulator when cancer therapy is being used. The use of Reishi as a cancer treatment in the Orient is centuries old. In following the concept of qi tonics, Reishi is used to strengthen the body's resistance to outside forces.

Former heart surgeon Dr. Fukumi Morishige, a leading authority on vitamin C in Japan, reports that when Reishi and vitamin C are combined the results against cancer and other diseases are far better than when Reishi is ingested. This is because the vitamin makes the polysaccharides more accessible to the immune system.

It is also an adaptogen, with properties similar to ginseng. The adenosine in Reishi may explain why the Chinese use it for patients suffering from nervous tension. Adenosine relaxes skeletal muscles, calms the central nervous system and operates against the stimulating action of caffeine.

"Reishi mushrooms are certainly an herb for the 90s and beyond," commented Jeff Chilton, president of North American Reishi. "Considering that Reishi has a history of use that spans 2,000 years and is more highly revered than ginseng in the Orient, one could readily compare its potential to that of ginseng."

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Posted on [24/06/2009](#)

Ganoderma May Help Reduce Cholesterol

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Cardiovascular disease has been called an epidemic of sorts in North America and Europe. Not surprising when you consider a typical North American lifestyle of not enough physical activity, diet high in saturated fats, and fast paced living driving up stress levels.

Even though the National Center for Health Statistics reported Americans average total cholesterol has dropped substantially from 1978 – 1990, the American Heart Association has reported 98.1 million adult Americans still have borderline high blood cholesterol levels and this puts them at

greater risk of developing Cardiovascular disease.

Elevated cholesterol levels are one of the major risk factors identified by the American Heart Association in the development of Cardiovascular disease which is the number one killer in North America and Europe. We need to reduce cholesterol levels.

Adenosine which is found in Ganoderma lucidium helped to reduce cholesterol. This number one rated herb in Traditional Chinese Medicine has many potent healing properties. One being that it may help reduce cholesterol and or may help the liver in suppressing its production.

Researchers from the Beijing College of Traditional Chinese Medicine found that Adenosine which is found in Ganoderma lucidium helped to reduce cholesterol in their studies.

Researchers at the Nestle Research Center in Switzerland called Ganoderma lucidium "a renowned medicinal species". In their study on hamsters and minipigs, oxygenated lanosterol derived from Ganoderma lucidium "inhibited cholesterol synthesis".

With hamsters it was able to reduce cholesterol (total) by 9.8% and HDL levels by 11.2%. In minipigs the oxygenated lanosterol derived from the mushroom Ganoderma lucidium was able to reduce cholesterol (total) by 20%, LDL by 27%, and HDL by 18%.

The researchers conclusion was that Ganoderma "has the potential to reduce LDL cholesterol in vivo (inside the body) through various mechanisms... innovative new cholesterol lowering foods and medicines containing GI (Ganoderma lucidium) are envisioned."

Red Reishi

Only six kinds of Reishi mushrooms have been studied in great detail among st the 2,000 known species. These six are the blue, red, black, white yellow and purple Reishi.

The most beneficial are the black and the red and it is the latter, the red one, that has been found to be the most effective in improving one's overall health.

The red Reishi mushroom is composed of very complex carbohydrates called polysaccharides that strengthen the immune system and enhance many bodily functions and the vital organs.

Aside from the polysaccharides, no other active ingredient has been identified in the red Reishi that can be accredited for the mushroom s's excellent health enhancing abilities. No known side effects are caused by consuming it over long periods of time, making it very desirable to those seeking natural cures.

It does not treat particular diseases but appears to enhance the whole body.....it is a preventative agent that acts by making the immune system stronger thus reducing the possibility of sickness. A healthy immune system combats viruses, bacteria and other microbes.....a compromised immune system allows them to gain ground.

The main benefit of the red Reishi is then in the overall health of the body and in the improvement of memory and the easing of tensions and stress.

Does Ganoderma Or The Reishi Mushroom Help Fight Cancer?

Well...

There are several medical professionals out there who would say yes!

After a little research here is some information we dug up on Ganoderma Lucidum or better known as the Reishi Mushroom on how it could help in the fight against Cancer.

Ganoderma is rich in polysaccharides and Germanium. This polysaccharide has shown to have anti-tumor abilities. (More research and posts on this later)

Ganoderma and Reishi have also been used by many people to help reduce the side-effects of Chemotherapy or Radiotherapy.

Ganoderma can help with side-effects such as fatigue, hair loss and even infection.

Ganoderma and Reishi have shown to inhibit DNA synthesis of certain cancer cells, destroys the terminal enzyme activity of the tumor cells, promotes macrophages and regulates T and B lymphocytes, thus restraining the spread of cancer cells.

Ganoderma – Some Health Benefits

Ganoderma lucidum has No Known Herb Drug Interaction -In general, Ganoderma has been shown to be safe and non toxic even at very high doses in animal and human studies. Many families has been enjoying Ganoderma's wonders for quite some time and have yet to experience any side effects.

Ganoderma May Help Reduce Cholesterol – Cardiovascular disease has been called an epidemic of sorts in North America and Europe. Not surprising when you consider a typical North American lifestyle of not enough physical activity, diet high in saturated fats, and fast paced living driving up stress levels.

Reishi: Ancient Medicine Is Modern Hope (Health Foods Business/January 1992: Consumer Education Series) – Western culture has often frowned on mushrooms, even fearing the small innocuous forest growth. The French prize their truffles, but even truffles and other edible fungi and mushrooms are not as highly valued or show as much potential as a species of mushrooms called Ling Zhi or Reishi (Ganoderma lucidum).

A Reishi Mushroom a Day May Keep the Doctor Away – During the past 50 years, Asian countries have conducted an abundance of research on the medicinal value of several edible mushrooms. Their claims include reduction of blood pressure and cholesterol, enhancement of the immune system, cancer therapy, antiviral and anti-inflammatory properties, treatment of anaphylactic shock, anti-HIV properties, increase of oxygen utilization, and antioxidant properties (Chen and Miles, 1996).

Ganoderma Lucidum

Other Common Names: Ling chih, Ling zhi, Mannentake, Ganoderma Lucidum

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them and when they land on the right spot, the cycle starts over again.

Reishi often is associated with health and recuperation, longevity, wisdom, and happiness. Known as reishi or mannentake to the Japanese and Ling Zhi to the Chinese, *G. lucidum* is renowned for its medicinal properties. Reishi often is associated with health and recuperation, longevity, wisdom, and happiness. It is believed that certain triterpenes and polysaccharides may account for the multiple activities of Reishi. Thus, considerable time and effort has gone into the isolation and characterization of these compounds.

Reishi is a basidiomycete, lamellaless fungus belonging to the family of polyporaceae. In nature, it grows in densely wooded mountains of high humidity and dim lighting. It is rarely found since it flourishes mainly on the dried trunks of dead plum, guercus serrata or pasonia trees. Out of 10,000 such aged trees, perhaps 2 or 3 will have reishi growth, therefore it is very scarce indeed.

Relatively rare and undiscovered in the West, Reishi and other mushrooms have been revered as herbal medicines for thousands of years in Japan and China. Emperors of the great Chinese dynasties and Japanese royalty drank teas and concoctions of the mushroom for vitality and long life. The ancient Taoists were constantly searching for the elixir of eternal youth, and Reishi was believed to be among the ingredients.

A Little History of Reishi

In the Herbal Pharmacopoeia compiled in the Han Dynasty [206 BC - 8 AD], the founding father of Chinese medicine Shen Nong documented over 350 species of plants and herbs.

These plants were classified into three categories: superior, average and fair. These classifications were based on the following criteria

.....the benefits based on continual consumption

.....and side effects.

Also, the superior plants had to be able to harmonize the functions of the body, mind and spirit. They had to have little or no long term side effects.

Reishi was ranked the highest in this superior category of the Herbal Pharmacopoeia.

In the "Compendium of Materia Medica" a book which contains hundreds of natural Chinese medicines that have been used over thousands of years, the following statement attributed to Li Shi Zhen, celebrated physician of the 16th century, can be found:

...."It benefits the life energy, or 'qi' of the heart, repairing the chest area and benefiting those with a knotted and tight chest. Taken over a long period of time, agility of the body will not cease, and the years are lengthened to those of the Immortal Fairies."

These benefits still apply in the 21st century.

Interesting Ganoderma And Reishi Mushroom Fact

Did you know that Ganoderma has the ability of giving us a medical check-up and finding hidden diseases in the body?

It can then remove the toxins and enable the body to become the best doctor to treat a wide spectrum of diseases with the natural immune system.

Ganoderma's basic functions are to cleanse the blood: remove toxins; boost the function of the kidney; protect the liver; strengthen the heart; and cleanse the colon.

It also acts as a relaxant with anti-cancer properties. Ganoderma has more than 200 active elements which can be divided into three categories with ratio of:

30% water-soluble elements
65% organic soluble elements
5% volatile elements.

The effects of Ganoderma on the body have to go through five (5) stages:

1. Scanning (1-30 days) – Ganoderma helps to detect hidden disease and toxins in the body and proceed to regulate the body functions. During the process, the body will show symptoms- known as 'ailment reflection". This reaction is not a side effect, but to help us identify the ailing area. This is the scanning effect of Ganoderma.

2. Cleansing-Detoxification (1-30 weeks) – Ganoderma is known as "King of toxin removers" for its power to remove excessive uric acid, lactic acid, excess cholesterol, fat deposits, dead tissue and toxins accumulated in the body. Toxins are discharged through the circulation system – (kidney and liver) by urination and stool, through perspiration, boils, rashes, phlegm and mucus.

3. Regulation (1-12 months) – During the restoring process, many reactions can be observed. Do not be alarmed, this is the sign of the body healing itself. If the reaction is too strong, reduce the dosage.

4. Building-Recovery (6-24 months) – Ganoderma will continue to repair the affected body parts, and strengthen the immune system to be more resistant to diseases. It also supplies the essential elements and vitamins for speedy recovery.

5. Rejuvenation (1-3 years) – The ultimate aim of consuming Ganoderma is to maintain the body functions at its optimum and restore youthfulness.

What Is Ganoderma Or The Reishi Mushroom?

The Ganoderma, Reishi or Red Mushroom as it is sometimes called is a slow growing polypore mushroom of corky or woody texture. Ganoderma likes to grow in densely forested mountains primarily in the southwest in North America but can be found in the Amazon and is very widespread and most well known throughout Asia.

Ganoderma is typically found in subtropical climates. Generally found in deciduous forests on hardwoods like oak, maple, elm, willow, etc. Ganoderma and Reishi also frequently grows on dead tree stumps or dying trees.

Reishi picking is not uncommon where it is commonly found but because of the healthy benefits and a thriving market there are now many commercial Reishi and Ganoderma farmers throughout the world who provide a wide variety of Reishi and Ganoderma products.

Ganoderma and Reishi is most often used in the form of a drink such as Tea or Coffee. But can also be taken via powders and pills.

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[Reishi- http://www.canited.com/w-reishi.htm](http://www.canited.com/w-reishi.htm)

Posted on [24/06/2009](#)

1.WHAT IS REISHI ?

Reishi is a basidiomycete, lamellaless fungus belonging to the family of polyporaceae. In nature, it grows in densely wooded mountain of high humidity and dim lighting. It is rarely found since it flourishes mainly on the dried trunks of dead plum, guercus serrata or pasonia trees. Out of 10,000 such aged trees, perhaps 2 or 3 will have reishi growth, therefore it is very scarce indeed. The

spores of reishi have such tough outer husks that germination is next to impossible and this accounts for its rarity. It was said that in the old days when one discovered reishi, it had to be kept a secret even from one's closest relative and there was big celebration upon fruitful return. The herballous history of reishi had long been documented in the oldest Chinese pharmacopoeia written in about the first or second century B.C. In it reishi had been recorded as having the most extensive and effective healing powers. It is because of this recognition that there is diligent research for methods of reishi cultivation feasible for commercial productions. At about 1972, the cultivation of reishi became successful and as a result, what was once only attainable by the privileged is now readily make available to everyone. A number of countries are now conducting sophisticated research in reishi hoping to further the practice and science of medicine. The booklet reports the result of such research.

2. REISHI'S POWER IN ANCIENT CHINA

In ancient time, reishi in medicine was considered so auspicious that its medical efficacy has been attested to in the oldest Chinese medical text (presumed to be over 2,000 years old). The book, which are known in Japan as "Shinnoh Honsokyo", is now accepted as being the original textbook of Oriental medical science. In it, 365 kinds of medicines are classified and explained. The medicines are basically classified into 3 categories: 120 of them are declared to be "superior" medicines, another 120 are classified as "average" medicines, and the remaining 125 are placed in the "fair" category. The "superior" medicines are called "God's Herbs" and they are for perpetual youth and longevity – the medicines of the legendary wizards. The "average" category medicines are those which can be taken as a tonic, and those in the "fair" category are taken to remedy specific ailments. One must be careful about the volume taken of the "average" and "fair" category medicines, and should never take them continuously. However, the book states that for "superior" medicines, any amount can be taken as desired on a continuous basis with no unfavorable effects. Of the superior medicines listed in the text, reishi was rated number one. You can see how important and powerful reishi was considered in ancient times. It achieved its ranking in the Chinese text not because of its symbolic importance as a good omen but because of its medicinal properties. Centuries ago, reishi was said to be a medicine that would grant you eternal youth and longevity. But after 2,000 years, reishi has jumped into the spotlight as a specific medicine for cancer. This must be a better irony for those in the modern medical profession who discounted the herbal remedies of Oriental medicine as being " old wives' tales". The families of many cancer patients who have received a diagnostic "death sentence" now seek reishi as the only way left for them.

3. SUCCESSFUL CULTIVATION OF REISHI

As mentioned before, reishi and ginseng is identically recognized as superior herbs in the old days. Because of its rarity, extensive research and the wide use of reishi is prohibited. With the success of reishi cultivation, the world is rejoiced over the abundant use of reishi in research and consumption. Reishi is cultured by grafting the reishi fungi onto aged dried wood of Japanese oak, then cultivated in greenhouses under strict controlled conditions. Recently, the use of the plum tree dust in culture bottles is tested but further experiments are needed for better balance development between the cap and stalk of the reishi.

There are many varieties of reishi :

- Akashiba (red reishi)
- Kuroshiba (black reishi)
- Aoshiba (blue reishi)
- Shiroshiba (white reishi)
- Kishiba (yellow reishi)
- Murasakishiba (purple reishi)

Each had been classified in the "Shinnoh Honsokyo" and in the catalogue of herbs written in the Ming Dynasty about the first or second century B.C.. The Akashiba (red reishi) is the

one undergoing cultivation.

4. USING REISHI IN THE PREVENTION OF SICKNESS

In contemporary living, meat constitutes a major part of our diet and with the abundant supply of frozen, processed food products compounded by chemical additives such as emulsifiers and preservatives, large proportion of the population is constantly in the state of "pre-illness". Once that illness manifests, recovery can be slow and difficult. Under these circumstances, it is wise to prevent any deterioration in health rather than seek a cure after illness prevails. Fortunately, reishi is such superb medication because its extensive properties can be both curative and preventive. It produces exceptional results when used by one who is prone to illness in the pre-illness stage.

5. REISHI AND ITS MEDICINAL USES

Reishi has long been known to extend life span, increase youthful vigor and vitality. It also promotes good blood circulation by eliminating thrombi in the blood streams. As a result, the person feels renewed vitality. Deterioration of mind and body is arrested. Reishi is indeed a herb with multiple applications.

During recent years, experiments on animals and clinical tests are made in order to record constructions of reishi. Results were reported from time to time, yet no satisfactory conclusion can be arrived.

More research is being conducted and the vast number of such works adequately attest to the complexity and inviolability of the research matter. Summarized from these reports, it is found that reishi have the following properties:

- improves cholesterosis, coronary insufficiency
- improves hyper and hypotensions
- improves nervous tension, neurosis
- improves chronic bronchitis, hepatitis
- improves leukocytopenia and reticuloendothelial system
- effective in numerous other ailments.

The percentage of curing various diseases are tremendously high. For example in allergy related chronic bronchitis, among the difficult to cure has a recovery of 60% to 97.7% when treated with reishi. In treatment of upper respiratory infection, reishi has a complete cure rate of over 50% and shown effectiveness in 80% of the cases. This statistics is as impressive as that treated by pharmacology.

(A) Reishi Prevents and Improves Diseases that are related to Blood Vessels and Circulatory System.

The three major killers these days are: cancer, cerebrosis and coronary diseases. The latter two have their etiology closely linked to the blood circulatory system. Related problems like stroke, heart block, arteriosclerosis, obesity etc. are all tied to problems in the blood circulation. One out of three persons die from one of the above ailments everyday.

High incidences of these illnesses are closely linked to the adoption of the North American dietary habits: heavy meat consumption, heavy carbohydrates and sodium consumption, lack of food fiber, change in basic food components when food is processed, frozen, and mixed with chemical additives etc..

Consumption of these products provide fats and proteins in an unbalanced proportions. This assimilation damages the blood vessels and oxygenation process to a marked degree that could affect the body's metabolism. Yet, reishi can correct this imbalance and strengthen the system to prevent further deterioration.

Reishi eliminates cholesterol build-up and promotes blood circulation. When there is a built-up of

starch, protein or fatty acids in the blood stream, cholesterosis arise. The normal blood cholesterol level is between 130 – 230 mg per decalitre (dl), it can elevate up to 300 mg/dl in case of cholesterosis; normal level of protein is between 230 – 500 mg/dl, it will also elevate to over 1000 mg/dl in this case. This can quickly leads to arteriosclerosis which is linked to hypertension, stroke, cardiac attacks, obesity, lung and liver diseases etc.. Cholesterosis also slows the circulatory system resulting in stiffness of the joints and shoulders, insomnia, anxiety attacks, dizziness and fatigue etc..

The function of blood is to transport oxygen and nutrients to various parts of the body. This function is being carried out by capillaries. These minute vessels is about 1% the thickness of human hair. When cholesterosis occurs, blood viscosity becomes too thick for fluid circulation. Nutrients cannot reach the extremities as easily as when under normal conditions. Immunity decreases following the decrease in nutrient supply especially in the extremities.

Simultaneously, the circulatory system carries waste products from all parts of the body via the veins to the liver and kidney to be expelled from the system as feces and urine. Pigmented splotches showed up on facial skin if any melanin substance settled due to waste accumulation in slowed circulation cycle. Areas like the face, eyes, bones marrow etc. have high capillaries concentration, a slowing in blood circulation shows prominently in this area as physical marks e.g. lost of skin lustre and texture, appearance of wrinkles and freckles etc..

In the case of tooth infection – black root indicates a lack of blood supply; the sign of nutrient deficiency results in a drop in natural immunity. Tooth becomes easily infected in the end.

In the case of cholesterosis, viscosity of blood becomes thick, heart muscle has to pump harder to transport blood especially to the extremities. This increases the heart load and elevates the blood pressure; an increase in both the systolic and diastolic measures.

Hemorrhoids is a copious escape of blood from the blood vessels around the anus when vessels ruptured under excessive pressure from a backlog of blood in an inhibited circulation. Once that circulation returns to normal upon removal of the obstruction, hemorrhoids disappear.

Consequently, problems mentioned above can be rectified by improving blood circulation. This is achieved when blood viscosity is kept normal by reducing cholesterol built-up. Anticoagulants are employed for such a purpose and reishi is a natural anticoagulant.

In a laboratory experiment involving 3 groups of mice, each given different diets for 4 consecutive days. Group A was fed a diet high in fat content. Group B was fed a diet of fat and reishi. Group C, the control group, was fed a regular diet. Refer to fig.1, Group A was found to have elevated levels in cholesterol, triglyceride and protein – all suffering from cholesterosis. But Group B maintained normal levels on all 3 categories. This result points to the positive factor of reishi in cholesterosis control. Examinations of the intestines found that GOT & GPT levels of fatty acids were under control in Group B. Reishi activates metabolism of fats thus restricting its deposition in the intestines. Body functions return to normal when excessive assimilation is controlled. After 2 months, Group A all acquires cholesterosis and fatty liver. When toxin from intestinal bacterium was administered, the mice developed thrombosis and phlebitis causing the blood vessels to rupture resulting in massive hemorrhage and eventually, death. Group B was prepared with the intake of reishi for a week. The mice were then injected with the same substance as Group A – toxin from intestinal bacterium. There were no death. It is therefore safe to conclude that reishi plays a role in controlling thrombosis and cholesterol in the blood streams, and facilitating circulation simultaneously. These together discourage formation of fatty liver.

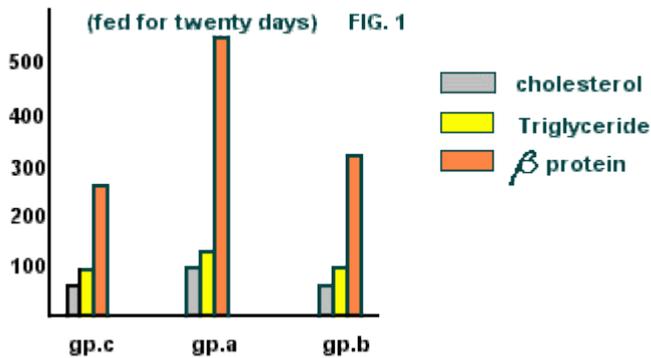


Fig. 1 . Three Groups of Mice fed with a High Fat Content Diet for 20 Days.

* The first block is Cholesterol level, second is Triglyceride level and the third is B protein level.

Another clinical test involved 10 cholesterotic patients. They were given essence of reishi daily (equivalence of 0.7 gm) to observe its effect on blood pressure and serum cholesterol level. Refer to fig.2, it was found that levels of cholesterol, triglyceride and protein were lowered, and related side effects of sluggish circulation, fatigue, stiffness, headache etc. disappeared. After 2 months continued use of reishi, a marked effect was noted : shallow skin tone and pigmented splotches faded, skin texture smoothed, facilitating better cosmetic application. Improvements in areas like tooth infections, hemorrhoids etc., demonstrated reishi's efficacy in serum cholesterol reduction and blood circulation.

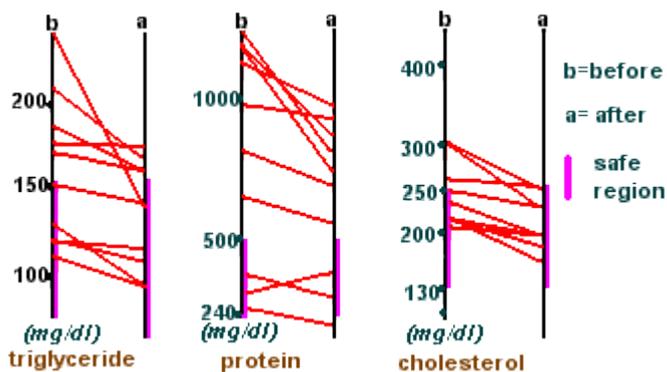


Fig. 2

(B) Reishi Prevents Hyper and Hypotensions

According to the statistics set by the World Health Organization (WHO), blood pressure exceeding 139 (systolic pressure) and over 89 (diastolic pressure) is rated high; systolic pressure of readings below 100 is rated low. Systolic pressure is the measure of highest pressure during a heart beat cycle; this is the contracting force employed by heart muscle to deliver blood to its surrounding veins. Diastolic pressure is the measure of the expanding force of the heart muscle at which point surrounding veins received the least pressure. A high diastolic generally carries more risks, it indicates lost of elasticity in the veins. When blood vessels are obstructed, excessive pressure exerts on its walls. These repeated expansions weaken the structure sometimes to the breaking point.

Modern medication has trouble matching reishi's effectiveness in reducing systolic pressure but more important is its ability to raise low diastolic pressure that indicates the recovery of blood viscosity and vessel elasticity. One clinical test involving mice with hereditary hypertension and frequent incidences of brain hemorrhage were given a reishi preparation daily (concentration of 100 mg/Kg) for 2 week period. The other group did not receive reishi treatment. Blood pressure measurements were tabulated in fig. 3. As illustrated in the graph, there was a rapid decrease immediately following reishi administration in the initial 5 hours. Then it gradually tapered and steadied for the next 14 days. Total decrease is 20%. This shows reishi's efficacy in controlling

hypertension. Furthermore, related problems are also solved by applying reishi treatment. No modern medication up to this date has satisfactorily achieved this.

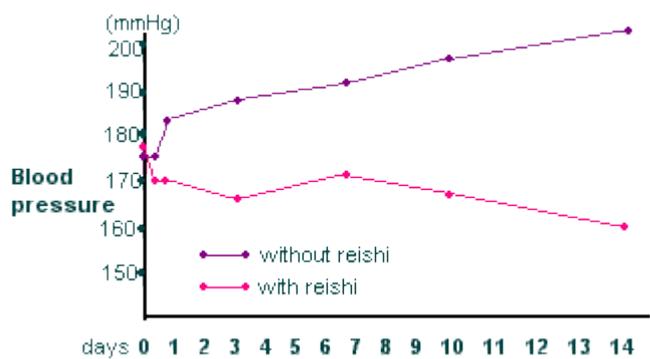


Fig. 3 Reishi Lowers High Blood Pressure Level

* Higher graph line is group without Reishi treatment.

* Lower graph line is group with Reishi treatment.

* Daily dosage: 100 mg/Kg

Second clinical test involved 10 patients with inherent high blood pressure who were taken off their regular medications. Reishi extract of 3.5 gm was given daily for 4 weeks. Fig. 4 tabulates the results found during the test period. All test subjects' blood pressures were maintained within the normal levels with outstanding improvements on the diastolic figure – excessively low pressure being brought to normal, a significant contribution on the part of reishi.

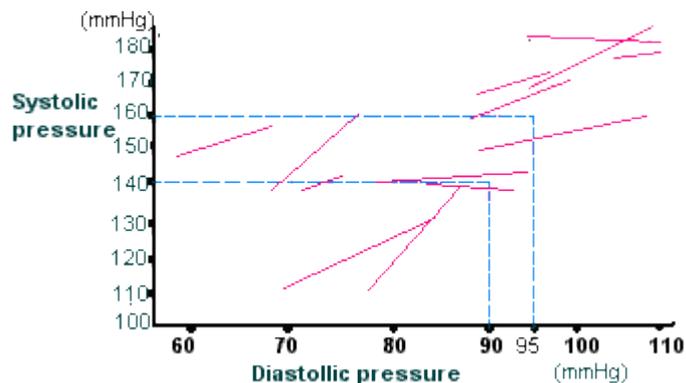


Fig. 4 Changes in blood pressure after applying Reishi for 4 weeks.

Another clinical test involved 10 hypertensive patients who were given 3.5 gm of reishi extracts for 20 weeks. 30% of the subjects were treated with reishi; the other 70% a combination with other medications. Fig. 5 tabulates the results. Reishi's efficacy in stabilizing blood pressures is shown without a doubt in the test data, and its ability to improve diastolic condition is by far its most valuable function.

Subsequently, serum cholesterol related symptoms like stiffness, fatigue, headache, dizziness etc. gradually disappeared. Long term use of reishi did not show any harmful side-effects.

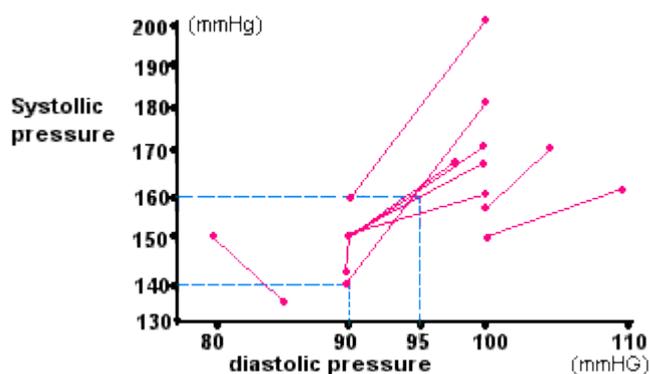


Fig. 5 Changes in blood pressure after applying Reishi for 20 weeks.

(C) Reishi Prevents Phlebitis and Thrombosis

Thrombi (blood clots) are directly responsible for problems like stroke, aneurysm, myocardial failure etc.. Thromboses veins deter blood circulation, decreasing supply to the extremities. This causes inflammation of gangrene to these parts. Other related problems are fatal e.g. hepatitis, nephritis, acute diabetes, cancer etc.. Analysis of blood reveals that it is composed mainly of red and white corpuscles; it also consists of a spherical component with diameter of 2.5 u called platelets. These are the primary blood clotting agents. Clotting is achieved when platelets accumulate at the wound site to stop out-flowing of blood and this bonding effect facilitates in tissue repair. After repair is completed, platelets are unbounded and flushed into the blood stream. But sometimes incomplete unbonding occurs and the larger fragments blocked the blood vessels. Further complication arises if the blood vessel is already clogged by cholesterol and snowballing of this combination results in complete arterial block.

Only mammals in the advanced evolution stage possess the blood clotting mechanism. When the delicate balance of bonding and unbonding is upset, artery blockage of excessive bleeding occurs; therefore, it is important to keep this balance steady and constant. In the case of major injury, the wound site is wide and platelets accumulation rate falls behind that of the bleeding resulting in massive blood loss. Phlebitis causes the blood vessels to rupture at various sections and intervals. As a result, platelets accumulation cannot react effectively thus leading again to arterial blockage. The causes of phlebitis varies from contamination of toxic-by-products, adverse metabolic process from excessive consumption of meats and proteins, infections in other parts of the system (liver, joints etc.). These all contribute to blood vessels damage one way or another. When compounded by allergic reaction, over-stimulating platelet bonding again results in arterial blockage.

One clinical test involved mice with cholesterosis that were predisposed to arterial blockages. Experimental data showed that reishi had inhibited excessive platelet accumulation; reinforced outer membranes of the red corpuscles and no harmful side effect was reported. Incidence of phlebitis decreased regardless of where the arteries were situated and overall strengthening was found.

(D) Reishi is capable of Normalizing and Improving Allergic Reactions. When foreign matter enters the body system, it activates the natural defense mechanism. A substance termed antibodies are released. They engulf and expel the offending matters. Under normal conditions, the amount of antibodies is proportional to the degree of damage. Allergy occurs when an over abundance of antibodies flooded the system attacking both foreign and own tissue matters. The antibodies now act as toxin destroying body tissues. Symptoms of allergy include : itching, hives, difficulty in breathing etc.. Allergen suppressing injections and medications are found to have only short term effect. For permanent and complete erasure of the symptoms, intrinsic irritant has to be removed from the system.

Analysis of blood samples from allergy suffering patients found to contain a high concentration of allergen (antibody). LANOSTAN found in reishi can inhibit over zealous allergen production.

Further research is being conducted at this time to map out its chemical constructions.

To further define the mechanism of the immunity system : When foreign matter enters the body system, specific antibody appropriate to combat this matter is manufactured and released. Thus the body needs to distinguish between foreign and its own matters. In order to do that , a signal is sent to the T-cell lymph node to divide and multiply, forming IgE antibodies which then take up defense against the invading matter. Portion of the IgE remains in the alkaline cells of either the adipose tissue situated around the respiratory tracts or the white corpuscles. Any further invasion immediately triggers the release of such stored antigens. This mechanism is termed "acquired immunity". Cells that house these IgE antigens undergo rapid chemical reactions releasing substances that activate all T-cells stimulated by the increased antigen level to produce its own antibodies. Blood supply around invasion entry point increases, vessels expand, surrounding area heats up; finally the wound site swells manifesting signs of infection. Normally, when foreign matter is removed, infection calms down. But in the case of excess antigen, infection continues to flare causing further cell damage that leads to chronic hepatitis and/or chronic nephritis. Intrinsic reaction is responsible for this condition and can only be remedied by hormones produced in the auxiliary kidney. Hormones catalyze metabolic pathways to produce cortisone that controls T-cell activities to regulate the immunity system. Consequently, healthy auxiliary kidney controls over-stimulation of T-cells, preventing allergic reactions. Subsequently, allergy sufferers have weak auxiliary kidneys. Reishi can energize the kidney thus increasing its hormone output.

Chronic bronchitis, 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. If this substance is artificially introduced to the system continuously, auxiliary kidney's functions are replaced and the organ atrophies.

Side-effects of a non-functioning auxiliary kidney includes : swollen face (moon face), enlarged neck and swollen shoulders (buffalo neck). Discontinued use of cortisone eliminates the side-effects but triggers fatal conditions like cardiac attack. Up to now, no better solution has been found. Cortisone treatment continues in spite of its known undesirable side-effects. However, when Reich is employed as treatment for allergy-related illnesses, the efficacy is gradual but pronounced. Reich works by nourishing and rebuilding the organ itself thus improving the function of immunity regulation. This process is gradual but reliable and produces no harmful side-effects. Nowadays, allergy-related problems like bronchitis asthma, rhinitis etc. are common but medical science has yet to come up with a definite cure. Regulating one's diet and supplementing it with reishi has proven to be the most effective treatment.

(E) Reishi can prevent Metastasis of Cancer

Dr. Ito of Japan discovered the positive effect of reishi in arresting metastatic cancer in laboratory mice. The Japanese Cancer Society also released their research data on the effectiveness of reishi against sarcoma 180. Indeed, Kawara-Dake, belonging to the fungus family, has long been marketed as an anti-cancer drug in Japan. Research on the relation between reishi and cancer is just in the beginning stage; therefore, no conclusive result can be arrived. But reishi is recognized to play a role in preventing spontaneous death in cancer patients. However, the following findings were reported when reishi was used in combating cancer :

- (1) Reishi reinforces membrane of the cancerous cell to impede spreading.
- (2) It also prevents thrombi formation aiding in fusion of medications within the system.
- (3) Joint usage with other anti-tumor drugs and chemotherapy diminishes their side-effects and heightens their effect.
- (4) It normalizes the overall body system thus decreases further health complications.

Scar tissues surrounding cancerous cells cause continuous infection. The permanent thrombi formed serve to isolate the diseased area. In this respect, thrombi became an aid in arresting the spread of

diseased cells. On the other hand, medication is unable to act on the disease area due to the thrombi barrier. Anticoagulant is employed to dissolve this build-up and to inhibit further platelet bonding. Such treatment carries a high risk since patient now has no defense against bleeding. 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.

Following the increases in cancerous cells, some of the thrombi multiples are carried along by the blood stream and lodged in other parts of the system, e.g. phlebitis and spontaneous bruises are caused by clogged blood vessels. Arteriosclerosis is the more fatal system of such blockage. Cerebrum and coronary arterial block lead to stroke, cerebral vascular accident, myocardial infarction etc.. In fact, cancer patients die more frequently from related complications than the disease itself. Reishi's ability to prevent thrombi formation indirectly plays a significant role in preventing such medical complications.

(F) Reishi and its Effectiveness Against other Ailments

Conclusively, clinical observations have indisputable proof of reishi's efficacy against cholesterosis, arteriosclerosis, hypertension, fatty liver, hemorrhoid, tooth-infections, obesity and various problems that arise from high serum cholesterol level compounded by a lack of blood circulation. Reishi is also recognized to have some effect in cases of stroke, cerebravascular accident, coronary insufficiency, myocardial infarction, phlebitis etc. – problems that arise directly from arterial blockage. Furthermore, it is found to be effective in treatment of typical dermatitis, bronchitis asthma, allergy rhinitis, chronic hepatitis etc. – problems related to allergic reactions. Reishi inhibits thrombi to facilitate medication absorption; it also has an additive effect that strengthens the prostate gland situated between the bladder and the urinary tract. It has the same effect on the early stage of diabetes mellitus. Bladder infection is accompanied by the usual thrombi formation. Treatments with reishi arrest the latter thus eliminating complications within a short period. Other clinical tests showed that administering reishi instead of insulin can reverse blood sugar level back to normal after one year. Medical complications associated with diabetes also disappeared.

GANODELAN A – B found in reishi is responsible for blood sugar maintenance, but further research into the relationship between diabetes and the herb is still needed.

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.

(G) Reishi as an ADAPTOGEN

Patients troubled by side-effects from taking drugs like antibiotics, hormonal supplements etc. often acquired other related illnesses. This problem is under serious debate by the medical profession since 1965. Recently, the Royal Medical Society of Russia, Australia and England developed a new medical concept of ADAPTOGEN, a substance that is :

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

With the above characteristics, the substance is termed as an adaptogen. Modern medicine based their diagnosis on examinations of organs and symptoms. Medications with known side-effects continue to employed as long as they serve satisfactorily for their purposes. The adaptogen concept aims to cure by normalizing all body functions. It holds the notion that unless everything is put into its right track, there can be no complete cure. This idea coincides with the original supposition of superb herbs like reishi and ginseng that normalize body functions as the bases of their medical efficacy. Since reishi is an adaptogen that normalize the body functions and with no side-effects, it can be used as a preventive medicine. Because of this, some people may develop a concept that reishi can cure all type of diseases. However, be aware that no substance can be an absolute, ultimate cure-all.

(H) Medical Components of Reishi

As previously reported, reishi is recognized to be effective against a wide variety of diseases due to its extensive properties. Regrettably, up to now there is no categorizing linking individual curative effect to its responsible components. What has been found, however, is that reishi contains β -D-glucan-polysaccharide which is a potent anti-cancer agent. In 1984, Dr. Komoto of Tokyo Medical & Dental University, Japan, isolated the substance GANODELAN A and B from extracts of reishi – glucan-polysaccharide. At the same time he was also studying the body shape of the reishi in which I have participated. With further research results, it was found that GANODELAN A is composed mainly of lactose, glucose and glucuronic acid. Its molecular weight is 3,000 and belongs to the polysaccharide group. GANODELAN B is found mainly composed of mannose, glucose and glucuronic acid, belonging to the molecular weight class 3,600 of polysaccharide.

Experiments done on white mice found Ganodelan A & B to be responsible for lowering blood sugar content. When it is injected into test subjects' abdominal cavity (concentration of 30 mg/Kg), analysis of samples 7 hours later found blood sugar level to drop 59% – 86%. Long term use has significant effect on diabetes – one of the many uses of reishi. However, further research to pinpoint whether the effect comes from a combination of substances and how LANSTAN, another substance discovered in reishi has been known to impede allergies. Lanstan is closely related to Ganodelan A & B, but its chemical components has not yet been defined. Gradually, more and more similar substances are discovered. Previous evaluation of the potency of individual reishi are based on its thick cap, short stalk and abundance of spores. Hoping in the very near future, we can grade each crop using analysis of its chemical components.

(I) How to Select the Right Reishi ?

In the future, research on reishi's miraculous properties will be vastly extended because reishi does contain a vast number of medicinal substances and it is the combination of these elements that make reishi so potent in the curing of our diseases.

To be able to distinguish the different medicinal elements of reishi and apply it to different medical use will require further studies with substantial time and effort !

At the present, we would like to clarify how to select the best reishi available for use effectively. As mentioned before, reishi comes in 6 different colors. According to our studies, the medicinal properties among the different reishi do not differ much from one another, but, most studies are done with the red reishi because of its abundance due to the success of cultivation and the common understanding that the red type is the most potent.

It is found that the essence extracted from the crown is more potent than that from the stalk. The essence from the stalk is especially potent for people who has high blood pressure and high cholesterol levels. From this, we have concluded that the most potent reishi is the red type with short stalk and large, thick crown.

Cultivation of reishi also plays a very important role in determining the potency of the reishi.

Some type of reishi which are not fully grown would develop into a branch-like looking reishi. Its essence potency will be about 1/5 or 20% of the full grown reishi.

Recently, wood-pulp cultivation is widely used. The resulting crops' medicinal values are not as potent as the ones using whole logs. Wood-log cultivation is considered to be the best possible way to cultivate reishi. Rumors of using plum tree logs would produce the better reishi crop is not true – there is no facts or studies supporting this claim.

Aside from the above, we are certain that using the same reishi fungi for cultivation, the climate and cultivation method do present a significant difference in the resulting crop.

Be cautious when you are purchasing raw reishi. One have to check the type of reishi that are being sold; its cultivation method used; the cultivation area and the care of the cultivator given before you

make your decision.

There are also the immorality of some business minds that you have to look out for – they sell low grade reishi products and purchasers would often be blinded by the low prices and in turn get poor quality products. Worst of all, the products might not have the proper bacteria elimination control due to the manufacturers' lack of funds and their lack of business ethics.

Because of reishi's texture, even with the use of very fine grinders, you cannot really pulverize reishi properly without the use of the hot-water-boil extraction method. Furthermore, reishi itself is developed from fungi and while in the cultivation process, there is bound to be a lot of bacteria organisms present on the plant. When these merchants grind up the reishi and put it in capsule form, the bacteria content still far exceed the minimum requirement of bacteria control in food, that is, the bacteria count should not be more than 3,000 per cm³. This is the one reason why the Chinese in the past have always boil the reishi and drank the essence and never consume pulverized reishi from its raw state.

ALWAYS REMEMBER THE FOLLOWING WHEN YOU ARE SELECTING RAW REISHI OR THE END PRODUCT 1. Manufacturers credibility 2. Vendor's reliability

To sum it up, a manufacturer with credibility is the best choice. Although the cultivation of reishi has been successful, it is still sad that the end product is so expensive because of its high production cost. But one's good health is far more important than the price tag. Take note: You pay for what you get, quality is the most important.

CONCLUSION

In the past, not too many individuals are exposed to the word "reishi", even less when coming to seeing the actual plant. Now, the word "reishi" can be seen everywhere and the actual plant is commonly displayed in stores. We have to give praise to the scientists who have succeeded in the cultivation technique. From this, an abundance of reishi end products are made available to the general public who in turn can benefit from the miraculous medicinal values of reishi.

As recorded in the oldest Chinese medical text, reishi is the "king of herbs", the superior herb for perpetual youth and longevity. Continuous intake will achieve the best results.

Again it was mentioned in the text that reishi is to be used for preventive measures rather than a cure. We think that this is the best solution to modern day sickness like allergies, diabetes, asthma, cancer, arthritis, arteriosclerosis etc..

Besides reishi, Korean ginseng is also another good preventive medicine. We hope that our readers will benefit from the continuous intake of the two herbs.

Because of different individual's hereditary factor, individuals with diseases like cancer or heart attacks due to their genetic codes, is highly recommended to take reishi as early in life as possible. To start the preventive measures early in life is the best possible way to avoid the deadly consequences due to heredity.

By chance, those readers who are suffering from the modern day diseases and are under medication, it is advisable to get a diagnosis from a Chinese herb doctor or a naturopathic doctor. After prescription is given, ask the herbalist to add reishi as an extra ingredient, the patient will benefit tremendously from doing so.

Regular intake of reishi will not only help to prevent the occurrence of modern day diseases, but prevent one's body from degenerating too fast.

Reishi is indeed the solution to mankind's miseries.

APPENDIX

1. The Brewing of Reishi

- Cut up the dried reishi into small pieces with a garden cutter. The smaller the better. For a person daily usage of 3 – 5 gms, add 3 bowls of water (600 c.c.) and boil for 30 minutes using low heat. (Note: Should only use clay pots or glassware, avoid the use of metallic containers.)
- The boiled reishi can be used again until the bitter taste is gone. Usually, it is good for 2 – 3 times of boiling.
- You can prepare 2 – 3 days portions at one time and keep in the refrigerator for daily use. Re-heat is best before use.
- It is best to drink before each meal. For people with stomach problem, have the brew after each meal.
- If you dislike the bitter taste of the brew, add pure honey or glucose. (Avoid the use of refined sugar.)
- You can also mix reishi pieces with brandy or Chinese wine. Store for 3 – 4 months before use.
- Used reishi pieces can be used as fertilizers for house plants.
- Reishi should be stored in a dry place, but never in the refrigerator.

2. Reishi Soup Recipe

Ingredients :

10 grams of sliced reishi pieces ;

6 whole frozen or fresh quails ;

70 grams of dry scallops ;

100 grams of lean pork ;

1.5 litre of hot water ;

salt and pepper ;

cooking wine.

A. Soak the sliced reishi pieces in 1.5 litre of water for 4 hours.

B. Remove the quails from boiling water after 5 seconds and put in Chinese steam pot. Pour in the 1.5 litre of water together with the reishi pieces. Add dry scallops, pork lean meat and add dash of cooking wine.

C. Steam boil for 3 hours.

D. Before use, season the soup with salt and pepper to your preference.

Note: You can put in dried long-gang meat or dry red dates to sweeten the soup. You can also substitute 2 frozen whole pigeons, a whole chicken or half a turtle instead of the 6 quails for the above recipe.

3. A Word From the Editor

Reishi is best used in disease prevention measures. When you are in a healthy state, the use of reishi will enhance your immunity system against attacks and vitalize your body. Reishi work best when you are in your mid-thirties, continuous use of reishi will help prevent degeneration of your body and improve your health and attain longevity.

Although reishi has miraculous powers, we would like to remind our readers that you should pay special attention to the following when you are using reishi:

- Refrain from using refined sugar. Substitute with pure honey, glucose or fruit sugar instead.
- Avoid processed foods – canned food, instant noodles, soda pop etc.
- Eat all types of natural foods to maintain your nutritional balance.
- Include all types of vegetables in your diet, especially those with stalks and roots.
- Drink more water to provide excretion ease . This will enhance your metabolism functions

and rid your body of poisonous waste.

- Exercise will definitely help but not rigorous exercise that you cannot handle.
- Avoid stress. Be mentally relaxed and keep an open mind on all matters.

At the present, the recommended daily usage of reishi tea is the boiling of 3 – 5 gm of the dried reishi. One can increase to 10 or 20 gm per day since there is no harm in abundant intake of reishi as it is the 'king herb' and an 'adaptogen'.

There are also the reishi essence products by extraction method in the market place for sale that comes in tablets, pill or granular form. My final advise is to buy the products from reliable manufacturers.

Best of health to you all.

Posted in [General](#) | [Leave a comment](#)

<http://www.foros.biomanantial.com/ganoderma-lucidum-vt22.html>

Posted on [24/06/2009](#)

"[Reishi](#)" en chino significa "Seta de los Robles", aquí en España se conoce vulgarmente como "pipa", aunque su nombre científico es [Ganoderma lucidum](#). Es una bella seta relativamente fácil de encontrar en primavera y otoño sobre madera de caducifolios (sobre todo del género Quercus). Aunque su aspecto y textura ya nos avisan que no va a servirnos para la cena, si tiene una gran importancia como hongo medicinal. Su historia en la farmacopea oriental se remonta antes de Cristo, según los documentos atestiguan. La utilizaban, en forma de té, curando con ella diversas dolencias. Su uso se extendió a América, donde este seta empezó a desaparecer, hasta que aprendieron a cultivarla. Ahora se está conociendo en Europa y España sus virtudes, aunque para usarla ya no hay que traérsela del campo a casa, pues la comercializa en forma de píldoras. Como por ejemplo:

<http://www.biomanantial.com/reishi-ganoderma-lucidum-60-capsulas-p-698.html>

Esta indicado para Hepatitis agudas y crónicas, cirrosis hepática. Coadyuvante en la prevención y tratamiento de procesos oncológicos. Hipertensión arterial, hiperlipidemias, arteriosclerosis, prevención de tromboembolismos. Coadyuvante en el tratamiento de la diabetes. Tratamiento de fondo de procesos alérgicos. Inflamaciones osteoarticulares, mialgias, contracturas musculares. También se ha comprobado experimentalmente su efectividad como coadyuvante en el tratamiento de las inmunodeficiencias inducidas por abuso de opiáceos.

Al Reishi se le atribuyen numerosas propiedades medicinales.

El Reishi actúa directamente sobre:

El sistema inmunológico

El sistema circulatorio

El sistema nervioso

Sus efectos son:

- antibacterial – antiinflamatorio – antialérgico
- antioxidante – anti-tumor – antiviral
- regulador de la presión arterial
- cardio-vascular – reductor de colesterol
- moderador del azúcar en la sangre
- potenciador inmunológico
- tónico para los riñones y el hígado
- tónico para los nervios

- vías respiratorias – reductor del estrés

Constituyentes activos

b-Glucans (antitumor, inmuno-estimulantes)

Hetero-b-glucans

Acidos ganodéricos- triterpenes (agentes antialérgicos;

Reductores del colesterol y presión sanguínea)

Ling Zhi-8 – proteína (inmunomodulador, antialérgico)

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[Reishi- http://www.ganodermasalud.redtienda.net/?PHPSESSID=0651ea744a3c7d62b9f38ff938c5b81a](http://www.ganodermasalud.redtienda.net/?PHPSESSID=0651ea744a3c7d62b9f38ff938c5b81a)

Posted on [24/06/2009](#)

En 1983 el Sr. Leow Soon Seng, Micológico, fundador de Gano Excel, comenzó a estudiar los hongos y descubrió **6 variedades de Ganoderma Lucidum**. Estandarizó las técnicas para cultivarlos y que la potencia del hongo permaneciera intacta de cosecha en cosecha. En 1995 fundó la compañía de Gano Excel localizada en Malasia. Se extendió a 28 Países y finalmente llegó a Los Estados Unidos en el año 2003.

Gano Excel Peru llegó en junio del 2007, actualmente tiene más de 9000 afiliados en un año, y tenemos líderes peruanos que apostaron por Gano Excel y ahora están ayudando a las familias peruanas trayendo Salud y Prosperidad

En China se le conoce como "**El Rey de las Plantas**" Es un champiñón herbal conocido en China por sus beneficios hacia la salud.

Se ha usado en Japón y China por más de 2000 años, esto lo convierte en el champiñón más viejo conocido que jamás se haya usado en la medicina. Desde tiempos antiguos el Gano era reservado solo para el Emperador y la realeza. Ha sido reverenciado como la hierba más rara y más benéfica del planeta. Este champiñón es calificado en oriente como la medicina herbal número uno, encima inclusive del ginseng, debido a las siguientes cualidades:

- **Es no-toxica y se puede tomar diariamente sin producir ningún efecto secundario negativo. Te elimina las toxinas**
- **Cuando se toma regularmente, restaura el estado natural del cuerpo, permitiendo que los órganos funciones con normalidad.**
- **Es un inmuno-modulador, regula y afina el sistema inmunológico.**

Principios Basicos del Ganoderma:

1. Las enfermedades son provocadas por 2 razones básicas: La acumulación de tóxicos y por un desbalance de la funcionalidad del organismo.

2. El ganoderma se ha comprobado que mejora el organismo bajo un uso constante , al balancear los sistemas del organismo y subir las defensas para enfrentar las enfermedades.

3. Muchas veces hay reacciones del cuerpo lo que comunmente es llamado "crisis curativa" , que es debido no sólo a la neutralizacion de las toxinas sino a la eliminación , ya que ganoderma es irrelevante al tipo o gravedad de la enfermedad.

4. No tiene ningun efecto secundario.

5. Las unicas personas que no pueden tomar son aquellas que tengan trasplantes de órganos.

Beneficios de Ganoderma Lucidum

- Energetiza y rejuvenece el cuerpo.
- Potencializa el sistema inmunológico del cuerpo. Genera resistencia en contra de las enfermedades.
- Mejora la circulación sanguínea.(lo cual beneficia contra la insuficiencia coronaria, los hemorroides, previene infartos, destapa arterias, combate la arteriosclerosis, la obesidad, mejora el desempeño sexual, etc.)
- Ayuda a tratar la ansiedad, la presión alta, la hepatitis, la bronquitis, el insomnio y el asma.
- Realiza actividad anti-alergenica. Combate cualquier tipo de alergia.
- Previene la bronquitis y la gripe.
- Es anti-inflamatorio.
- Es un antibacterial.(Debido a que aumenta la actividad del sistema inmunológico)
- Es un súper antioxidante (mas de 150 antioxidantes, no existe un producto que siquiera se le acerque a esta cantidad) que defiende al organismo de los radicales libres.
- Genera una actividad anti-tumores.
- Es un antiviral.
- Relaja el sistema nervioso y los músculos. (apoyo en contra de la depresión, la tensión nerviosa y la neurosis). Mejora el estado de animo.
- Disminuye la presión de la sangre.
- Fortalece los huesos.
- Realiza una acción de cardiotonico, disminuye el colesterol "malo", mejora el funcionamiento del miocardio y la arteria coronaria.
- Expectorante natural.
- Destruye células cancerigenas.
- Limpia los riñones y el hígado, desinflama los intestinos.
- Optimiza el uso del oxigeno en el organismo. Mejora la sinusitis.
- Combate los mareos y la fatiga crónica.

- En resumen MEJORA TU SALUD Y TU CALIDAD DE VIDA.

El Ganoderma y el cáncer

Desde hace años la preocupación por encontrar una solución al cáncer está demostrando que muy poco se hace en lo referente a la medicina convencional, ha aumentado el gasto destinado a la investigación contra el cáncer en los países desarrollados. Sin embargo muy poco se hace para recurrir a la medicina natural, aquella que es la que dió inicio a está desde hace siglos.

Durante centurias, la literatura japonesa y china han resaltado a Ganoderma lucidum por sus efectos vigorizantes de la salud, especialmente en lo concerniente al incremento de la longevidad, al tratamiento del cáncer, la resistencia y la recuperación de las enfermedades. Los guías himalayos lo han empleado para combatir la enfermedad ocasionada por las grandes altitudes. Los indios Mayas tradicionalmente lo usan para combatir una variedad de enfermedades transmisibles. Reishi, como es llamado Ganoderma lucidum, ha llegado a ser especialmente popular en años recientes entre los grupos de alto riesgo, los infectados de VIH (Stamets,1993).

Sin embargo existen estudios e investigaciones sobre algunos frutos, hierbas naturales que están alcanzando notoriedad y mucha esperanza entre los científicos en la lucha contra esta enfermedad que afecta a un gran porcentaje de la población mundial.

De Ganoderma se han aislado un grupo complejo de polisacáridos que se reportan como estimulantes del sistema inmunológico, aumentando la producción de monocitos, macrófagos y citoquinas. Una teoría es que estos polisacáridos estimulan la producción de células "T" ayudantes, las cuales atacan las células infectadas (Stamets, 1993).

La adicción a los narcóticos deprime las funciones del sistema inmunitario. Se ha demostrado que los polisacárido-péptidos de Ganoderma lucidum pueden restablecer el sistema inmunológico deprimido por el uso de morfina y que puede ser potencialmente benéfico en el tratamiento de cáncer. Los polisacáridos de Ganoderma lucidum son quimiopreventivos, inhiben la formación de 8-hidroxideoxiguanosina que representa un daño oxidativo en el DNA. La radioterapia, la quimioterapia y el uso repetitivo de morfina para remediar el dolor, aunque indispensables en el tratamiento del cáncer pueden suprimir las funciones del sistema inmunológico. El estrés y el envejecimiento también pueden causar el deterioro de esta función (Liu, 1999 a).

Una inyección previa de un antioxidante de Ganoderma, restauró casi al 100% todos los parámetros bioquímicos disturbados por el uso de quimioterapia con adriamicina o cisplatina que induce nefrotoxicidad por estrés oxidativo. La cardiotoxicidad inducida en ratas ha sido revertida con extractos de Ganoderma con dosis de 125, 250 y 500 mg/Kg/día, durante 2 semanas. También se ha demostrado la reversión de la función inmunológica por los polisacáridos de Ganoderma lucidum, cuando esta se ha empeorado con mitomicina, 5 FU, citarabín, el estrés y el envejecimiento (Liu, 1999 a).

Ganoderma lucidum puede curar cáncer, el síndrome de fatiga crónica, la degeneración del hígado, desórdenes de la sangre (Stamets,1993). Los extractos alcohólicos de Ganoderma lucidum inducen el reposo del crecimiento celular y la apoptosis de manera selectiva sobre las células tumorales, demostrado en casos de cáncer de pecho humano. Igualmente se ha reportado que puede inhibir el crecimiento celular previniendo la transición desde G1 hasta la fase S en células HeLa. Los extractos alcohólicos de Ganoderma lucidum son capaces de inducir apoptosis en forma directa en células de cáncer de pecho humano no a través del sistema inmunológico.

Los polisacáridos del extracto acuoso de Ganoderma lucidum presentan actividad antitumoral mediada por citoquinas liberadas de macrófagos y linfocitos T activados, especialmente Factor de Necrosis Tumoral α (FNT α) e Interferón g (IFN g) (Hongbo et al., 2002). Los polisacáridos de alto peso molecular aumentan los niveles de IL 1b,

IL 2, IL 6; tienen actividad antiviral preventiva, e hipoglicemiante.

Tratamiento del estreñimiento con Ganocafé



El tratamiento con Ganocafé para combatir el estreñimiento deberá seguirse complementando la ingesta del producto con abundante agua (no menos de 10 vasos al día)

Se recomienda en casos leves tomar medio sobre (10 grs. aproximadamente) tres veces al día, 30 minutos antes de las principales comidas. Es decir durante el día deberá tomarse un sobre y medio. Esto por espacio de una semana o hasta conseguir una evacuación pareja y con una frecuencia normal.

Para casos graves, en donde el estreñimiento a evitado la defecación por mas de 5 días, tomar un sobre de Ganocafé (21 grs.) 30 minutos antes de cada comida. Si se tiene costumbre tomar 3 comidas serán 3 sobres, por ejemplo. No olvidarse de consumir agua en la cantidad recomendable.

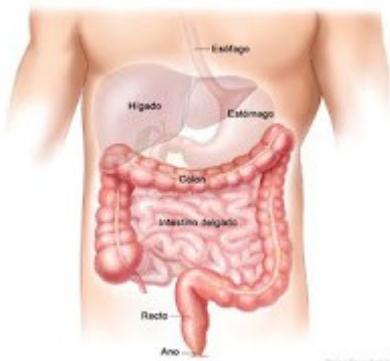
Después de conseguir el efecto deseado, continuar dosis de mantenimiento de un sobre al día en ayunas. Acompañar a esto los consejos arriba antes mencionados.

Por qué el Ganocafé es bueno para combatir el estreñimiento?

Como sabemos el Ganocafé posee en su composición el hongo *Ganoderma lucidum* o Reishi y café arábigo descafeinado. Este hongo es mezclado con café al cual se le ha cambiado su pH ácido a un pH de 7.3, el mismo pH de nuestra sangre, quitándole de esta manera su acidez natural, además de esto se ha aislado la cafeína de manera natural hasta un 98%. La proporción del hongo y el café es de 95% y 5% respectivamente. Esta sustancia activa no modifica el delicioso sabor del café.

El *ganoderma lucidum* tiene entre sus principios activos y composición mucha fibra. Es un alimento rico en fibra dietética. La fibra que contienen estos hongos es la quitina que forma parte de la estructura de los hongos. El consumo de fibra es fundamental para la prevención del cáncer de colon, la obesidad y la cardiopatía isquémica, reduce el colesterol malo, además de prevenir y solucionar el problema de estreñimiento de manera efectiva.

Desintoxicación con el hongo *Ganoderma lucidum*



En este caso usamos a un miembro del reino fungi, es decir un hongo, seta o champignon de color rojo brillante que posee muchas propiedades ya que almacena en su estructura nutrientes, elementos nutraceuticos y es un gran adaptógeno para el organismo.

Para que el Reishi -como también se le conoce- actúe plenamente y el organismo goce de todas sus bondades, requiere un ambiente libre de toxinas en nuestro cuerpo. Sus propiedades desintoxicantes en un principio "prepararán el camino" para pasados algunos días el *Ganoderma lucidum* y sus principios activos actúen al nivel más basal en el cuerpo, en los tejidos de

las diferentes áreas del cuerpo. Trabajando en cada célula desde el espacio intercelular y penetrando en su interior hasta los organelos citoplasmáticos del citoplasma celular, en donde se efectúa el intercambio y la absorción de los nutrientes.

A este periodo de preparación se le conoce como **CRISIS CURATIVA**. La manifestación de esta etapa, varía de persona a persona según el estado de salud en que se encuentre. Una persona que se encuentra padeciendo de una Diabetes mellitus tipo 2 requerirá de un tiempo más prolongado para desintoxicarse que alguien que solo tiene un resfriado común. Las enfermedades metabólicas y las crónicas requieren más tiempo de depuración que puede llegar hasta los 30 días como promedio. La mayoría de personas suele tener una crisis curativa que no

excede los 15 días.

Todos pasamos por este periodo cuando nos sometemos a tratamientos naturales. En el caso del Gano café no es la excepción. La depuración siempre se dá, pero existen muchas personas que no la manifiestan y este periodo pasa inadvertido por el paciente.

Los síntomas o pequeñas reacciones que se podrían presentar son: sueño, agitación, heces sueltas, halitosis o mal aliento, sudoración fuerte, dolor de cabeza, mareos y vértigos. En otras personas podrían presentarse también insomnio parcial, dolores articulares pasajeros, etc. No son tan frecuentes estos síntomas, pero es mejor advertirlos. De presentarse, disminuir la dosis a la mitad y continuar con el tratamiento con Gano café, jamás suspenderlo, ya que no se daría la depuración completa.

Lo que se recomienda es que en esta crisis curativa, ingerir más allá de los 8 vasos diarios de agua purificada. No estamos hablando de jugos, bebidas edulcoradas, sopas, infusiones y demás, sólo de agua y nada más que agua sin ningún agregado. Los que tienen costumbre ingerir agua de mesa embotellada o agua mineral, consumirla sin gas.

El Ganoderma lucidum en una primera etapa se encargará de remover todas las toxinas y desechos de nuestro aparato digestivo (almacén natural) en especial el hígado y el colon serán los primeros órganos en desintoxicarse y entrar a la segunda etapa de absorción de los nutrientes.

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[Reishi- http://www.reishi.com/cancer.htm](http://www.reishi.com/cancer.htm)

Posted on [24/06/2009](#)

Reishi: Positive Cancer Treatments

(Translated from Japanese periodical, Chinese Traditional Medicine Part III, Page 12 – 23, ISBN4-88580-053-6 C-0077)

A doctor once said, "Cancer is a serious disease, but it is not fatal. Patients have a good chance to recover." This statement sounds consolatory but basing on our recent research data, it can very well be true.

The prestigious Japanese doctor, Dr Fukumi Morishige, M.D.,Phd., currently involved in the research of reishi's role in cancer control, is a researcher at the Linus Pauling Institute of Science & Medicine – an American institute that had been awarded the most Nobel prizes. He also occupies an important role in Europe's medical fields as well, and is the only Japanese authority employed by the international cancer group. The following is his speech and case reports on reishi.

I have been a surgeon for 37 years and have performed numerous operations. I have a keen interest in surgery especially when I was young but gradually questions began to appear. I always feel that the ideal would be to induce the natural immunity power within oneself.

Being a surgeon, I had countless occasions to encounter cancer cases; however, the key to cancer controls is in its early detection, which is easier said than done. About one in a hundred would be considered a good percentage.

Nowadays, regular physical check-ups is the trend and this is good practice, but we have to realize that one cannot let our guards down just because cancer was not detected at the time of check-ups. People often suspect the physicians of misdiagnosing when cancer was detected at a later date. This notion is incorrect as there are many undiscovered cases even with monthly check-ups. For

example, in the case of penetrance type stomach cancer, it is one of the most difficult to detect and these account for about 25% of the cases, therefore, prevention is equally important.

It is better to employ preventive measures in the case of cancer but there are no set methods. One can always rely on dietary control, but here again it is not a prescribed regiment. The best method at the present is reishi. I do not know of its amazing effects until after I have used it and I am truly surprised.

During my practice, I have obtained outstanding results using reishi either as preventive measures or during the course of treatments.

Earlier on, I have come across patients and their relatives praising the merits of reishi. But being a medical person, I have thought that it might have a slight effect on certain chronic diseases but on cancer, surely, must be greatly exaggerated.

Reishi's tremendous effect warrants further studies. In June of 1986, a 39-year-old female came to me with lung cancer and complications of the chest wall membrane. She had been told that she could not be operated on by a number of hospitals. She left in a hopeless state. Upon returning home, her husband started to feed her reishi. After my examination, I was surprised by the findings: 6 months ago, she had edema in the chest cavity, secondary to cancer and now the symptom had completely disappeared. For a person who have already made her funeral arrangement and waiting for death to rediscover there is hope for life, is incredible. X-ray had presented an even better picture when I am going through her medical history. She insisted that this was the result of her husband giving her reishi. The edema had drained while the cancer tumor remained. On a rough calculation, this patient had used about 4 grams of reishi essence daily and this was quite a high dosage. We further undertook exploratory surgery and by using special freeze technique, it was possible to perform operations on chest membrane cancer. Looking at the x-ray, no cancerous cells were found. Only scar tissues were evident, which were different from cancer cells. I did a biopsy of the lung tissues and detected malignancy, but stable. The next case involved a child with congenital liver cancer. He had one operation when he was 5 years old and later, had his small intestines removed due to metasis. The treating doctor felt that the patient's condition was terminal and stopped treatment eventually. The boy's parents brought the patient home and fed him reishi through an N.G. tube (Nasogastric tube). The boy came to me when he was 9 and I was unable to detect any diseases.

Nothing was found in the CT scan examination as well. Congenital liver cancer is a form of juvenile carcinoma and I was much surprised that the patient recovered after just regular ingestion of several

grams of reishi essence. He continues to take 2 grams of the essence daily. Even the boy knows that without the reishi he might not have lived today. Juvenile carcinoma is usually fatal, but then this patient remains alive and healthy with no physical ailments are truly amazing. This fact now calls for new consideration on my part. When a person recovers by undergoing no other treatment but reishi ingestion, it is obvious that reishi deserves further research.

I was provided with large quantities of reishi essence from a very reputable chemical company in Japan. I administer the same to my patients in mega dosage combined with Vitamin C. Within one year, about 500 kilograms of reishi essence (approximately 6000 kilograms of premium reishi) were used on my patients. An interesting fact have surfaced during my treatment is that where large doses of reishi essence induce melena (i.e. several grams or more daily), combination with Vitamin C put a stop to this. Furthermore, numerous observations have confirmed the fact that cancer patients are generally more susceptible to contract other diseases due to their lowered body resistance. However, after being treated with reishi, complications due to such inflections are greatly diminished. I have assigned random cancer patients to administer reishi essence with a control group of patients with other illness, e.g. arthritic rheumatism, chronic bronchitis, hepatitis etc., that is, people with lowered body resistance to diseases.

Immunoglobulin test determines the level of immunity. We have found that after ingesting reishi, level of IgA, IgG, IgM have increased. This proves that reishi can elevate the body's resistance level.

At this time, I have 140 cancer patients. All have metastatic cancer except 6 with breast cancer and 60 are being hospitalized. We have zeroed in on these cancer patients. Up to today (spring of 1988), about 300 patients have undergone testing.

WHY IS REISHI EFFECTIVE AGAINST CANCER: POLYSACCHARIDES

Before I give case examples, I would like to unveil the secret of why reishi is so effective in the treatment of cancer. The conclusion is not fully understood at the present time and when it is, then, men would have found the ultimate cure for cancer. Employing all the latest medical technology, it is found that the polysaccharides in reishi are effective in suppressing cancerous cells. Japanese scientists are the first in making this discovery. Perhaps this had something to do with the fact that the country employs herbal medicine in treatment of diseases and conducts vigorous researches into polysaccharides. This fact is recognized in North America and is further awaiting findings from such Japanese researches.

WHY ARE POLYSACCHARIDES IN REISHI EFFECTIVE IN THE TREATMENT OF CANCER

Polysaccharides are made up of a high number of molecular components – up to millions of atoms and this makes it difficult to be absorbed into the human body system. In order to make it easily assimilated, its high count has to be lowered and using Vitamin C with reishi does just that. The polysaccharides are converted into oligoglucan that has a low molecular count and can be easily absorbed. It in turn stimulates the macrophage, which triggers the immune system in our body. Macrophage meaning big. This type of cell can devour any foreign organisms. They are not active when the body is functioning normally, but, in the presence of foreign organisms (e.g. bacteria), they become very active in attacking such bacterial foreign matters. The white blood cells in the blood stream comprise the initial defense against diseases but they are ineffective in chronic cases or malignant type of matters, at which time, the lymphocyte becomes the second line of defense. Failing that, the last defense will be the macrophage – it is like a sleeping lion being awakened to attack with truly exceptional result! They are capable of sweeping away any foreign organisms thus destroying the cancerous cells in the process. Under the microscope, the macrophage is observed to be one tenth the size of a cancer cell, yet, it possesses the power to destroy the latter. From this, we can understand their invaluableity to the human body. However, the macrophage cannot be easily activated. We have found that aggregated atoms are responsible for this activation of the macrophage, and reishi contains the substance to manufacture these aggregated atoms.

REISHI – A HIGH MOLECULAR POLYSACCHARIDES

Earlier a patient with high blood pressure had inquired into the effects of reishi. I had told him that there was certainly no harm in trying as I had conducted research at that time. One fact is: even a diluted dose of reishi essence lowers blood pressure. However this patient had maintained his blood pressure level after reishi ingestion. Following my suggestion to ingest Vitamin C together with reishi, his blood pressure dropped to an acceptable level. The reason for this is, as mentioned previously, reishi contains up to a million atoms and cannot be easily absorbed into the body; therefore, one should combine it with Vitamin C.

Seventeen years ago, I have conducted research into the Vitamin C's ability to break down polysaccharides. At that time, the method of viscosity gauge has been employed. Placing Vitamin C into a measure of polysaccharide substance, a decrease of the polysaccharides molecular count is indicated by a drop in the viscosity. Thus, confirming Vitamin C's ability of dissolving polysaccharides.

Animal experiments have shown that all forms of sugar can be absorbed but are just the opposite in human, why? This has some correlation with Vitamin C – human body is unable to manufacture Vitamin C, while animals can. This is the reason why we need to combine the intake of Vitamin C with reishi.

New medical findings indicate that there is no harm in taking high dosage of Vitamin C daily. Dr. Linus Pauling, who is now in his 80's, ingests 18 grams of Vitamin C daily, and I ingest 12 grams a day. I believe a healthy person needs a supplement of 1 gram to 2 grams a day, that is 1,000 – 2,000 mg. This can contribute greatly to one's well being.

Now let us look at some reishi usage case studies.

1. Brain tumor patient recovering consciousness in just 2 months.

We have made many discoveries. Using brain disease patients as examples, one 70 years old plus patient in the hospital had a 5 cm brain tumor. He had already lost consciousness despite surgery. He began the reishi treatment around June of 1986 and by September, he had recovered his senses, but the size of the tumor had remained the same. However by December, the tumor had decreased in size, even the neurologist was amazed. The patient now feels very well. Initially he was administered 6 grams of reishi essence through a stomach tube. After the recovery of his senses, oral intake was administered. The patient did not like the bitter taste of reishi essence, so the amount was reduced to 3 grams. Although the dosage had been reduced, his brain tumor eventually shrunk to about 1 cm. With the return of his memory, he left the hospital and stayed home with the family instead.

2. Recession of lung cancer within 6 months.

I once treated a fifty plus female patient who had breast cancer. After her breast surgery, she had

developed metastatic lung cancer. Later she deteriorated to hemoptysis. She began to use about 6 gm. of reishi daily for 6 months and the cancerous lung tumor disappeared. Before, she is often short of breath, but now she can walk up the stairs effortlessly. Therefore, she has complete confidence in the continuation of the reishi treatment.

3. Breast cancer cured in 2 months with mega dosage.

This patient had breast cancer and the cancer cells had metastasized to the bones. She had not been able to move from the head down. The pain was excruciating. Luckily, her digestive system was not affected and she was able to take 9 grams of reishi essence daily, which was later increased, to 20 grams. In just 2 months, she felt no pain. She had been discharged from the hospital after she made progress in her walking ability.

4. Cancer of rectum spreading to the liver with remarkable recovery in 6 months.

Some time ago, this patient came to the hospital for treatment of metastasis of rectal cancer to the liver. He was given 6 grams of reishi essence. In 6 months, CT scanning reported that the cancerous tumor had decreased to about 1 cm in size, but the CT specialists did not believe in the merits of reishi and insisted that there was a mistake in the scanning. I was angered by this and argued that not only had the patient's CEA swelling come down but his general health had also improved. Was it not enough proof? Ordinarily, it is difficult to treat rectal cancers. Some cases are even terminal. This patient had such a smooth recovery which could only be credited to reishi. Generally speaking, it is easier to treat rectal tumor under 3 cm in size.

5. Pancreas cancer patient can walk again.

A 60 year old male pancreas cancer patient had surgery and was in a better state for a while, but later deteriorated. He had edema and lost weight. Examination results revealed that he had extremely high count of CA19-9CEA. I informed him that with his present treatment he would die within a short period of time. I advised him to be hospitalized. Due to financial reasons, he was given another kind of medication but he reacted unfavorably to it. Therefore, we had to change his treatment to 9 grams of reishi essence orally and 30 grams of Vitamin C through intravenous injection daily. This began from August of 1986 which was over 1 year ago. The patient had since completely recovered and various examinations could not detect symptoms of any kind. He has gone back to work but continues to take 5 grams of reishi daily. He comes for a follow-up examination every 2 weeks and repeat CEA examinations show that his CA19-19 counts continues to drop.

There is many more such cancer cases in my hospital. Although cancer cases involving the brain, lungs and liver are more serious, I feel that it is easier to treat than the cases involving the digestive organs. It is harder for the patients of the latter to ingest reishi orally.

Besides cancer, reishi is also very effective in the treatment of hepatitis. With the use of 1 gram to 3 grams of reishi essence daily, hepatitis patients will have tremendous recovery results.

6. Hepatitis cured with reishi.

One patient who had hepatitis for a few years and his SGOT & SGPT count was 200 – 300. Normal range is under 30. I administered 3 grams of reishi daily and in about 2 -3 months his SGOT & SGPT dropped to around 50. Even this is still higher than normal, continuous use will bring it in range. During this time, I asked him to stop using reishi and immediately the count shot up to between 150 – 200. The count

dropped when treatment resumed. Thus proving the effect of reishi on hepatitis. A combination with the use of Vitamin C is essential. Under these conditions, 6 grams of Vitamin C is needed, i.e. 3 grams of reishi essence with 6 grams of Vitamin C. We must understand that hepatitis is a chronic disease and

relapse is ever present. It is necessary to continue the intake of reishi (using smaller dosage) even after one's recovery from hepatitis. Prevention is always the best measure.

Reishi is just as effective against other chronic diseases and optimum results are obtained when combined with the intake of Vitamin C. Especially true for long term prevention use.

In conclusion, reishi has been proven to exert significant effect on diminishing pain, fortifying the body's immune system and prolonging life. Even though its role in cancer control has not been determined 100 percent yet. Medications presently employed to combat cancer have their effect but unfortunately these also produce serious side effects. Reishi have a history of 3,000 years, during which time it is widely used by many people with no reported unfavorable side effects. I therefore recommend reishi for treatment and prevention as a safety measure. I hope that people from all walks of life will take a concerned interest and share in this project. Hopefully, in the very near future, reishi can bring a brighter outlook to the human race in the conquest of longevity.

NOTE: The reishi essence used by Dr. Morishige has been derived from premium reishi using the hot water extraction method. The polysaccharides content in the essence used is far higher than most other average reishi essence or products.

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[Reishi- http://reishi.setamed.com/cultivo.htm](http://reishi.setamed.com/cultivo.htm)

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El Reishi o Ling Zhi (*Ganoderma lucidum*) ha sido empleado por los chinos desde hace miles de años. Su uso era restringido para muy pocas personas, ya que, era sumamente difícil conseguirlo en la naturaleza. No es sino hasta hace pocos años que, después de muchos estudios y experimentación, se logra un método efectivo para su cultivo de forma industrial.

Nuestro cultivo tiene lugar en las cercanías de la población de La Mesa de Esnujaque en la Cordillera de Los Andes Venezolanos a una altitud de 2.100 metros sobre el nivel del mar, lo cual nos permite tener una temperatura y una humedad ideal para el cultivo de este hongo, además de un ambiente libre de contaminación.

Para el cultivo de estos hongos se utilizan las técnicas más avanzadas. Se seleccionan las mejores cepas para nuestras condiciones climáticas. Para el sustrato de cultivo solo se emplean productos 100% vegetales, y durante todo el proceso de cultivo no se emplea ningún tipo de agroquímico (ni abonos, ni pesticidas).

Los materiales del sustrato se esterilizan previamente a la siembra, dentro de unas bolsas especiales. Posteriormente la siembra se realiza en un laboratorio acondicionado especialmente para garantizar que no pueda haber ningún tipo de contaminación.

Una vez sembradas, las bolsas se sellan y se trasladan a los cuartos de incubación, donde permanecen bajo condiciones controladas de temperatura, humedad, ventilación e iluminación. El proceso dura hasta que el sustrato está completamente invadido por el hongo, lo que puede tomar alrededor de dos meses.





Cuando las bolsas se observan completamente invadidas, se llevan a los cuartos de cultivo en los cuales se mantienen otras condiciones ambientales (temperatura, humedad, etc.), en el caso del reishi, se le hace una pequeña perforación lateral a la bolsa por donde crecerá un hongo. El crecimiento del reishi es sumamente lento y puede tardar unos seis meses.

Cuando los hongos están completamente desarrollados, se procede a cortarlos e inmediatamente se deshidratan para por último pulverizarlos, esterilizarlos y envasarlos.



Todos estos procesos se realizan en ambientes cerrados totalmente controlados donde el aire de la ventilación es filtrado, lo mismo que el agua de riego. El acceso es restringido lo que permite ofrecer un producto orgánico de la más alta calidad.

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El Reishi actúa directamente sobre:

Sus efectos son:

- El sistema inmunológico
- El sistema circulatorio
- El sistema nervioso
- antibacterial – antiinflamatorio – antialérgico
- antioxidante – anti-tumor – antiviral
- moderador del azúcar en la sangre
- potenciador inmunológico
- tónico para el hígado
- tónico para los nervios

- reductor del estrés

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Estudio de las sustancias bioactivas presentes en el hongo Reishi (Ganoderma Lucidum) y sus efectos medicinales

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El hongo Reishi (*Ganoderma lucidum*) ha sido conocido en Japón, China y otros países como un alimento y materia prima para el desarrollo de drogas. Estudios recientes muestran que el Reishi posee un polisacárido (β - (1 - 3) - D - glucán) que puede ser una promesa como un nuevo tipo de agente carcinostático útil en inmunoterapia. A diferencia de los productos químicos usados en quimioterapia, tiene pocos efectos secundarios tóxicos, porque su efecto se basa en el realce inmunológico del paciente. El Reishi también contiene otras sustancias que reducen la presión arterial, el colesterol de la sangre, los niveles de azúcar en la sangre, inhibidores de agregación plaquetaria, etc.

Estudios in vitro de los efectos inmunomoduladores de los extractos de Reishi y estudios clínicos de Reishi micronizado en pacientes con VIH están siendo realizados en Tailandia. Se han aislado en el Reishi, triterpenoides de lanostano, compuestos que muestran actividad biológica interesante.

Cultivo de Reishi

El cultivo del hongo Reishi fue intentado inicialmente en 1937 por T.Henmi. La producción en masa se logró en 1971 por Y.Naoi utilizando recipientes con aserrín. Desde entonces el uso de camas de aserrín ha sido una práctica establecida. En 1995 la producción de Reishi en Japón fue estimada en 500 toneladas. El cultivo de Reishi también ha prosperado en China, Taiwán, Corea, Tailandia y Vietnam. Además, se están haciendo las tentativas para obtener los materiales celulares útiles o de producir sustancias eficaces a partir de cultivados de micelio.

Componentes farmacológicos activos en el Reishi

1. Componentes químicos generales.

Los componentes principales y los aminoácidos libres en el Reishi han sido determinados. Dependiendo de los lugares de producción, condiciones del cultivo, etc., se encuentran diferencias cualitativas y cuantitativas en su composición.

2. Terpenoides amargos.

El hongo Reishi es extremadamente amargo, una característica no encontrada en ningún otro hongo. El sabor amargo varía de grado dependiendo del lugar de producción, de las condiciones del cultivo, de la variedad empleada, etc. Este "amargo" no se encuentra en los cultivos de micelio puro ni en el Reishi negro (*kokushi*). Aunque la relación del amargo y los efectos farmacológicos no se entiende completamente, sirve como marcador para la

clasificación y evaluación farmacológica del Ganoderma.

Los componentes amargos y los compuestos relacionados, han sido aislados de los extractos de Reishi con varios procedimientos cromatográficos. Estos compuestos han sido estudiados por sus efectos antialérgicos inhibiendo la liberación de histamina.

3. Esteroides.

El ergosterol (pro vitamina D2) ha sido reportado en concentraciones de 0.3 – 0.4 % en el Reishi. Sin embargo, el análisis adicional ha confirmado que el componente principal de los esteroides es 24-methycholesta-7, 22-dien-3-beta-ol. Recientemente, ha sido aislado también ganodesterona.

4. Nucleósidos y nucleótidos.

Como en otras setas, el Reishi contiene adenosina, 5-GMP, 5-XMP, RNA, etc. Se ha encontrado recientemente que los nucleósidos que contienen la adenosina y la guanosina, presentes en el extracto agua/alcohol de Reishi, poseen una actividad inhibitoria de agregación plaquetaria.

5. Glucáns y proteoglucáns hipoglicémicos.

Una alta actividad hipoglicémica, tanto en ratones normales como en ratones hiperglicémicos (inducidos con alloxan), ha sido inducida por dos complejos proteínicos polisacáridos, Ganoderán B y C, administrados i.p. a ratones machos. Estos complejos fueron obtenidos agregando etanol a un extracto de agua caliente de Reishi y separando las sustancias precipitadas en columna cromatográfica. Hemos aislado, de las fracciones de Reishi de polisacáridos solubles en agua, un heteropolisacárido: amonio-oxalato- soluble 3% y 5% NaOH-peptidoglucán soluble. Estos fueron separados mas a fondo en varias fracciones por varios métodos cromatográficos. En ciertas fracciones de estos polisacáridos se encontró fuerte acción anti tumor y actividad hipoglicémica.

No se encontró ninguna correlación entre la actividad anti tumor de estos peptidoglucáns activos y su actividad anti hiperglicémica, o entre la rata de composición de polisacáridos y proteínas en el complejo. La investigación adicional es necesaria para determinar la fuente de estas dos actividades.

6. Compuestos antitrombosis (inhibidores de la agregación plaquetaria).

Algunos compuestos activos inhibidores de la agregación plaquetaria han sido aislados de los hongos. Nosotros también hemos aislado e identificado adenosina, guanosina y sus derivados a partir de extractos de Reishi en etanol. Una nueva sustancia que mostraba una actividad mayor que la de los nucleótidos también fue obtenida. Su estructura se ha identificado como epímeros de 5-deoxi-5-methylsulfinil adenosina.

7. Lectinas.

Estamos realizando investigación sobre lectinas en nuestro laboratorio. Nosotros hemos aislado lectinas tanto del cuerpo fructificante como del micelio de este hongo. Esta lectina del micelio es la primera aislada en hongos superiores.

Sustancias anti tumor en el Reishi

El Reishi contiene varios componentes de bajo peso molecular. Monosacáridos libres, alcoholes de azúcar, oligosacáridos, aminoácidos, ácidos orgánicos, esteroides, lípidos, terpenoides, cumarin, sustancias del tanino, etc., están entre los componentes de bajo peso molecular extraídos con varios solventes.

1. Terpenoides citotóxicos,

Se ha reportado que algunos triterpenoides (ácido ganodérico -R, -T, -U, -V, -X, -Y, Y -Z) aislados de cultivos de micelio de Reishi mostraron efectos citotóxicos en células de hepatoma in vitro.

2. Polisacáridos anti-tumor.

Entre los compuestos polímeros del Reishi, muchos polisacáridos y sus complejos proteínicos fueron extraídos utilizando agua caliente, solución de oxalato de amonio, solución alcalina, dimetil sulfoxido (DMSO), etc., y separados por varios métodos cromatográficos.

Estos polisacáridos fueron usados para determinar su actividad en ratones con sarcoma 180. Se encontró una fuerte actividad antitumor en varios hetero-beta-D-Glucans que tenían una cadena beta(1-3)-D-glucán, xylo-beta-D-glucán, manno-beta-D-glucán y xylo-manno-beta-D-glucán, así como sus complejos proteínicos. Estos polisacáridos serán examinados para su posible uso como nuevos agentes anti tumor.

Adicionalmente, polisacáridos con actividad inmunomoduladora, anti tumor o funciones antiinflamatorias están contenidos no-solo en beta-D-glucáns hidrosolubles sino también en hemicelulosa (la llamada fibra dietética), que es insoluble en agua. Los polisacáridos presentes en la hemicelulosa se pueden extraer con álcalis o DMSO con gran rendimiento.

Además de estos polisacáridos activos, muchos otros polisacáridos han sido aislados o reportados, tales como alfa(1-6)alfa(1-4)-D-glucán (glicógeno como polisacárido), fucogalactán, mannofucogalactán, fucoxylomannan y xylomannoarabinogalactán. Ninguno de estos mostró actividad anti tumor.

3. Fibras dietéticas.

Una fibra dietética es un componente de alto peso molecular que no puede ser digerido ni absorbido pero si excretado por los seres humanos.

Debido a que el beta-D-glucán y la chitina son sustancias con actividad anti tumor y están presentes en gran cantidad en la fibra dietética del Reishi, se pueden esperar ciertos efectos farmacológicos; y además por acción física, éllas absorben materiales peligrosos (de efectos promotores del cáncer) previniendo su absorción en el intestino y facilitando su excreción, así parecen trabajar efectivamente en la prevención de cáncer de colon y recto.

4. Componentes de germanio.

Drogas crudas obtenidas del ginseng poseen altos contenidos de germanio. La capacidad de concentrar germanio fue confirmada en el hongo *Ganoderma lucidum*. La correlación entre la actividad anti tumor (actividad inductora de interferón) y el contenido de germanio, es también de interés, porque el germanio parece neutralizar el dolor durante los estados finales del cáncer.

Polisacáridos extracelulares del Ganoderma lucidum

Se produjeron polisacáridos extracelularmente cuando micelio de Ganoderma lucidum fue cultivado en un medio líquido conteniendo monosacáridos o disacáridos como fuentes de carbón.

Los polisacáridos así obtenidos fueron secados y separados en fracciones solubles (53 %) e insolubles (47 %). La fracción de polisacáridos insolubles en agua contenían un (1-3)-D-glucán con ramas beta-(1-6). Cuando este glucán fue administrado a ratones (10 mg/kg x 10, i.p.), mostró alta actividad antitumor, con una rata de supresión de proliferación del tumor de 92% y una regresión completa de 4/6. La fracción soluble en agua contuvo un heteroglucán compuesto de glucosa, manosa y galactosa y no mostró actividad anti tumor.

Estudio clínico y efectos inmunomoduladores del Ganoderma lucidum en pacientes con SIDA y VIH

1. Efectos inmunomoduladores In Vitro de extractos de Reishi.

Nuestros estudios preliminares in vitro indicaron que ciertos extractos de Reishi pueden funcionar como inmunorestauradores en individuos con supresión inmunológica suave a moderada. El efecto puede ser debido a cambios en los fenotipos de las células T, o por realce de la función de la célula T. Por lo tanto, la selección apropiada de los pacientes en los ensayos es esencial para garantizar el resultado del estudio.

2. Estudio clínico de pacientes con VIH en Tailandia tratados con Reishi micronizado.

Un polvo fino de Ganoderma lucidum Japonés fue administrado a 10 pacientes con infección de VIH avanzada. Solo un paciente había tomado antiretrovirales por dos o más meses antes de enrolarse en el estudio y la cuenta de CD4 todavía permanecía por debajo de 200 células/milímetro cúbico. Los mismos regímenes antiretrovirales fueron mantenidos a través del período de 12 semanas de estudio; los pacientes fueron observados cada 4 semanas para revisar los cambios en la carga viral de VIH y CD4. Los resultados indicaron que el Reishi micronizado era bien tolerado. Sin embargo, el producto no mostró beneficios apreciables ni en los síntomas clínicos, la cuenta de CD4 o las cargas virales de VIH.

Por lo tanto, es deseable purificar los ingredientes activos de los hongos, tales como los terpenoides y los polisacáridos incluyendo beta-D-glucán y su complejo proteínico antes de estudios clínicos adicionales.

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[Reishi- http://reishi.setamed.com/articulos/medrey.htm](http://reishi.setamed.com/articulos/medrey.htm)

Posted on [24/06/2009](#)

Por más de 2.000 años los hongos Reishi (Ganoderma lucidum) han sido reconocidos por los médicos chinos como un "remedio valioso". Su nombre en chino Lingzhi, significa "potencia espiritual". Los hongos Reishi son apreciados por los chinos como la "Medicina de Reyes". El doctor Shi-Jean Lee, el mas famoso doctor en medicina durante la Dinastía Ming, endosaba fuertemente, la efectividad del Reishi en su famoso libro "Ban Chao Gang Moo" ("La Gran Farmacopea"). El escribió que "tomar continuamente Reishi (Lingzhi) construirá un cuerpo fuerte y saludable y asegurará larga vida" (2).

Un hongo para los nervios

El Reishi ha sido recomendado tradicionalmente por los especialistas en hierbas, chinos y japoneses, para el insomnio debido a su "factor de promoción de sueño" (1). Su uso continuado promueve las ondas bajas de sueño. El Reishi es prescrito en China para un gran número de afecciones siquiátricas y neurológicas, incluyendo los músculos, anorexia, y la debilidad que sigue a enfermedades largas (3).

En Japón se ha comprobado que el Reishi es altamente efectivo en el tratamiento de neurosis causada por "estrés ambiental" (1). Adicionalmente, en un estudio realizado durante ocho meses de la enfermedad de Alzheimer, los pacientes que tomaron Reishi mostraron una mejora significativa.

En China, el Reishi es utilizado como analgésico y relajante muscular. En un estudio, el Reishi alivió la ansiedad en 18 de 20 pacientes después de usarlo durante cuatro meses. Se concluyó que el hongo tiene esencialmente "funciones calmantes", pero no es narcótico ni hipnótico.

Reishi como un cardiotónico

Por siglos, el Reishi ha sido conocido como una hierba cardiotónica. Fue rutinariamente prescrita para aquellos con síntomas de "pecho apretado y anudado", refiriéndose a enfermedad de arteria coronaria relacionada con angina de pecho. Investigadores en China encontraron que el Reishi mejora el flujo sanguíneo y baja el consumo de oxígeno del músculo cardíaco (3). Resultados similares fueron también encontrados por científicos japoneses (1,4). Ellos encontraron que el Reishi contiene ácido ganodérico, el cual baja la presión sanguínea, baja el colesterol e inhibe la agregación plaquetaria, la cual puede conducir a ataque cardíaco y otros problemas circulatorios.

En un ensayo clínico de seis meses desarrollado en un hospital universitario de Tokio, cerca de la mitad (47,5%) de 53 pacientes de hipertensión bajaron su presión sanguínea por 10-19 mmHg, y 10% de los pacientes bajaron su presión en 20-29 mmHg (lecturas sistólica y diastólica) después de tomar extracto de Reishi. Resultados similares fueron observados en un ensayo clínico realizado en China sin ningún efecto colateral (1). Otro estudio prolongado de Reishi en China encontró que los niveles de lipoproteína de baja densidad (el colesterol dañino) bajaron en 68% de 90 pacientes que usaron Reishi por cuatro meses.

Recientemente científicos rusos han tomado interés en el Reishi. Ellos encontraron que adicionalmente a los beneficios cardiovasculares mencionados antes, el Reishi mostró una acción preventiva y terapéutica significativa contra la construcción de "placa" (la "placa" es una especie de goma grasienta formada por la combinación de colesterol oxidado, calcio y glóbulos blancos degenerados; es depositada en las paredes de las arterias y restringe el flujo sanguíneo por estrechamiento del paso en las arterias resultando en arteriosclerosis).

Reishi en la investigación contra el cáncer

En Japón se han conducido extensos estudios del Reishi en la investigación contra el cáncer y se ha comprobado científicamente que posee efectos anti-tumorales. Esta investigación ha continuado en Corea, Japón y China.

Un ejemplo del potencial del Reishi contra el cáncer ocurrió en el verano de 1986. Una mujer japonesa de 39 años de edad fue a consultar al Dr. Fukumi Morishige, M.D., Ph.D., un renombrado cirujano japonés y miembro del Instituto de Ciencia y Medicina Linus Pauling, para pedir ayuda en el tratamiento de su cáncer de pulmón. Era un caso complicado y habían rehusado operarla en varios hospitales. Sin esperanza, ella retornó a su hogar donde encontró que su esposo había recogido Reishi en el bosque; él hirvió los hongos y se los dio a beber como un té.

Mientras esto ocurría, ella rogó al Dr. Morishige que hiciera algo para curar la enfermedad a pesar de su estado tan avanzado. Desde que el cáncer fue evidente, seis meses antes, Morishige se

sorprendió cuando encontró que no se había incrementado. Entonces analizó las radiografías de ella; algo no estaba claro: sólo se veían trazas del tumor. Cuando ella le dijo que había estado bebiendo té de Reishi, Morishige operó con gran curiosidad. El estaba "asombrado" de encontrar sólo tejido cicatrizado, y aunque había células cancerosas, ahora era benigno.

Eso fue lo que dio ímpetu al Dr. Morishige a comenzar su estudio del Reishi como tratamiento para el cáncer, en especial en casos dados sin esperanza. El Dr. Morishige ahora cree que el Reishi también es efectivo en la prevención del cáncer. Los constituyentes activos anti-cáncer presentes en el Reishi son llamados Beta-D-glucán. El Beta-D-glucán es un polisacárido, básicamente una enorme molécula de azúcar construida por muchas moléculas de azúcar de menor tamaño encadenadas entre sí a aminoácidos. Estos intrincados azúcares estimulan o modulan al sistema inmunológico por la activación de células inmunológicas tales como los macrófagos y las células T, así como también incrementan los niveles de inmunoglobulina para producir una alta respuesta contra bacterias, virus y células tumorales.

Un descubrimiento importante hecho por el Dr. Morishige, es que la efectividad del Reishi puede ser incrementada combinándola con altas dosis de vitamina C. Los polisacáridos son moléculas enormes que son absorbidas por el cuerpo con dificultad; la vitamina C ayuda a romper estas moléculas grandes en otras mucho más pequeñas llamadas "oligoglucan", las cuales son fácilmente absorbidas. Así, la vitamina C incrementa la biodisponibilidad del Reishi aumentando los efectos inmuno-estimulantes y anti-cáncer.

Acciones anti-alérgicas/anti-inflamatorias

Durante las décadas de los setenta y ochenta se realizaron investigaciones en China y Japón de las propiedades antialérgicas del Reishi. Los estudios mostraron que los extractos de Reishi inhibían de manera significativa cuatro tipos de reacciones alérgicas, incluyendo efectos positivos contra el asma y la dermatitis por contacto. En 1990, investigadores del Centro de Ciencias de la Salud de la Universidad de Texas en San Antonio, encontraron que el Reishi puede ser utilizado efectivamente en el tratamiento de la tortícolis, hombros rígidos, conjuntivitis, bronquitis, reumatismo, y mejorar la "competencia" del sistema inmunológico sin ningún efecto colateral.

Parte del efecto antiinflamatorio del Reishi puede ser debido a su efecto antioxidante de los radicales libres. El extracto de Reishi eleva significativamente la habilidad de la sangre como antioxidante de los radicales libres, especialmente contra los particularmente dañinos radicales "hidroxil". El efecto antioxidante del Reishi sobre el "hidroxil" es tan fuerte, que aún después de que el extracto de Reishi es absorbido y metabolizado, su acción continúa.

Sanando al hígado

El Reishi es comúnmente utilizado en China para el tratamiento de la hepatitis crónica. En tratamientos de 2 a 15 semanas de duración, la rata de eficiencia fue de 70,7 a 98,0% (4). En Japón se ha reportado que el extracto de Reishi es efectivo en tratamiento de pacientes con problemas en el hígado (1). En estudios realizados sobre ratones con hepatitis inducida con tetracloruro de carbono, los extensos daños producidos al hígado fueron significativamente inhibidos por dosis continuadas de tintura de Reishi, promoviéndose la regeneración del hígado (7).

Aplicaciones recientes

Como la "Medicina de Reyes", el Reishi es ampliamente utilizado para diferentes propósitos. Es utilizado en el alivio sintomático de la artritis y la ansiedad menopáusica. Es también utilizado en el tratamiento del asma alérgica, hipertensión, hipotiroidismo, bronquitis, insomnio, ansiedad generalizada y estrés, y problemas cardiovasculares. El Reishi también es, a menudo, el principal

ingrediente en fórmulas de hiervas para síndromes de disfunción inmunológica, tal como el síndrome de fatiga crónica.

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[Reishi- http://reishi.setamed.com/quees.htm](http://reishi.setamed.com/quees.htm)

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El Reishi o Ling Zhi (cuyo nombre científico es Ganoderma lucidum) es un hongo basidiomiceto perteneciente a la familia de los poliporos. En la naturaleza su hábitat son las montañas boscosas húmedas y con poca iluminación de Asia. Es un hongo raro de conseguir ya que sus esporas tienen una cáscara sumamente dura y les cuesta mucho germinar.

Su historia como "hierba" medicinal está documentada en la antigua farmacopea China escrita alrededor del siglo uno antes de Cristo. En ella el Reishi está registrado como el número uno de los medicamentos con los mas fuertes poderes curativos tanto por la variedad así como por la efectividad en el tratamiento de enfermedades.

Alrededor del año 1972 se comenzó a cultivar el Reishi de una forma exitosa. Hoy en día se cultiva en Venezuela en la población de La Mesa de Esnujaque en el Estado Trujillo utilizando las técnicas más avanzadas.

En la actualidad se está realizando investigación sofisticada en las propiedades del Reishi con la esperanza de ayudar en la práctica y ciencia de la medicina.

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[Reishi- http://alimentacion.interbusca.com/alimentos/hongos/Reishi.html](http://alimentacion.interbusca.com/alimentos/hongos/Reishi.html)

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El Reishi es un hongo que no suele comerse habitualmente ya que es bastante amargo.

Desde hace más de 20 años que vienen estudiándose científicamente sus propiedades, sobre todo en Japón y China.

Propiedades del Reishi

Sus propiedades más destacables son:

- Suele ser un ingrediente muy importante en las formulas herbales tradicionales chinas para casos de **fatiga crónica** y siempre que necesitemos aumentar el sistema inmunológico.
- Su acción antioxidante hace del Reishi un buen aliado en la lucha contra los radicales libres.
- El Reishi ha sido recomendado tradicionalmente para los problemas de la "mente" como el insomnio, la ansiedad y el estrés.
- Puede ser un buen complemento ante **enfermedades cardiovasculares** ya que se le atribuyen reductores del colesterol, de la hipertensión, antiagregantes plaquetarios, efectos anticoagulantes. Investigadores en China encontraron que el Reishi mejora el flujo sanguíneo y baja el consumo de oxígeno del músculo cardíaco.
- En 1990, investigadores del Centro de Ciencias de la Salud de la Universidad de Texas en San Antonio, encontraron que el Reishi también puede ser eficaz en inflamaciones

- osteoarticulares, tortícolis y contracturas musculares.
- El Reishi se suele usar en China para el tratamiento de problemas del hígado como las hepatitis y la cirrosis.
 - Colabora en la lucha contra las enfermedades alérgicas incluyendo el **asma** y las **dermatitis**.
 - En Japón se han conducido extensos estudios del Reishi en la investigación contra el cáncer y se ha comprobado científicamente que posee efectos anti-tumorales. Puede ser, pues, un buen aliado en la prevención y tratamiento de procesos oncológicos. El Dr. Morishige afirma que eso es gracias a unos polisacáridos llamados Beta-D-glucán que fortalecen nuestro sistema inmunológico. Su gran experiencia con el Reishi también le han llevado a confirmar que altas dosis de **vitamina C** incrementan la efectividad de este hongo (la dosis dependerá de cada caso y será nuestro médico quien la recomiende).

Presentación del Reishi

La forma más habitual de comercializarlo, en Occidente, es en forma de cápsulas o tabletas y se suele encontrar en herbolarios y farmacias.

La dosis depende de la presentación y concentración del producto. El médico o especialista nos aconsejará la dosis y el modo de empleo según nuestro caso personal.

Información nutricional

Contiene gran cantidad de **ácidos grasos insaturados**.

Abundantes polisacáridos y minerales como el Germanio y el Calcio.

A tener en cuenta

Tradicionalmente se ha recomendado en el tratamiento de la diabetes. En estos casos es imprescindible un seguimiento médico si decidimos tomarlo ya que al principio pueden descompensarse los niveles de glucosa. Normalmente en pocas semanas los niveles se corrigen.

¿Sabías que...?

Aunque ahora se estén realizando muchos estudios ya hace más de 2.000 años que la Medicina Tradicional China viene observando sus propiedades. El doctor Shi-Jean Lee, un famoso doctor que vivió durante la Dinastía Ming y hablaba de la efectividad del Reishi en su libro "Ban Chao Gang Moo" ("La Gran Farmacopea"). Según su experiencia tomar el Reishi ayudaba a conseguir una *larga y saludable vida*.

► Datos del Autor:

Nombre: Josep Vicent Arnau

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[Reishi- www.sappiens.com](http://www.sappiens.com)

Posted on [24/06/2009](#)

El Reishi ha sido usado en Japón y China desde hace más de 2.000 años por los grandes emperadores. Aparece en el libro más antiguo y famoso de medicina natural oriental el "Shen Nung Ben Cao Ping".

En este libro las hierbas medicinales son divididas en 3 grupos, superior, medio e inferior y el Reishi aparece como la hierba medicinal número 1 de la categoría Superior. Siendo así el más

importante de todos los remedios naturales por delante del Ginseng y el Jujube (dátil chino.)

Esto nos debería hacer reflexionar sobre el poder curativo del Reishi y de sus extraordinarias cualidades, que para nosotros en occidente son todavía un misterio, pero que desde tiempos antiquísimos ya conocían y usaban para su beneficio de equilibrio físico, salud y longevidad.

El Reishi puro es muy difícil de conseguir. Crece de forma natural en Japón y China, solo en los troncos de algunos árboles como la haya, el roble y el ciruelo. Su espora es dura y difícil de brotar. Solo un Reishi bien cuidado en todo su proceso, humedad, sol, sin productos químicos etc? mantiene sus virtudes curativas, porque tiene en sí mismo el equilibrio que la sabiduría de la propia naturaleza, sabe dar.

El Reishi tiene la capacidad de normalizar el equilibrio del cuerpo, algo que hemos perdido en esta civilización actual llena de problemas.

Desde la antigüedad siempre se ha dicho que el cuerpo tiene la capacidad de auto-curarse de usar sus defensas ante cualquier ?ataque? que quiera desequilibrar nuestro cuerpo físico y nuestra psiquis en forma de enfermedad.

Con un equilibrio de energías y cuidándose, como bien todos ya sabemos, sin excesos, haciendo ejercicio, pensando positivo etc? el cuerpo, sin ninguna duda tendría esa capacidad perdida.

Esto es lo que hace el Reishi, provoca que el cuerpo se normalice, eleva la capacidad inmunológica (de Auto-defensa) y ayuda en la circulación y purificación de la sangre, sin efectos perjudiciales (adaptógeno).

Volvamos a las raíces de la medicina, confiemos en la naturaleza, donde se encuentra todo lo que necesitamos para la curación de nuestro cuerpo.

Lo sabían los antiguos, ¿Por qué nosotros lo hemos olvidado?

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[Reishi- http://organizedwisdom.com/Reishi](http://organizedwisdom.com/Reishi)

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Reishi, also known as *Ganoderma lucidum*, is a mushroom used in [traditional Chinese herbal remedies](#).¹ This mushroom is used in boosting a patient's [immune system](#).² It has been used as a treatment to help with [arthritis](#), [hypertension](#), and liver disorders. Modern studies have revealed that the reishi mushroom can work in anti-[allergy](#) and [anti-inflammatory](#) treatments, and that it even has antibacterial properties.³

Fast Facts:

- The reishi mushroom has a great concentration of polysaccharides.¹
- This mushroom is rich in

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[Reishi- www.reishi.com.es](http://www.reishi.com.es)

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FUNCION DEPURATIVA DEL REISHI

-Función depurativa de la sangre y función reguladora del sistema inmunológico.

-Normalizar y equilibrar las diferentes funciones del organismo sin causar efectos perjudiciales

(adaptógeno).

-Su principal vehículo de actuación es la sangre, a través de ella limpia y elimina los excesos de impurezas facilitando el adecuado funcionamiento del sistema circulatorio y favoreciendo la respuesta inmunológica.

-Activa las autodefensas propias y originales del cuerpo.

REISHI Y EL COLESTEROL

-Favorece la eliminación de lípidos, interfiere en la absorción de grasas provenientes de la dieta y frena la producción de grasa en el hígado.

-Su riqueza en fibra refuerza la reducción del nivel del colesterol total

-Normaliza las tasas de colesterol y otros tipos de grasas

-Tiene efecto antitrombótico

-Previene las enfermedades cardiovasculares

REISHI Y LA DIABETES

-Actúa de forma similar a la insulina, inhibe la síntesis de glucosa y facilita su entrada en las células.

-Reduce los niveles de glucosa en la sangre.

-Mejora los síntomas de los diabéticos.

-Mejora la respuesta auto inmune en caso de la Diabetes Mellitos- tipo 1

-Previene la diabetes y evita alguna de sus complicaciones.

REISHI Y LA PROSTATA

Se ha demostrado según la investigación realizada por el profesor Fujita R. y sus colaboradores de la Facultad de Agricultura, de la Universidad Kyushu, en Japón, que los extractos de Reishi producen la mayor actividad inhibitoria de la 5-alfa-reductasa, por lo que con su tratamiento inhibe significativamente el crecimiento de la próstata inducido por hormonas, por lo que se concluye que el Ganoderma lucidum (Reishi) puede ser útil para el tratamiento de la Hiperplasia prostática benigna.- Normaliza la tensión arterial (adaptógeno) -Se considera que son los Tripéatenos identificados en el Reishi, los componentes que reducen los niveles elevados de tensión arterial.

REISHI Y LA TENSION ARTERIAL

En hipertensión...

-Elimina impurezas en la sangre

-Disminuye la viscosidad

-Elimina líquidos

-Reduce y equilibra la tensión arterial elevada

En hipotensión...

-Refuerza los vasos sanguíneos

-Aumenta el flujo de la sangre

-Activa el funcionamiento del corazón

-Aumenta y normaliza la tensión arterial

REISHI Y LAS AFECCIONES HEPATICAS

-Restaura y normaliza el funcionamiento de las células hepáticas dañadas. (Regenerador hepático)

-Rebaja la inflamación del hígado, gracias a la acción regeneradora de los polisacáridos, mejorando la hepatitis.

-Acelera la descomposición del alcohol.

- Evita oxidaciones producidas por sustancias tóxicas.
- Previene los estados cirróticos.

REISHI COMO FUNCION REGULADORA DEL SISTEMA INMUNOLOGICO

Trastornos inmunes...

Actuación por exceso crea alergias, inflamaciones, hepatitis etc...

-Aísla, frena y reduce la excesiva producción y secreción de histamina, mejorando así el asma bronquial y la bronquitis crónica de tipo alérgico.

Según el Dr. Andrew Weil, de la Universidad de Harvard, los compuestos de lanostina identificados en el Reishi tienen un efecto tónico en las personas que padecen asma y otro tipo de alergias.

-Mejora el funcionamiento de las glándulas suprarrenales, normalizando la secreción de sus hormonas.

-Previene la predisposición alérgica.

-En relación a las enfermedades auto inmunes, regula la excesiva respuesta del sistema inmunológico.

-Reduce algunos síntomas de las enfermedades auto inmunes (por ejemplo: artritis reumatoide), como el dolor, gracias a la endorfina (componente del Reishi) y la inflamación, gracias al ácido ganoderico D y la lanostina. (componentes del Reishi)

Actuación por defecto

Se ha logrado comprobar que los polisacáridos del Reishi tienen la capacidad de reforzar el sistema inmune debilitado y especialmente la sustancia denominada muco polisacárido, que se incorpora a la membrana celular incrementando la resistencia de las células frente al virus.

El Reishi activa y fortalece los macrófagos y linfocitos y las células asesinas (NK) y aumenta el nivel de interferón, incrementando la resistencia frente a infecciones virales y tumores.

REISHI Y EL CANCER

Cáncer= Tumor Maligno=Neoplasia maligna

Tumor benigno=Neoplasia benigna

Las neoplasias son formaciones tumorales recientes de carácter benigno o maligno.

Los tumores son hinchazones que responden al crecimiento y desarrollo relativamente autónomo y anormal de las células.

-Activa y fortalece el sistema inmunológico debilitado

Refuerza el mecanismo de información celular, favoreciendo la identificación de los cambios internos.

-Estimula y activa los macrófagos las células asesinas (NK) y los linfocitos T.

-Aumenta el nivel de interferón

-Atendiendo al tipo y localización del cáncer, puede llegar a frenar la producción del tumor y retardar su avance, deteniendo en ocasiones, la posible metástasis cancerosa.

-Ayuda a paliar los efectos secundarios producidos por tratamientos terapéuticos contra el cáncer.

-Alivia los síntomas típicos en fases terminales

-Aporta Calidad de vida.

A principios de la década de los 90 el gobierno japonés declara oficialmente al Ganoderma Lucidum como planta adyuvante en tratamientos contra el cáncer.

(Dr. Yoshimoto de la Universidad Imperial de Tokio)

Resultados anticancerígenos se publicaron el 17 de enero de 1994 en la revista médica

Yakijitsu.

REISHI Y SU EFECTO

PALIATIVO

Fortalece el sistema inmune debilitado por la aplicación de los inmunosupresores

-Alivia los efectos adversos producidos por la quimioterapia y la radioterapia.

-Ayuda a reducir los efectos secundarios provocados por tratamientos farmacológicos convencionales.

-Es compatible y complementario con cualquier tratamiento.

REISHI Y LA TERCERA

EDAD

-Fortalece el sistema inmune, reduciendo las enfermedades propias de la edad,

Normaliza y equilibra las funciones del organismo

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Reishi- www.herbogeminis.com

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Reishi



FAMILIA: Setas, que junto con los mohos y las levaduras constituyen los hongos, organismos nucleados primitivos que carecen de clorofila y no pueden fabricar su propio alimento, lo que les obliga a ser parásitos (viven a expensas de un vegetal o un animal) o saprófitos (dependen de restos orgánicos no vivos para poder sobrevivir), que prosperan en ambientes de todo tipo pero prefieren los climas cálidos y húmedos. Diferenciadas más de 50.000 especies de hongos, clasificados según su manera de multiplicación o reproducción en tres subclases: ficomicetes (con micelio unicelular y reproducción sexual, principalmente mohos), ascomicetes (unas 20.000 especies multicelulares y de reproducción

mediante esporas internas, entre ellas levadura de cerveza, trufa, cornezuelo de centeno) y basidiomicetes (unas 15.000 especies cuyo aparato reproductor es la espora externa denominada seta, que comprende 7 familias y unos 180 géneros, entre ellas amanita muscaria, amanita faloide, oreja de judas, tizón del maíz, reishi, shiitake, etc.).

DESCRIPCIÓN: Seta frágil y delicada, con tallo sinuoso y color rojo brillante (la variedad más apreciada) o pálido blanco-amarillento, de altura superior a los 10 cm y grosor de hasta 5 cm de diámetro, con sombrerillo en forma de riñón y textura similar a la madera cuyo color varía desde el blanuzco hasta el oscuro casi negro, con variaciones cromáticas de tonalidades intermedias amarillas, azulinas y liláceas posibles en un mismo ejemplar y normalmente dispuestas en semicírculos concéntricos. Crece libremente en bosques de casi todas las latitudes cálidas del planeta, tanto asiáticas como americanas y amazónicas, más en los climas subtropicales que en los templados. Su crecimiento natural se desarrolla anualmente en el tronco de los árboles dañados o muertos, sobre todo roble, arce, olmo, sauce, magnolia, algarrobo y ciruelo. Cultivado es una industria floreciente en varios países (China, Japón, Taiwán, Corea, Tailandia, Vietnam), para comercializarlo deshidratado.

PARTES UTILIZADAS: Los cuerpos fructíferos o carpóforos.

PRINCIPIOS ACTIVOS: Abundantes polisacáridos (beta-D-glucana, arabinogalactanas, ganoderanas A, B y C), triterpenos (ácidos ganodéricos A, B, C, D, F, H, K, M, R, S e Y, ganodermadiol, derivados del ácido lanostaoico), esteroides (ganodosterona), ácidos grasos insaturados (oleico), trazas de alcaloides, prótidos (ling zhi-8), glicoproteínas (lectinas), minerales (germanio, calcio, hierro y fósforo) y vitaminas (B, C y D).

PROPIEDADES: Los polisacáridos de alto peso molecular tienen acción inmunoestimulante, antitumoral (potencia la producción de citocinas por los macrófagos y linfocitos T y aumenta los niveles de interleucina IL-1beta, IL-2 e IL-6, factor de necrosis tumoral alfa y la liberación de interferón gamma), antiviral (sobre todo preventivamente), antinociceptiva (reducción de la sensación de dolor) e hipoglucemiante. Los triterpenos tienen acción antiinflamatoria, hipolipemiante (reduce los niveles de colesterol y triglicéridos), antihipertensiva y hepatoprotectora (reforzada por la ganodosterona). Comprobado su efecto antifibrótico sobre el hígado, rebaja el contenido de colágeno hepático, normaliza la estructura hepática alterada y reduce los niveles de aspartato transaminasa (AST), alanina transaminasa (ALT), GOT, lactodeshidrogenasa (LDH), fosfatasas alcalinas y bilirrubina total. Los ácidos ganodéricos y oleico le proporcionan acción antihistamínica. Acción de antiagregante plaquetario y relajante muscular.

Indicado en hepatitis aguda y crónica y cirrosis hepática, hipertensión arterial, hiperlipidemia, arteriosclerosis, procesos alérgicos, inflamaciones osteoarticulares, mialgias, contracturas musculares y prevención de tromboembolismos. Coadyuvante en el tratamiento de la diabetes y en la prevención y tratamiento de procesos oncológicos. Efectividad comprobada experimentalmente como coadyuvante en el tratamiento de las inmunodeficiencias inducidas por abuso de opiáceos. Puede descompensar el nivel de glucosa, que suele normalizarse en unas semanas, por lo que en personas diabéticas debe controlarse la glucemia para ajustar si es necesario la dosis de insulina o de antidiabéticos orales.

En medicina tradicional china se recomienda además como depurativo, para afecciones neurológicas muy diversas (neurastenia, demencia senil, enfermedad de Alzheimer), cardiovasculares (corazón fatigado, prevención de infarto de miocardio), como adaptógeno y vigorizante (frente a la fatiga aguda o crónica, física y mental, la debilidad y el estrés) así como por su efecto inmunomodulador y antioxidante. Recomendado especialmente en tratamientos quimioterápicos, radioterápicos e inmunoterápicos, y para prevenir el cáncer de colon y recto. Nutricionalmente rico en carbohidratos y proteínas, con muy escaso aporte de calorías.

MODO DE EMPLEO: Extracto seco o polvo, en cápsulas o ampollas. Solo o con plantas e inmunoestimulantes (propóleo) y oligoelementos, vitaminas y minerales que contribuyen a estimular las defensas naturales del organismo y mejorar y aumentar su capacidad y respuesta inmune.

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[Reishi – www.redreishi.com](http://www.redreishi.com)

Posted on [25/05/2009](#)

Red Reishi (*Ganoderma Lucidum*), commonly known as *Ling Zhi* in Chinese, is a herbal mushroom known to have miraculous health benefits.

It has been used in Japan and China for over 2,000 years and thus making it the oldest mushroom known to have been used as medicine. Since ancient times, the Reishi mushroom was reserved for emperors and royalties. It has been revered as nature's rarest and most beneficial herb. In the Superior category of Shen Nung Ben Cao Jing, the oldest and most famous medical text on Oriental herbal medicine, red Reishi is ranked as the number one herb, ahead of ginseng, because of its following qualities:

1. It is non-toxic and can be taken daily without producing any side effects.
2. *When it is taken regularly, it can restore the body to its natural state, enabling all organs to function normally.*
3. *Immune modulator – regulates and fine tunes the immune system.*

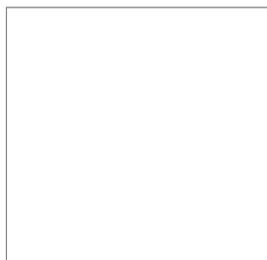
What are the benefits of Reishi?

Red Reishi is primarily composed of complex carbohydrates called water-soluble polysaccharides, triterpenoids, proteins and amino acids. Researchers have identified that *water-soluble polysaccharides* are the most active element found in Red Reishi that have anti-tumour, immune modulating and blood pressure lowering effects.

Another major active ingredient found in Red Reishi are *triterpenes*, called *ganoderic acids*. Preliminary studies indicated that ganoderic acids help alleviate common allergies by inhibiting histamine release, improve oxygen utilization and improve liver functions. Triterpenes are bitter in taste and the level of the triterpene content contained in a product can be determined by the bitterness.

Regular consumption of red Reishi can enhance our body's immune system and improve blood circulation, thus improving better health conditions. Generally, Reishi is recommended as an adaptogen, immune modulator, and a general tonic. Red Reishi is also used to help *treat anxiety, high blood pressure, hepatitis, bronchitis, insomnia, and asthma*. A full list of reported benefits can be found [here](#).

Is there any evidence?



A considerable number of studies in Japan, China, USA, and the UK in the past 30 years have shown that the consumption of red Reishi has been linked to the treatment of a vast range of diseases, common ailments, and conditions. From asthma to zoster, the applications of red Reishi seem to be related to a multitude of body organs and systems.

However, most of the scientific research that has been conducted appears to strongly support red Reishi's role as a normalizing substance – a nutritional supplement that can yield medical benefits through its normalization and regulation of the body's organs and functions.

The role of Red Reishi in maintaining a healthy lifestyle can best be explained through the Traditional Chinese Medicine (TCM) point of view because none of the known active components taken alone is as more effective than the consumption of Reishi itself. Whereas Western medicine focuses on the “cure” after the disease has already occurred, TCM, established through over 2,000 years of human observation, focuses on disease prevention by sustaining the right balance within the body through proper nutrition, exercise, and meditation. Reishi is an important adaptogenic herb in TCM in helping the body maintain this balance and also restore the balance when one is sick.

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¿Qué es Lingzhi?

Posted on [20/02/2009](#)

Lingzhi o Reishi (cuyo nombre científico es *Ganoderma lucidum*) es un hongo basidiomiceto perteneciente a la familia de los poliporos. En la naturaleza su hábitat son las montañas boscosas húmedas y con poca iluminación de Asia. Es un hongo raro de conseguir ya que sus esporas tienen

una cáscara sumamente dura y les cuesta mucho germinar.

Su historia como "hierba" medicinal está documentada en la antigua farmacopea China escrita alrededor del siglo uno antes de Cristo. En ella el Lingzhi está registrado como el número uno de los medicamentos con los mas fuertes poderes curativos tanto por la variedad así como por la efectividad en el tratamiento de enfermedades.

Alrededor del año 1972 se comenzó a cultivar el Lingzhi de una forma exitosa.

En la actualidad se está realizando investigación sofisticada en las propiedades del Lingzhi con la esperanza de ayudar en la práctica y ciencia de la medicina.

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El Hongo Lingzhi

Posted on [20/02/2009](#)

El Lingzhi ha sido usado en Japón y China desde hace más de 2.000 años por los grandes emperadores. Aparece en el libro más antiguo y famoso de medicina natural oriental el "Shen Nung Ben Cao Ping".

En este libro las hierbas medicinales son divididas en 3 grupos, superior, medio e inferior y el Lingzhi aparece como la hierba medicinal numero 1 de la categoría Superior. Siendo así el más importante de todos los remedios naturales por delante del Ginseng y el Jujube (dátil chino.)

Esto nos debería hacer reflexionar sobre el poder curativo del y de sus extraordinarias cualidades, que para nosotros en occidente son todavía un misterio, pero que desde tiempos antiquísimos ya conocían y usaban para su beneficio de equilibrio físico, salud y longevidad.

El Lingzhi puro es muy difícil de conseguir. Crece de forma natural en Japón y China, solo en los troncos de algunos árboles como la haya, el roble y el ciruelo. Su espora es dura y difícil de brotar. Solo un Lingzhi bien cuidado en todo su proceso, humedad, sol, sin productos químicos etc.. mantiene sus virtudes curativas, porque tiene en sí mismo el equilibrio que la sabiduría de la propia naturaleza, sabe dar.

El Lingzhi tiene la capacidad de normalizar el equilibrio del cuerpo, algo que hemos perdido en esta civilización actual llena de problemas.

Desde la antigüedad siempre se ha dicho que el cuerpo tiene la capacidad de auto-curarse de usar sus defensas ante cualquier ?ataque? que quiera desequilibrar nuestro cuerpo físico y nuestra psiquis en forma de enfermedad.

Con un equilibrio de energías y cuidándose, como bien todos ya sabemos, sin excesos, haciendo ejercicio, pensando positivo etc.. el cuerpo, sin ninguna duda tendría esa capacidad perdida.

Esto es lo que hace el Lingzhi, provoca que el cuerpo se normalice, eleva la capacidad inmunológica (de Auto-defensa) y ayuda en la circulación y purificación de la sangre, sin efectos perjudiciales (adaptógeno).

Volvamos a las raíces de la medicina, confiemos en la naturaleza, donde se encuentra todo lo que necesitamos para la curación de nuestro cuerpo.

Lo sabían los antiguos, ¿Por qué nosotros lo hemos olvidado?

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Lingzhi en Wikipedia

Posted on [20/02/2009](#)

Língzhī (chino tradicional: 靈芝; Simplificado, Chino: 灵芝; Japonés: reishi; Corea: yeongji, SAD: 영지) es el nombre de una de las formas de este hongo *Ganoderma lucidum*, y su pariente cercano *Ganoderma tsugae*, que crece es el norte de los bosques orientales. Estas dos especies de hongos se encuentran distribuidos por todo el mundo, tanto en zonas tropicales y regiones geográficas templadas, incluyendo Norteamérica y Sudamérica, África, Europa y Asia, más como un parásito o saprófito sobre una gran variedad de árboles.

El *Ganoderma lucidum* goza de especial veneración en Asia, donde se ha utilizado en la medicina tradicional china como un medicamento por más de 4.000 años, convirtiéndose en una de las más antiguas setas de las que se tenga conocimiento hayan sido utilizadas en la medicina.

Debido a sus presuntos beneficios para la salud y la aparente ausencia de efectos secundarios, ha logrado una reputación en el Oriente, en última instancia, como sustancia vegetal.

La palabra lingzhi, es chino, significa "hierba de la potencia espiritual", y también ha sido descrito como "el hongo de la inmortalidad".

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