

"Can Ganoderma Lucidum Herb Cure Your Stubborn Diseases?"

Is it true that **Ganoderma Lucidum** herb cures various chronic diseases including cancer? Can this fungus slow down aging and prevent illnesses? How to choose the better Ganoderma product while avoiding the inferior one?

It's quite obvious by now. Conventional medication can only control most chronic diseases but not cure it. In the end, medication side effects may cause more harm than the actual illness. How can Ganoderma herb reverse your health problem permanently without causing any side effects?

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.

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

What's so special about Ganoderma?

Here, you can find almost everything about this medicinal fungus. So let's start with the basics. First of all, you may want to learn what actually is [Ganoderma mushroom](#).

Then, we'll look at how ancient Chinese regard Lingzhi as the [auspicious herb](#) and [how Lingzhi influenced Chinese history](#).

Ganoderma was a very precious herb because it's very rare and hard to find. But with scientific cultivation method, this herb is now widely available. Learn how different [Ganoderma cultivation](#) produces different grades of this fungus. It's important to choose the correct cultivation method to ensure maximum healing efficacy from this herb.

Good cultivation method can retain high amount of spore powder. Learn what is [Ganoderma spore](#) and how it greatly affects Ganoderma healing ability.

What's so special about Ganoderma Mushroom?

Among many types of mushroom, only Ganoderma mushroom was highly praised for 2000 years. What makes it stands out from the other fungi? What is the active components found in Ganoderma that makes it a precious medicinal herb?

Ganoderma mushroom is from the Mycetes kingdom. These are generally short and tiny fungi that are unable to manufacture their own nutrient through photosynthesis like green plants.

They can either Earth breed or lead a parasitic life by breaking down and surviving on nutrients of other plants and animals.

Within the kingdom of Mycetes, Ascomycetes are the lower grade while Basidiomycetes such as Ganoderma Lucidum and mushroom are the superior grade.

The Basidiomycetes have a very strong influence to mankind. Many are edible and have excellent healing properties. These fungi naturally become the more precious medicinal herb in the Basidiomycetes kingdom.

Can Ganoderma really heals stubborn diseases?

Find out how modern [Ganoderma Lucidum research](#) confirms its health benefits as stated in ancient herbal classics.

Scientists also found out that [Ganoderma has healing effects](#) on circulatory, nerve and immunity problems. But the most amazing part is that this herb also has outstanding [anti-tumor and anti-cancer](#) properties.

In Traditional Chinese Medicine, Ganoderma is a [natural healing herb](#) that covers 4 main healing principles of TCM. And the Japanese [clinical experiments](#) also reported its benefits on common health problems.

Following Ganoderma successes in medical field, it received many favorable comments in [newspaper and medical reports](#) worldwide.

How you can benefit from Ganoderma herb

Are you convinced of this fungus healing ability? Before rushing out to buy Ganoderma product, make sure you follow these guidelines. It can prevent you from making the mistake of buying inferior product.

Taking low quality Ganoderma supplement wastes your money and time. If you're unlucky, it may be contaminated due to poor cultivation system. Worse still, you may lose confidence in this healing herb and never realize its real healing potential.

5 important points you must know before taking this herbal supplement:

[1. Choosing Ganoderma extract correctly](#)

How to choose the better Ganoderma extract for effective health improvement?

[2. Getting Ganoderma dosage right](#)

Taking the correct dosage is extremely important. Don't expect to fight 5 terrorists with 1 soldier and win.

[3. Giving yourself sufficient time](#)

How long you should take Ganoderma before you can feel some improvement? If you don't have the patience, you won't benefit from this herb.

[4. Having the correct mindset](#)

Effective health improvement begins with your mind. What is the correct mindset for taking Ganoderma Lucidum herb?

[5. Expecting its temporary reactions](#)

Is it Ganoderma side effects? Or is it just some temporary reactions? What's the difference and what to do about it?

Ganoderma for long term healthcare

Hi, this is James Pang from Malaysia. The more I understand this herb, the more I like it. Actually, Ganoderma Lucidum stands out with its potency in supporting human body throughout the ageing process.

Of course, this herb is not a cure-all miracle prescription. Some patients took it with no improvement. And here are some reasons why it's [not effective](#).

But for 15 years, we saw countless people improved their health with this herb. Some are taking it for more than 10 years with a strong and healthy body. I hope you too could improve your health with Ganoderma.

Why disease rate keep increasing?

Most people think that seeing a doctor and taking medicines will solve their health problems forever. So, they neglect other important health aspects such as their:

- *diet*
- *lifestyle*
- *and emotional health*

You simply cannot improve your health with medicine or even Ganoderma herb if you keep indulging in unhealthy food or get angry often. That's why disease rate keep increasing.

Why Ganoderma Lucidum is called The Auspicious Medicinal Herb?

The search for precious medicinal herb to maintain health and delay ageing is part of Chinese culture since ancient time. They found these herbs in the wilds, forests and mountains.

One predominant Chinese ancestor, Sheng Nong, also known as the father of agriculture and medicine, wrote the medicinal classic - "Sheng Nong Ben Chao Jing" (Sheng Nong Herbal Classic) 2000 years ago.

This medicinal classic records and describes 365 herbs, animals and minerals for healing. It classified Ganoderma Lucidum as "superior herb" and stated, *"long term consumption will promote longevity and make one look like a heavenly being"*.

Ganoderma in literary classic

The story goes that in ancient China, Emperor Qing Shi Wang set a court officer named Shu Fu and three thousand others to travel far away to look for the herb of immortality, Ganoderma.

This is just one story that reflects just how precious Ganoderma is. Another story is depicted in a literary classic, Madam White Snake.

The story describes how Madam White Snake trampled over hill and dale, overcoming many tribulations before finding Ganoderma Lucidum. This medicinal herb saved her husband, Shu Xian back to life.

In the history of Chinese civilization, if a hero is highly praised for a thousand year, he is indeed a truly remarkable person. Ganoderma Lucidum is merely a fungus. But its legend has been passed on for more than 2000 years.

What are the Ganoderma auspicious signs found in Chinese culture?

Ancient Medical Text on Ganoderma

In a Chinese medical encyclopedia "Ben Cao Gang Mu" ([Detailed Outline of Medicinal Herb](#)), an ancient medical practitioner Lee Shi Zhen from Ming Dynasty classified Ganoderma as "superior herb".

He grouped Ganoderma mushroom into six categories by its color and form, namely Green, Purple, Red, Yellow, White and Black Ganoderma. All six types have its own medicinal values and healing effects.

According to the record, "continuous consumption of Ganoderma mushroom makes the body light and young, lengthening life and making one like an immortal who never dies".

That's why the Chinese calls it the [auspicious herb](#), which highly influenced their literacy and arts. Many decades later, modern scientific studies also proved the statements from those ancient medical texts.

Ganoderma Lucidum Medical Text from "Materia Medica"

Below are translations of this ancient medical text on Ganoderma Lucidum...

Ganoderma Effects on Neurological System (brain)

Text: Quiets the spirit, strengthens the will

Modern known benefits: Insomnia, anxiety, weak nerves, absent mindedness, after effects of concussion, stroke

Ganoderma Lucidum Effects on Sensory System (eyes, nose, ears, mouth, skin)

Text: Brightens the eyes, enhances colors

Modern known benefits: Astigmatism, old age hyperopia, cataract, glaucoma, blood accumulation, pus accumulation in nose, blocked nasal passage, hearing loss, middle ear infection, toothache, mouth infection, periodontal disease, herpes blisters, liver spots, warts, dry skin

Ganoderma Lucidum Effects on Respiratory System (throat, lungs)

Text: Increase lung chi (energy), opens nasal passages, cures fatigue

Modern known benefits: Headache, bronchitis, asthma, allergies, pneumonia, arthritis, TB

Ganoderma Lucidum Effects on Circulatory System (heart, blood)

Text: Dispels the five evils of heart and abdomen, quiets the spirit

Modern known benefits: Headache, fear of cold, sore shoulders, dizziness, buzzing in the ears, heart palpitations, high/low blood pressure, anemia, lower white blood cell syndrome, myocardial infarction, hardening of the arteries, after effects of stroke, heart defect, insomnia, anxiety, female sterility due

to physiological dysfunction, general gynecological and kidney disorders, extreme urine, waist and urine pain, hemorrhoids, prolapsed anus.

Ganoderma Lucidum Effects on Digestive System (stomach, intestines)

Text: Dispels the five evils of heart and abdomen

Modern known benefits: Headache, anorexia, indigestion, bloated stomach, diarrhea, soft stool, constipation, fear of cold, sore shoulders, lack of energy, allergy, weak stomach and intestines, gastritis, stomach and intestinal ulcers, inflammation of the stomach or intestinal lining, hyperacidity, stomach cancer, insomnia, cardiopalmus, anxiety, menopause syndrome, hair loss, alcoholism, sciatic nerve pain

Ganoderma Effects on Digestive System (spleen)

Text: Enhances spleen chi (energy)

Modern known benefits: Fatigue, jaundice, infections of the stomach, intestines, liver, kidney or stomach lining, excessive urine

Ganoderma Effects on Metabolic System (liver, bones, muscles)

Text: Supplements liver chi (energy), strengthens muscles and bones, increases abdominal chi (energy)

Modern known benefits: Headache, fear of cold, sore shoulders, nausea, liver spots, herpes blisters, edema, night sweats, dizziness, buzzing in the ears, fatigue, anemia, high/low blood pressure, blood clots, cardiopalmus, weakness insomnia, hysteria

Ganoderma Lucidum Effects on Metabolic System (gall bladder, pancreas)

Text: Quiets the vital energy and lowers soul

Modern known benefits: Edema, sore shoulder, heart palpitations, insomnia, fatigue, anxiety, weak nerves, hysteria, cholecystitis, gallstones, beriberi, hepatitis, stroke, hardening of the artery, pleurisy, rheumatism, waist pain, post menopausal syndromes, epilepsy, pancreatic infection, diabetes

Ganoderma Effects on Excretory System (kidney)

Text: Enhances kidney chi (energy), diuretic

Modern known benefits: Headache, edema, fear of cold, irregular urination, excessive urination, high blood pressure, kidney infection, kidney defects, enlarged prostate, incontinence urination, abdominal edema, kidney disease, nerve pain, waist pain, impotence, urinary stone, hemorrhage, weak heart, lack of energy

Ganoderma Effects on Excretory System (bladder)

Text: Diuretic, benefit the joints

Modern known benefits: Edema, fear of cold, small urine output, severe urine pain, waist pain, bladder infection, bladder lining infection, arthritis, rheumatism

Ganoderma Lucidum Effects on Sexual System (External organs, pubic hair)

Text: Lightens and rejuvenates the body

Modern known benefits: Irregular or painful menstruation, pain when urination, gynecological disorders, lack of sexual interest, impotence, pubic hair loss

How Ganoderma Lucidum researches proved ancient medical text findings

We may regard ancient medical texts as unsound findings. However, it's interesting to find that even modern researches proved most of the ancient findings on Ganoderma Lucidum herb.

Chinese scientists began investigating the chemical makeup and medicinal effects of Ganoderma Lucidum in the 1950s. They supported their findings with clinical studies.

Researcher from China, Japan, Korea and United States have formed an international Ganoderma research association, bringing its research to global platform.

Ganoderma Lucidum Components

Through advanced technology, scientists have attained a better understanding of the main chemical composite of Ganoderma Lucidum. This includes active components such as:

- **[Organic Germanium](#)**
This rare mineral helps to improve blood circulation, eliminate fatigue, enhance energy, strengthen immune system and discard toxins.
- **[Superoxide Dismutase \(SOD\)](#)**
Effective for antioxidant, anti-free radicals and anti-ageing. It slows down the ageing of cells and promotes rejuvenation.
- **[Polysaccharides](#)**
Effectively reduce unwanted cholesterol level, neutralize fats, strengthen immune system and suppress cancerous cells.
- **[Triterpenes \(bitter substances\)](#)**
Also known as Lingzhi acid. It helps to improve gastro-intestines functions, for anti-allergy, anti-inflammation and anti-tumor.
- **[Adenosine Monophosphate \(AMP\)](#)**
It can dissolve thrombus and remove blood vessel blockage. Excellent for improving condition of high blood pressure, stroke, heart vessel blockage and numbness

Ganoderma Lucidum Health Benefits

Scientists also researched the special healing effects of Ganoderma herb on circulatory system, nervous system and immune system as well as its [anti-cancer effects](#).

Our body operates on these major systems. If it's not properly regulated, we can succumb to illnesses. The active components of Ganoderma herb can regulate various systems, enhance stability and ensure a balance between internal and external body conditions.

Besides preventing diseases, the strengthening effects of Ganoderma are particularly effective in prevention and improvement of chronic diseases especially common symptoms such as:

- [High Blood Pressure \(Hypertension\)](#)
- [Diabetes](#)
- [Headache](#)
- [Kidney disease](#)
- [Liver disease](#)

This herb also supports the improvement of:

- [Insomnia](#)
- [Asthma](#)
- [Acne](#)
- [Menopause](#)
- [Osteo Arthritis](#), [Rheumatoid Arthritis](#), [Gout](#)

Other health benefits

In addition, Ganoderma also eliminates toxins accumulated in the body through intake of various western medication, antibiotic, pain killer and anti inflammatory medication. It thus achieves a detoxification effect.

And in this fast paced modern world, people are subjected to extensive pressure resulting in tension, insomnia, giddiness, fatigue and loss of appetite.

The Organic Germanium found in Ganoderma helps to enhance blood stream ability to take in oxygen by more than 1.5 times. It also helps to increase the rate of metabolism and delay aging.

According to research by Japanese doctors, the amount of Organic Germanium in Ganoderma is about 800 to 2000 ppm (parts per million), which is 4 to 6 times more than Ginseng.

Delaying aging

In addition, Ganoderma Lucidum also contains Polysaccharides that help to strengthen immune system. Hence the stabilizing effects of Ganoderma Lucidum can help to strengthen your health, improve vitality and improve immune system.

In short, Ganoderma Lucidum herb obviously delays aging process.

This is the essence of saying in Sheng Nong Herbal Classic that states, "*continuous consumption of Ganoderma will make your body light and young, lengthening life and turn you into someone like an immortal who never dies*"

Ganoderma clinical experiment on promoting longevity

Human Test

An extensive research and development work was embarked to realize this objective. Given below are the details of the human tests conducted.

In the tests, 40 perfectly healthy subjects (19 were females and 21 males) with ages ranging from 20 to 77 years had been recruited by the hospital. They were separated into 2 groups of 20 each and subsequently subjected to double blind cross-over tests.

The first group was prescribed with a special Ganoderma formulation. The subjects in the second group were made to believe they were also prescribed with the same formulation. They were actually provided with a placebo.

6 months later, the prescriptions were switched between these 2 groups. From the results, the researching physicians discovered that for the first group (with Ganoderma formulation), the subjects generally showed improvements in their mental subjective symptoms and physical vitality after 3 months of consumption.

Among them, elderly achieved more significant signs of mental and physical enhancement than the younger ones. They were more alert and more revitalized.

In the case of those who were not prescribed with special Ganoderma formulation, no signs of mental enhancement were observed. Instead, they were as vulnerable to fatigue as they used to be.

The tests also revealed there was a marked enhancement of the overall antioxidant capability of the blood plasma among the group prescribed with special Ganoderma formulation. Besides, there was also a marked enhancement in multi-enzymatic (SOD, G6PD, GSHPx, GSHRd, etc) functions of their red blood cells.

This is by far the first ever scientific evidence indicating that Ganoderma can help promote vitality through its contributions in the above two functional enhancements.

Animal Test

Apart from human tests, animal mode tests on Senescence Accelerated Mice were also conducted. The average designed lifespan of these mice was 10 months. Those mice were pretreated to speed up their ageing process.

They would begin to show signs of ageing by the time they reached middle age (6 months old). Upon the demise of the mice, subsequent post-mortem revealed lesions in the brains, a condition that resembled the onset of senile dementia in humans.

Then another group of Senescence Accelerated Mice was fed with a 0.5% extract of the special Ganoderma formulation for two months, which are equivalent to 14 years in human terms.

By the time they reached middle age (6 months old), the results from a subsequent active evasion test showed that their memory power and learning faculty became better than those in the control group.

So by applying this on humans, if you begin the consumption of Ganoderma for 14 years when you reach middle age, you will have better memory power and learning faculty than those who do not.

As such, revitalizing the brain cells and impeding the rate of cellular degeneration in the brain are crucial in retarding ageing process. It is now clear that the consumption of Ganoderma can make you stay younger.

This miraculous herb promotes the flow of blood with boosted antioxidant power to various organs of the body. This allows them to maintain normal physiological functions so that you will not be ageing as fast as normal people will.

In another animal mode test conducted on Senescence Accelerated Mice, a group of mice was fed with 0.5% extract of special Ganoderma formulation when they were 6 months old. This was continued until their natural demise.

The results showed that in contrast to those in the control group, their survival rate was increased by an average 2 months and even up to 5 months in some cases. 2 months is equivalent to one fifth of their lifespan.

In addition, the more they fed on Ganoderma extract, the longer they survived. Again, by applying this on humans, let say you begin the consumption of Ganoderma from middle age onward until your eventual demise.

By assuming the average lifespan for modern human is 70 years, you would outlive your life expectancy by another one fifth or an extra 14 years.

If the average lifespan is 80 years, then you would extend your life by another one fifth or an extra 16 years. In other words, with Ganoderma, it is no longer a dream for human beings to live up to a full ripe age of 100 years and even 120 years and beyond.

Best Antioxidant Herb

The above tests show that Ganoderma is one of the best antioxidant herb beneficial in boosting the overall antioxidant power of the blood. In addition, this herb reinforces human body's ability to get rid of free radicals and toxins.

Furthermore, Ganoderma is also exceptional in elevating the survival rate of the hippocampus gyrus in the brain to help improve our memory power and learning faculty.

Scientific findings of extensive research works on Ganoderma carried out in the last 40 years have indicated that Ganoderma is capable of imparting human body with holistic health enhancing benefits.

As our forefathers had already put it concisely, Ganoderma is indeed helpful in "restoring normal physiological functions to consolidate the physical constitution".

Hence, long term consumption of Ganoderma can contribute to boosting the antioxidant power of our multi enzymatic system. It also helps to rid of the free radicals to eliminate "oxidative stress" and enhance your vitality.

Following this, the level of vitality achieved can effectively minimize the harm of free radicals and get rid of them in the shortest possible time. This is indeed the key to retarding the ageing process or "promoting longevity".

How Ganoderma herb supports your aging process

When you're above 40 years old, what kind of health problem awaits you? What will happen to your circulatory system, nervous system and immune system? And how Ganoderma herb supports your body throughout your aging process?

Herbs for Circulation

As you grow older, you'll first face problem with your circulatory system. The increase of blood viscosity slows down your blood circulation. Fatty substances such as cholesterol and triglyceride slowly increase and accumulate on your blood vessel wall.

As the deposit on blood vessel wall gets thicker, it leads to circulation diseases such as arteriosclerosis, hardening of coronary artery and thrombosis.

The narrowing of blood vessel and increase of circulation blockage reduces blood flow. Therefore, it prevents good blood supply from reaching the heart. This in turn leads to:

- coronary heart disease
- pectoris attack
- angina
- and changes in artery system.

Certain muscle tissue also age and even deteriorate due to insufficient nutrient from blood supply. This leads to weakening of body organs, causing all sort of diseases.

These are common aging problems most of us face. Can you improve this condition with Ganoderma herb?

Ganoderma Lucidum as herbs for circulation contains Triterpenes which can improve blood circulation and significantly reduce the amount of fatty substances such as cholesterol and triglyceride.

This in turn helps to prevent:

- heart disease
- hypertension
- hardening of coronary artery
- and other coronary heart diseases.

Studies on mice given intravenous injection of Ganoderma Lucidum herb shown that it can indeed improve blood circulation of cardiac muscle.

Ganoderma herb also helps overcoming cardiac muscle deficiency. Furthermore, it significantly reduce the symptoms of angina pectoris and provide protection for the heart.

The effects mentioned above are consistent with the records of ancient Sheng Nong Herbal Classic - *“that it cures the accumulation of pathogenic factors in the chest, provides vital energy for heart and mental activity”*.

Herbs for Nerves

Pharmalogical research shows that Ganoderma Lucidum herb has a calming and sedative effect on nervous system.

It is particularly effective in the treatment of neuralgia and insomnia. In addition, this herb for nerves can also help you to:

- improve sleep and appetite
- enhances vital energy
- improves memory
- and regain vitality

All these with no side effects at all.

“Ganoderma can calm one’s mind, enhance wisdom and has no side effects. It is moderate and non toxic”.

Herbs for Immune System

Researches showed that Ganoderma Lucidum herb is high in Organic Germanium, Triterpenes and Polysaccharides. These are active components that strengthen your immune system.

T-lymphocyte and Macrophage are your important immunity cells.

The active components of Ganoderma Lucidum herb can strengthen Lymphocyte and Macrophage to destroy abnormal cells like cancer cells.

As a result, it helps in the [prevention and treatment of cancer](#).



Besides, Organic Germanium, Triterpenes and Polysaccharides can also enhance the composite of Lymphocyte and Macrophage cells individually to release Tumor Necrosis Factor (TNF) and interferon, which further destroy cancer cell.

Research proved that Ganoderma Lucidum herb effectively increase alpha interferon and gamma interferon level in human body to further strengthen and regulate immune system, improving cancer.

Is Ganoderma Lucidum herb effective for external use?

Usually, we consume Ganoderma Lucidum herb orally and let it work inside our body. However, for some condition, external application gives better results. Here are some of the case studies.

Mouth ulcer

Have you ever experience mouth ulcer? Those white spots on your lips or tongue causes intense pain when you eat something. Tears even come out from the eyes when the pain is unbearable.

Having mouth ulcer that seems too slow to recover? You can open up Ganoderma extract capsule and apply some on your ulcer. You may feel slight pain at first. But with this Ganoderma external application, your mouth ulcer will get well in a much shorter time. You can apply it before you sleep everyday until the ulcer is completely gone.

This saves you extra days of painful eating. However, you must remember to sleep early, reduce fried food and take more fruits and vegetables. This prevents the mouth ulcer from coming back again.

Skin itchiness

One day, my younger sister felt constant itch on her right foot, between the ankle and big toe. She tried washing it with salt solution. And since she works in laboratory, she even poured some alcohol onto her foot. This only eased her itchiness for a few hours.

Seeing her condition, I asked her to try applying Ganoderma herb onto her foot. So she opened up a capsule and mixed it with some water. Then she rubbed this Ganoderma concentration onto her itchy area. Surprisingly, her itch went away the next day.

Mosquito bite

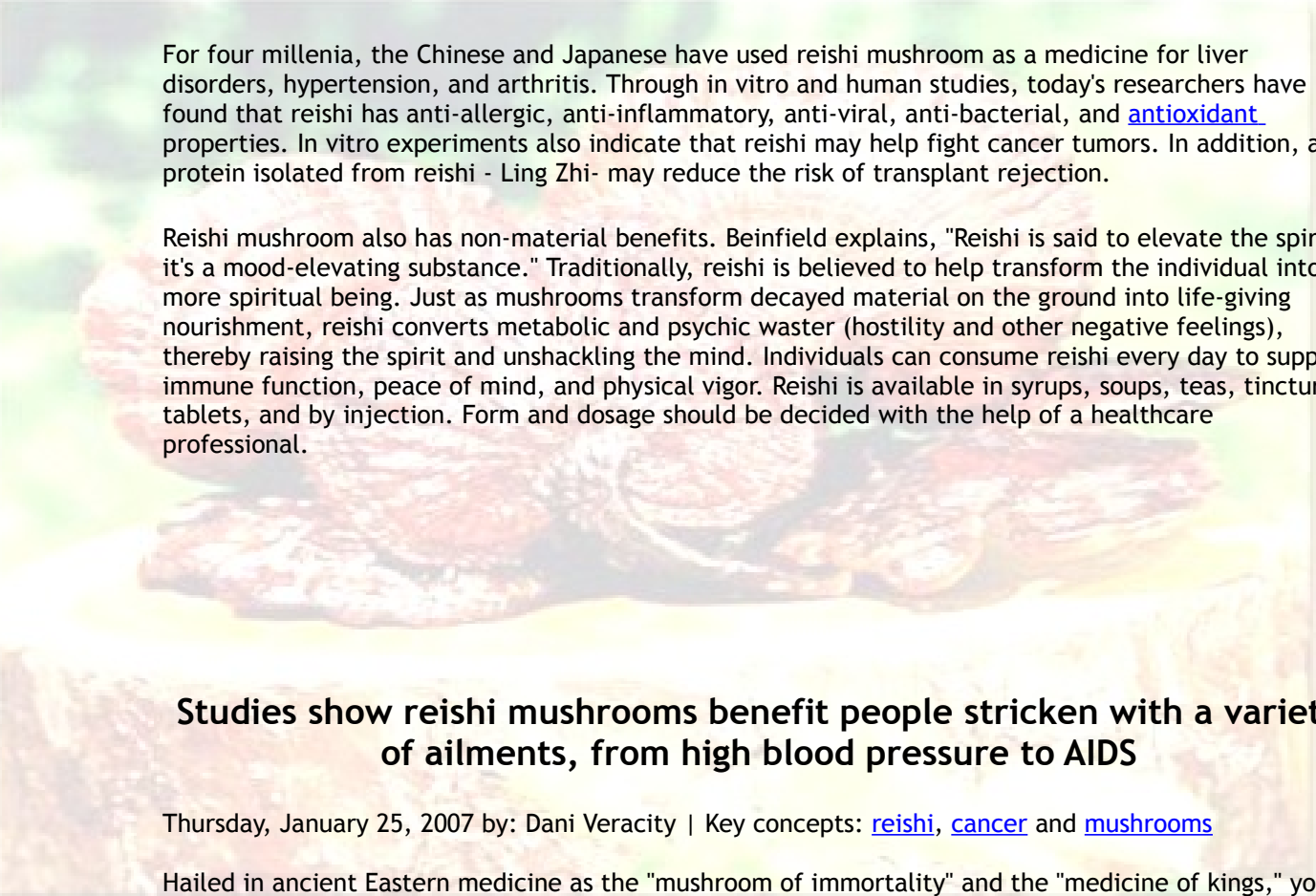
Having mosquito bites that seem to recover too slow? Well, you can apply some Ganoderma powder externally on the affected area. This helps to improve the healing process.

However, remember to consume Ganoderma extract orally too. This helps to strengthen your immune system, improve blood circulation and detoxify your body. After some time, your mosquito bite will recover quickly.

Benefits of Reishi Mushroom in 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- 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 waste (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.

Studies show reishi mushrooms benefit people stricken with a variety of ailments, from high blood pressure to AIDS

Thursday, January 25, 2007 by: Dani Veracity | Key concepts: [reishi](#), [cancer](#) and [mushrooms](#)

Hailed in ancient Eastern medicine as the "mushroom of immortality" and the "medicine of kings," you'd expect reishi to offer you some pretty astounding health benefits, right? Your assumptions are correct. This prized fungus may be able to boost your immune system, fight cancer, ward off heart disease, calm your nerves and relieve both allergies and inflammation.

"Reishi indeed sounds like a cure-all," writes Rebecca Wood in her book "New Whole Foods Encyclopedia." She goes on to explain reishi's wide range of uses: "An immunostimulant, it is helpful for people with [AIDS](#), [leaky-gut syndrome](#), [Epstein-Barr](#), [chronic bronchitis](#) and [other infectious diseases](#). It is used as an aid to sleep, as a diuretic, as a laxative and to [lower cholesterol](#)." It almost seems too good to be true.

How can one fungus help the [human body](#) in so many ways? Traditional Eastern medical science explains reishi's wide range of medicinal applications better, perhaps, than mainstream medicine ever could. According to Eastern thought, the body needs to defend itself against threats to its "equilibrium." These threats can be physical, such as viruses and [bacteria](#) that cause infection; emotional, such as stressors that cause [anxiety](#); or energetic, in that they reduce alertness. Whatever the threat, [reishi](#) helps the body maintain its defense against these threats to its equilibrium, helping the body to maintain balance. In this sense, diseases like [heart disease](#) and cancer mean that the body is out of balance, which is why an equilibrium-enhancing remedy such as reishi can help so many diverse ailments.

Skeptics can doubt the previous explanation as Taoist "mumbo jumbo," but laboratory research proves many of reishi's medicinal applications. As Dr. Andrew Weil writes, reishi "has been the subject of a surprising amount of [scientific research](#) in Asia and the West." Research shows that the polysaccharide beta-1,3-D-glucan in reishi boosts the [immune system](#) by raising the amount of macrophages T-cells, which has major implications for people suffering from AIDS and other immune system disorders.

This immune-boosting action also works wonders in the prevention and treatment of [cancer](#), as the T-cells are then able to fight [cancer cells](#) more effectively. However, reishi may help the body defeat cancer in not just one, but four ways. In addition to boosting the immune system, the glucan in reishi helps immune cells bind to [tumor cells](#). Many experts believe that it also actually reduces the number

of cancerous cells, making it easier for T-cells and macrophages to rid the body of them. Another substance in reishi, called canthaxanthin, slows down the growth of tumors, according to "Prescription for Dietary Wellness" author Phyllis A. Balch and other experts. As a result of these amazing anti-cancer abilities, laboratory research and traditional medicinal usage of reishi to fight cancer is so positive that the Japanese government officially recognizes it as a [cancer treatment](#).

Besides cancer, reishi can help and treat another of America's top killers: [cardiovascular disease](#). The protection reishi offers against heart disease and [stroke](#) is truly remarkable because it helps prevent so many different risk factors, due to its high content of heart-saving substances like sterols, ganoderic acids, coumarin, mannitol and [polysaccharides](#). Experts believe that the ganoderic acids in particular lower triglyceride levels, remove excess cholesterol from the blood, lower [blood pressure](#), reduce platelet stickiness and even help correct [arrhythmia](#). In fact, for 54 people with hypertension unresponsive to [medication](#), taking reishi extract three times a day for four weeks was enough to significantly lower blood pressure, according to a study reported by Burton Goldberg in "Heart Disease." Just imagine how the incidence of cardiovascular disease could be reduced if using reishi really caught on in the Western hemisphere.

While you protect your body against [infectious disease](#), cancer and heart disease, your use of reishi can also help relieve your everyday discomforts. Do you have [allergies](#)? Japanese researchers discovered that the lanostan in reishi acts as a natural antihistamine. Do you suffer from muscle aches or [arthritis](#)? Dr. William B. Stavinhoa of the University of Texas Health Science Center found that reishi is as powerful as five milligrams of hydrocortisone, but with minimal [side effects](#). What about anxiety or [insomnia](#)? According to "Mind Boosters" by Dr. Ray Sahelia, the reishi mushroom can calm the mind, as well as improve memory, concentration and focus. With all these benefits, reishi truly is the "medicine of kings."

Different types of reishi

Though there are six different types of reishi, all classified by color, herbalists generally call red reishi the most potent and medicinal variety, and thus it is the most commonly used form of reishi in North [America](#), Japan, China, Taiwan and Korea. In the wild, the mushroom grows on deciduous trees in heavily forested areas of China and [Japan](#), but it's now easily and widely cultivated commercially, so you don't have to venture into the forest to enjoy the benefits of what "Herbal Medicine-Maker's Handbook" author James Green calls a "remarkably beneficial [fungus](#) for the human body."

However, keep in mind that reishi isn't exactly the kind of mushroom you'll want to put in your next salad, either. Since it's more than 90 percent indigestible fiber, reishi has an extremely wood-like texture and to top it off, it's unpleasantly bitter. In spite of this bitter flavor, many reishi enthusiasts use ground reishi to make a life-enhancing tea or even use the [mushrooms](#) in soups. For the less daring, many [health food stores](#) offer reishi capsules, tablets and extracts, and Japanese research suggests taking vitamin C along with it may enhance reishi's medicinal effects.

So, how much reishi should you take? In the "Vitamin Bible for the Twenty-first Century," vitamin expert Earl Mindell advises an average dose of 100 milligrams of reishi extract daily to boost your immune system, reduce [inflammation](#) and ease joint pain. On the other hand, Dr. Linda B. White recommends up to three 1,000-milligram tablets up to three times per day in her book "The Herbal Drugstore." Because of this wide range of dosage suggestions and additional risks it might pose for pregnant or lactating women (even though reishi has no known [toxicity](#)) you should check with a physician, preferably a naturopath, before adding reishi to your regimen. Similarly, you should be aware that reishi does have some side effects, including abdominal upset, dizziness, nose bleeds and dry mouth and throat, according to "Natural Pharmacy" author Schuyler W. Lininger. In other words, it's up to you and your naturopath to decide which dose of reishi is right for you.

The experts speak on reishi:

Reishi's wide range of medicinal applications

Health Benefits: Reishi indeed sounds like a cure-all. An immunostimulant, it is helpful for people with AIDS, leaky gut syndrome, Epstein-Barr, chronic bronchitis, and other infectious viruses. It is used as an aid to sleep; as a diuretic; as a laxative; and to lower cholesterol. Reishi mushrooms are antioxidants and liver protectants..

New Whole Foods Encyclopedia by Rebecca Wood, page 288

One key function, identified long ago by Eastern medical science, is defense--that is, the body has the need and ability to defend itself against threats to its equilibrium, whether they be physical, emotional, or energetic. Having noted and studied the body's defensive capabilities, Chinese [doctors](#) then explored the natural world to find ways of maintaining and enhancing them, and they discovered a number of ways to do so, including the administration of [herbal remedies](#). Among these remedies are [ginseng](#), astragalus, and several mushrooms that grow on trees, such as Ganoderma lucidum (known to the Chinese as ling chih and the Japanese as reishi).

8 Weeks To Optimum Health By Andrew Weil MD, page 15

Not all of the active components in reishi have been isolated; like many other organic substances, the molecules in this plant are quite complex, though they are probably mostly polysaccharides and peptides. Dr. Terry Willard, a proponent of the medical uses of this mushroom, maintains that reishi also decreases [free radicals](#) by 50.4 percent through an as yet, unidentified [antioxidant](#). ... Other researchers suspect that reishi may not have an antioxidant of its own but rather stimulates production of the body's own free radical scavenger, an enzyme called superoxide dismutase (SOD). According to the Bulletin of the Oriental Healing Arts Institute, reishi acts as an agent for promoting an increase in leukocytes, phagocytosis which in turn increase the number of disease-fighting T-cells in the bloodstream.

Attaining Medical Self Sufficiency An Informed Citizens Guide by Duncan Long, page 196

These powerful adaptogens -- Siberian ginseng, schisandra, ginseng, astragalus, and reishi--are among what Teeguarden calls the "superstars of Chinese tonic herbalism . . . incomparable, legendary herbal substances [that] have withstood the test of time." These five [herbs](#) also tend to be the ones with the most scientific backing for their strengthening and normalizing effects.

Off The Shelf Natural Health How To Use Herbs And Nutrients To Stay Well By Mark Mayell, page 291

Reishi and the immune system

Reishi is a purely medicinal mushroom, not a culinary one, both because it is hard and woody and because it tastes very bitter. But it is nontoxic and has been the subject of a surprising amount of scientific research, both in [Asia](#) and the West. Although most of the research has been in animals, the results are so promising that I think human studies will soon follow. Like maitake and other related mushroom species, reishi improves [immune function](#) and inhibits the growth of some malignant tumors. Additionally, it shows significant anti-inflammatory effect, reduces allergic responsiveness, and protects the liver.

8 Weeks To Optimum Health By Andrew Weil MD, page 140

Reishi is a supreme immune tonic. Because of its neutral energy, it is fine for anyone to take. It treats immune disorders including AIDS as it raises the T cell levels (an index of AIDS and immune disorders). It is also specific for Chronic Fatigue Syndrome. It inhibits bacteria and viruses, treats cancer and tumors and its adaptogenic quality protects the body against stress. It treats heart disease, reduces cholesterol and lowers [high blood pressure](#).

The Herbs Of Life by Lesley Tierra, page 195

In addition to being an effective energizer, reishi is an antioxidant that protects the body from the harmful effects of radiation and free radicals. It contains polysaccharides and other compounds that may combat bacteria and viruses and boost the immune system

Off The Shelf Natural Health How To Use Herbs And Nutrients To Stay Well By Mark Mayell, page 56

Reishi Mushrooms Known as kisshotake or the "lucky fungus," in Japan, reishi mushrooms were originally used in China in both cooking and traditional healing. However, for several thousand years the

Japanese have used these delicately flavored mushrooms in their cuisine. reishi mushrooms, which are quite pricey, are available in Asian markets and gourmet shops. However, they may be worth their weight in gold. Recent studies show that reishi may stimulate the immune system, which increases the body's ability to ward off disease. In addition, reishi mushrooms contain compounds that are natural antihistamines and have strong anti-allergic activity. Other studies show that reishi can lower blood cholesterol levels and prevent the formation of dangerous blood clots that can lead to a [heart attack](#) or stroke..

Earl Mindells Soy Miracle Earl Mindel RPH PHD, page 107

reishi is a supreme immune tonic. Because of its neutral energy, it is fine for anyone to take. It treats immune disorders including AIDS as it raises the T cell levels (an index of AIDS and immune disorders). It is also specific for Chronic Fatigue Syndrome. It inhibits bacteria and viruses, treats cancer and tumors and its adaptogenic quality protects the body against stress. It treats heart disease, reduces cholesterol and lowers high blood pressure.

The Herbs Of Life by Lesley Tierra, page 195

Herbal Medicine: There are numerous herbs useful in the care of [infections](#). Some are directly antibacterial or antiviral while others are immune potentiators. Some herbs do both. Examples include goldenseal, licorice, astragalus, [garlic](#), Panax ginseng, reishi and shiitake mushrooms, slippery elm, and echinacea.

Alternative Medicine by Burton Goldberg, page 1112

The third is reishi (*Ganoderma lucidum*), currently available in US [health food](#) stores. It is said to have been used as a "fountain of youth" elixir for centuries. A novel protein with immunomodulating activity in vivo has been isolated from the mycelial extract of reishi.

Cancer Therapy by Ralph W Moss PhD, page 248

Reishi tones the immune system, supports nerve function, scavenges free radicals, protects the liver, and quells inflammation and allergies. According to Hobbs (1996), "reishi has the unique ability among [medicinal mushrooms](#) to calm and support nerve function." In his practice, he recommends reishi to people with chronic stress, anxiety, or insomnia.

Disease Prevention And Treatment by Life Extension Foundation, page 116

Immunity (increases) astragalus, codonopsis, cinnamon, [ginger](#), ginseng, bayberry, schisandra reishi echinacea and American ginseng.

The Herbs Of Life by Lesley Tierra, page 231

The most common herbs used in fu-zheng are blood-vitalizing herbs, including astragalus, milletia, reishi, panax ginseng, schizandra, jujube, ligus-ticum, hoelen, salvia, ho shou wu, cordyceps, atractylodis, and codonopsis. Studies continue to demonstrate that these herbs have a dramatic impact on the enhancement of an immune system weakened by chemo and radiation therapies. They not only protect the immune and endocrine systems but also inhibit such diseases as influenza, upper respiratory infections, fungal infections, and chemically induced [hepatitis](#). These diseases can cause serious complications for the person with cancer, requiring an interruption in treatment and a course of antibiotics that can lead to diarrhea and other debilitating problems.

Herbal Medicine Healing Cancer by Donald R Yance Jr, page 85

If yeast or other vaginal infections keep coming back, your best bet is to see a [natural health](#) practitioner who'll recommend an herbal tonic program that you'll use for a series of months. It will likely include herbs such as astragalus, reishi, shiitake, nettles, or burdock -- botanicals that gently and gradually rebuild the immune system and the many organs it involves. Such a program will likely include some diet changes as well, such as cutting down on caffeine and [sugar](#).

The Herbal Drugstore by Linda B White MD, page 535

The once extremely rare and precious reishi mushroom is now cultivated and widely available. It is a very potent immune system and [longevity](#) tonic. Traditionally used to "nourish the heart and pacify the spirit," it has also been found to have numerous other [health benefits](#).

The One Earth Herbal Sourcebook by Alan Keith Tillotson, page 190

HERBS: Herbal medicine is best administered under the guidance of a professional trained in their use. The following herbs can be used safely as a self-care protocol, however. Dr. Bock recommends astragalus, ginseng, and maitake and reishi mushrooms for general immune support.

Alternative Medicine by Burton Goldberg, page 1043

Mushrooms, particularly Eastern varieties, revitalize the body. Various cultures consider them to contain the secrets of staying young. Reishi and shiitake mushrooms build resistance to stress by strengthening the immune system. They also provide key B vitamins to the liver and stimulate the adrenals with their high concentration of pantothenic acid. The common American button mushroom contains methionine, an amino acid high in sulphur. When combined with tofu, the result is a more complete protein.

Food Swings by Barnet Meltzer MD, page 258

This is the type of herbal tea I drink most frequently. After all, on a day-to-day basis, we mostly need to keep our good health intact. If I feel "immune challenged" or I want to start my day with an immune boost, I'll drink a cup of a blend that contains any of the following tonic herbs, known as adaptogens (herbs that strengthen or enhance the immune system, [nervous system](#), and/or glandular system while they help the body cope with stress): Siberian ginseng, Panax ginseng, astragalus, shizandra, echinacea, ashwagandha, reishi mushrooms, licorice.

Caffeine Blues By Stephen Cherniske MS, page 324

Therapeutic and Healing Powers: reishi and shiitake mushrooms boost the immune system by producing interferon-like effects that fight viral infection. Mushrooms are also being studied for their anti-cancerous capabilities.

Food Swings by Barnet Meltzer MD, page 216

If you have a family history of cancer, have been a smoker, have worked in a hazardous occupation, or know that you have had toxic exposures, take one or more of the tonics that are cancer-protective and immune-enhancing. My first choices would be maitake and reishi mushrooms.

8 Weeks To Optimum Health By Andrew Weil MD, page 251

Ganoderma: Ganoderma lucidum, the Chinese "mushroom of immortality" called ling zhi (in Japan, reishi) has been extensively studied in the laboratory for antiviral activity and is well known for its immune-modulating activity. My teacher of [Chinese medicine](#), the late Dr. York Why Loo, kept a specimen of dried wild Chinese ling zhi in a jar for use in his old age. So revered by Chinese doctors is ling zhi that it is frequently pictured on their business cards or displayed in their shop windows as a sign of respect for its importance.

Viral Immunity by J.E, page 292

In China, many pharmacological, chemical, and biochemical studies have been conducted with this remarkable mushroom. Results show that reishi meets all qualifications of being an adaptogen and tonic. Its use bolsters the immune system, stimulates health, and improves or prevents allergic conditions and a variety of degenerative and other disease conditions.

Miracle Medicine Herbs by Richard M Lucas, page 9

Try shiitake or reishi mushrooms with your veggies -- the Chinese use them to bolster the immune system.

Prescription Alternatives by Earl Mindell RPh PhD and Virginia Hopkins MA, page 283

Preliminary human research demonstrates some efficacy for the mushroom reishi in treating chronic [hepatitis B](#), although this use still needs to be confirmed.

The Natural Pharmacy by Schuyler W Lininger, page 80

Many researchers are now recommending a combination of mushrooms to maximize effects on the immune system. "A complex blend of medicinal fungi can offer a powerful therapeutic punch," says internationally renowned mycologist Paul Stamets, known by some as "Mr. Medicinal Mushroom."¹ Two other mushrooms that hold great therapeutic promise are reishi, or Ling zhi (Ganoderma lucidum), and

maitake (*Gri-Jola frondosa*).

The Encyclopedia Of Popular Herbs by Robert S McCaleb, page 335

Improves conditions of viral hepatitis (70% of all cases with this condition showed marked improvement after taking reishi).

Miracle Medicine Herbs by Richard M Lucas, page 9

Immune tonics: reishi, astragalus, schisandra liver tonics: dandelion, fennel nerve tonics: scullcap, valerian nutritive tonics: comfrey, marshmallow.

The Herbs Of Life by Lesley Tierra, page 139

Immune-modulating plants often used by doctors of [herbal medicine](#) include Asian ginseng, eleuthero (Siberian ginseng, ashwagandha, and the medicinal mushrooms shiitake and reishi).

The Natural Pharmacy by Schuyler W Lininger, page 89

The reishi mushroom is traditionally used in Chinese medicine for asthenia-type syndromes, characterized by a deficiency of vital energy and functions of the lower body. reishi is the perfect remedy for the typical American suffering from constant stress. This type of individual has depressed vital force and is likely to be both deficient and toxic. When a person in such a state develops cancer and is then faced with the toxicities of [chemotherapy](#), the situation calls for reishi. reishi's overall effects could be described as regulatory and beneficial to the restoration of homeostasis. Its effect on the immune system is total enhancement of immune function: increase of white blood-cell count, platelets, hemoglobin, and various tumor-fighting cells. reishi also improves both energy and sleep.

Herbal Medicine Healing Cancer by Donald R Yance Jr, page 156

Reishi is one of the most versatile medicinal mushrooms. It has long been used in Asia as an energy tonic to promote longevity and overall health. Studies indicate that reishi is an antioxidant and contains polysaccharides and other compounds that may boost the immune system. reishi is taken to counter bacteria and viruses and has shown promise as an agent to help prevent or treat cancer, [chronic fatigue syndrome](#), and other conditions. Russian researchers at the Cancer Research Center in Moscow have had positive results using reishi extracts to boost the immunity of [cancer patients](#).

Off The Shelf Natural Health How To Use Herbs And Nutrients To Stay Well By Mark Mayell, page 88

The fruiting body of reishi mushroom is sweet in taste and neutral to slightly warming in action. It calms the spirit; strengthens immunity; slows aging; strengthens the heart, lungs, and liver; and relaxes spasms.

The One Earth Herbal Sourcebook by Alan Keith Tillotson, page 190

Reishi and cancer

For the past decade, reishi has also been used as a cancer treatment in Japan, with some success. reishi appears to inhibit cancer via its beneficial effect on the immune system. Compounds in reishi can boost immune function by activating macrophages and T-cells, the disease-fighting cells that help rid the body of all foreign invaders, including viruses, bacteria, and cancer cells.

Earl Mindell's Supplement Bible by Earl Mindell RPh PhD, page 167

One of the reishi polysaccharides, called glucan, shows anti-tumor potential according to some researchers. Researchers speculate that glucan reduces the number of cancerous cells making it possible for the body's immune system to handle them more effectively.

Attaining Medical Self Sufficiency An Informed Citizens Guide by Duncan Long, page 196

Carbohydrate-proteins, called mucopolysaccharides, which are found in many herbs, such as echinacea and reishi mushrooms, not only activate macrophages but actually help them to bind to the antigen or tumor cell.

Herbal Medicine Healing Cancer by Donald R Yance Jr., page 93

Canthaxanthin acts as an antioxidant, boosts immunity, slows the growth of cancer cells, and may help to prevent skin and breast [cancers](#). Food sources include mushrooms, particularly reishi, maitake, and shiitake.

Prescription For Dietary Wellness by Phyllis A Balch, page 50

Studies done at the Cancer Research Center in Moscow have found reishi to act as a host defense protector. It helps the body to fight cancer and slow down [tumor growth](#).

Treating Cancer With Herbs by Michael Tierra ND, page 166

Ancient Chinese herbalists considered the reishi mushroom the most beneficial of all medicines and the emperors of Japan believed the reishi granted them immortality. Today, the Japanese government officially recognizes the reishi mushroom as a substance for treating cancer.

Prescription For Dietary Wellness by Phyllis A Balch, page 167

Because it is called ling zhi in Chinese, the scientists called this protein ling zhi-8. And Prof. H. Maruyama called the antitumor activity of a [water](#) extract of reishi as well as two other mushrooms "remarkably effective for inhibition of tumor growth."

Cancer Therapy by Ralph W Moss PhD, page 248

Besides its anti-tumor and immuno-modulatory properties, reishi also helps counteract stress. The crude extract of reishi has been found to be more effective in fighting free radical damage than isolated, synthetic compounds. reishi also contains bitter triterpenes. These strengthen the circulatory and immune systems, tone the liver and protect the body from physical stress. Triterpenes work as adaptogenics, antihypertensives and to control [allergic reactions](#).

Treating Cancer With Herbs by Michael Tierra ND, page 166

Shiitake and reishi mushrooms will be magic because they help prevent cancer.

Asian Health Secrets by Letha Hadady DAC, page 477

Other Herbs -- Other herbal medicines have been identified as potentially useful adjuncts to cancer treatment, including: pearl [barley](#) (*Hordeum vulgare*); reishi mushroom (*Ganoderma lucidum*); shiitake mushroom (*Lentin-ula edodes*); cauliflower (*Brassica oleracea*); wax gourd (*Benincasa hispida*); calendula (*Calendula officinalis*); chaparral (*Larrea divaricata* and *Larrea tridentata*); white mulberry (*Moms alba*); Japanese pepper (*Piperfutokadsura*); thyme (*Thymus serpyllum*); Chinese cucumber (*Trichosanthes kirilowii*); and stinging nettle (*Urtica dioica*).

Alternative Medicine by Burton Goldberg, page 612

The reishi mushroom (*Ganoderma lucidum*) has a sweet and warm energy, is both sedative and tonic, is a supreme deep immune system tonic, and nourishes the spirit, essence, and vital energy. It has strong anticarcinogenic properties and is rich in a number of complex phyto-chemicals, including ergosterol, fumaric acid, aminoglucose, and man-nitol; coumarins; alkaloids; lactone; and various enzymes.

The Way Of Herbs by Michael Tierra, page 313

If you have cancer, you should work with a knowledgeable physician or natural healer. As a cancer treatment, doses are much higher than those for pain control -- you will need to take about 10 grams of reishi daily. But reishi is considered safe even at the highest levels; there is no known toxicity.

Earl Mindell's Supplement Bible by Earl Mindell RPh PhD, page 167

As with other medicinal mushrooms, this herb is rich in polysaccharides that increase white blood cells; it serves as a potent free radical scavenger and generally exerts broad anticancer and antitumor properties. Reishi contains the immune stimulating polysaccharide, beta D-glucan, which has been shown to be effective against sarcoma. The polysaccharide stimulates macrophage activity to produce tumor-necrosis factor (TNF-a), together with cancer killing interleukins. In another study the polysaccharides (PS) from fresh fruiting bodies of *G. lucidum* (PS-G) were isolated and used to potentiate cytokine production by human mono-cytes-macrophages and T lymphocytes. Results demonstrated that the levels of interleukins (IL)-1 beta, tumor necrosis factor (TNF)- alpha, and IL-6 in macrophage cultures treated with PS-G (100 micrograms/ml) were 5.1, 9.8 and 29 fold higher,

respectively, than those of untreated controls. In addition, the release of interferon (IFN)- gamma from T lymphocytes was also greatly promoted in the presence of PS-G (25-100 micrograms/ml). Furthermore, these cytokine-containing mononuclear cell-conditioned media (PSG-MNC-CM) suppressed the proliferation of both the HL-60 and the U937 leukemic cell lines. Further, a process of DNA labeling was able to induce cell death (apoptosis) only of cancer cells.

Treating Cancer With Herbs by Michael Tierra ND, page 166

Two other types of medicinal fungi, which have received considerable attention in the scientific community in the last few decades, are the reishi (pronounced REE-she) and shiitake (pronounced SHE-taw-key) mushrooms. They are venerated throughout the Orient for their marvelous healing properties, especially in the treatment and prevention of cancer. Laboratory and clinical studies done with both of them in man and beast alike have shown remarkable regression of malignant tumors, particularly through the injection method.

Encyclopedia Healing Herbs Spices by John Heinerman, page 243

Adding foods to the diet which contain significant amounts of the trace element germanium, which enhances the action of oxygen in the body. Germanium foods and supplements are commonly used as cancer remedies and for immune restoration in general. Among the more concentrated food and herb sources: "[turkey tails](#)" and related shelf or punk mushrooms that grow on the sides of decaying trees; other mushrooms including shiitake, ling zhi or reishi (*Ganoderma luddum*), and champignon; garlic; the herbs Suma (*Pfaffia paniculata*), ginseng, and unrefined aloe vera juice; chlorella micro-algae, and barley.

Healing With Whole Foods by Paul Pitchford, page 40

Medicinal mushrooms with immunomodulating activities have been traditionally used as tonics in Traditional Chinese Medicine (TCM). They are now used in cancer treatments to counteract the toxic effects of radiation and chemotherapy. Mushrooms used in cancer therapies are generally processed into liquid or powder in order to obtain the necessary potency. It takes about 15 pounds of reishi mushrooms to produce 1 pound of the powdered concentrate. Medicinal mushrooms make a significant contribution to the healing process by enhancing and stimulating the body's own immune system. This is a very important factor in diseases like cancer and [HIV](#), which have components unique to each individual. In my protocols for people with cancer, I always include one or more medicinal mushroom extract products. Descriptions of some of the more frequently used mushrooms follow.

Herbal Medicine Healing Cancer by Donald R Yance Jr, page 155

It is believed, they are more accessible to the immune system cell called the macrophage. Remember, these are nonspecific "Pac Man"-like immune cells that literally gobble up invaders. When the macrophage becomes activated, it signals helper T cells to get to work. From research in China and Japan, the immune cells being activated by reishi to kill tumor cells are primarily the macrophages and helper T cells.

Healing Pets With Nature's Miracle Cures By Henry Pasternak DVM CVA, page 114

Reishi calms the central nervous system, exerting a blood-pressure-lowering effect beneficial to the heart. It is now employed in China for treatment of autoimmune diseases and to calm hypersensitivity. Like many other medicinal mushrooms, reishi mushroom can be used to treat cancer patients due to its ability to activate NK cells, macrophages, T-lymphocytes, and cytokines, all important immune system components. Kee Chang Huang reports that reishi "exerts a synergistic effect with other anticancer chemotherapeutic agents or radiotherapy, to augment the clinical therapeutic effect in the treatment of cancer patients."

The One Earth Herbal Sourcebook by Alan Keith Tillotson, page 191

Reishi (*Ganoderma lucidum*) contains carbohydrates, fiber, [amino acids](#), protein, steroids, triterpenes, lipids, alkaloids, polysaccharides, glucoside, coumarin glycoside, volatile oil, vitamin B2 (riboflavin), and ascorbic acid. It also contains the minerals calcium, zinc, magnesium, copper, and germanium. Additionally, reishi contains ganoderic acid, which is a free-radical scavenger, giving reishi antioxidant powers. The polysaccharides in reishi mushrooms appear to activate a type of white blood cell known as a macrophage. These cells filter the blood, destroying cancer cells, viruses, bacteria, and other large particulate material. Macrophages also signal other white blood cells to seek out and destroy

tumor cells.

Prescription For Dietary Wellness by Phyllis A Balch, page 168

Reishi is also being studied for its effects against arthritis, bronchitis, [asthma](#), acute hepatitis, diabetes, allergies, insomnia, and altitude sickness

The Encyclopedia Of Popular Herbs by Robert S McCaleb, page 335

reishi. Several species of ganoderma have traditionally been used by the Chinese to prevent or treat cancer of the esophagus and other organs. Studies show that certain steroidlike compounds in reishi can help kill liver cancer cells. reishi extracts have also been shown to boost the immunity of cancer patients.

Off The Shelf Natural Health How To Use Herbs And Nutrients To Stay Well By Mark Mayell, page 226

One study showed that reishi strongly inhibited the growth of sarcoma 180, with an inhibition rate of 95.6 to 98.6 percent at an interperitoneal dosage of 20 mg/kg for ten days in mice.¹¹⁶ Another study demonstrated that reishi polysaccharides significantly inhibited the proliferation of JTC-26 tumor cells, a human cancer-cell strain. Ganodermic acids U through Z, which are six types of cytotoxic triterpenes found in reishi, showed significant cytotoxicity on hepatoma cells grown in vitro.

Herbal Medicine Healing Cancer by Donald R Yance Jr, page 156

Like the shiitake, reishi extract -- known as *G. lucidum* -- has shown immune-enhancing ability and may curb the growth of tumors, according to proponents. They also believe that reishis can help to fight a host of ailments, including high blood pressure, allergies, asthma, fatigue, arthritis, high cholesterol, dizziness, liver problems and congestion.

The Complete Book Of Alternative Nutrition by Selene Y Craig, page 225

Immune tonics such as reishi mushroom and astragalus can be given in higher dosage during the early stages of disease or to prevent recurrence. In the more advanced stages, tonics are also used but to a lesser extent, with greater emphasis on the use of eliminative, heat clearing herbs. In the middle stages of cancer one combines tonification and elimination substances equally.

Treating Cancer With Herbs by Michael Tierra ND, page 117

Kelp, reishi, and St. John's wort may help protect against the adverse effects of x-ray radiation.

Prescription For Nutritional Healing by Phyllis A Balch CNC and James F Balch MD, page 730

Antitumor: Prevents or helps alleviate tumors. Examples: chaparral, red clover, astragalus, reishi, fu ling.

The Herbs Of Life by Lesley Tierra, page 137

Herbal and nutritional therapies can make chemotherapy more sensitive to the particular cancer being treated. For example, bromelain and quercetin are especially compatible with most chemotherapies used in cases of breast, ovarian, and colon cancers, as well as leukemia and most melanomas, while reishi, coriolus, astragalus, and Siberian ginseng work well with all chemotherapies for all types of cancers.

Herbal Medicine Healing Cancer by Donald R Yance Jr, page 281

Sabley said that reishi contains two major groups of organic compounds: Ganodermic acids (compounds with a structure similar to steroid hormones) and polysaccharides (long chains of naturally occurring sugar molecules or carbohydrates). Many believe that polysaccharides, commonly found in mushrooms, seaweed and numerous plants, have immune-enhancing properties, possibly capable of treating some forms of cancer.

Attaining Medical Self Sufficiency An Informed Citizens Guide by Duncan Long, page 196

Popularized by the Chinese and Japanese, ganoderma, also known as the reishi mushroom, is a general energy stimulant that also possesses cancer-fighting abilities. It is particularly effective when used along with astragalus and legustrum.

Complete Encyclopedia Of Natural Healing by Gary Null PhD, page 108 > reishi: immune booster,

cancer preventive, system balancer

Off The Shelf Natural Health How To Use Herbs And Nutrients To Stay Well By Mark Mayell, page 19

The beta-glucans lentinan, grifolan, schizophyllan and SSG are available in Japan. Lentinan and schizophyllan are approved in Japan as drugs for the treatment of cancer. ... Non-edible mushrooms that are rich in beta-glucans include the reishi mushroom (*Ganoderma lucidum*) and the coriolus mushroom (*Coriolus versico-lor*).

PDR For Nutritional Supplements by Sheldon Saul Hendle and David Rorvik, page 316

Reishi MUSHROOM (*Ganoderma lucidum*) Ling zhi All types of cancers when there is qi weakness, blood deficiency, low and/or threatened immune system, dampness, nervousness and anxiety. It is also used to offset the adverse effects of chemotherapy and radiation. Dose: 9-30g

Treating Cancer With Herbs by Michael Tierra ND, page 81

Ling zhi, the famous reishi mushroom, is not known for its sweet flavor so much as for its cleansing, anticancer effects. Although the mushroom itself is not sweet, the instant cube is.

Asian Health Secrets by Letha Hadady DAC, page 52

Reishi and cardiovascular disease

Reishi contains several constituents, including sterols, coumarin, mannitol, polysaccharides, and triterpenoids called ganoderic acids. Ganoderic acids may lower blood pressure as well as decrease low-density lipoprotein and triglyceride levels. These specific triterpenoids also help reduce blood platelets from sticking together -- an important factor in lowering the risk for coronary artery disease. While human research demonstrates some efficacy for the herb in treating altitude sickness and chronic hepatitis B, these uses still need to be confirmed.

The Natural Pharmacy by Schuyler W Lininger, page 456

Because there is some evidence that reishi extract lowers cholesterol and blood pressure and reduces [platelet](#) stickiness, another cardiovascular risk factor, it is being studied for its potential in the treatment of heart disease.

Off The Shelf Natural Health How To Use Herbs And Nutrients To Stay Well By Mark Mayell, page 56

This mushroom is prized in Japan and China, where its rejuvenating qualities have been known for over 4,000 years. Scientific studies have confirmed its medicinal properties. Published studies in humans show that it lowers blood pressure and reduces "bad" LDL cholesterol and triglycerides, another type of blood fat. It also reduces the tendency of blood platelets to accumulate, thus making blood less likely to clot and provoke heart attacks and strokes. Since the raw mushroom is woody and inedible, the traditional method of preparing reishi is to make a tea by simmering it for a long time in water. Fortunately, it is also available in a powdered form. Typical dosage: 1,000 to 9,000 milligrams in capsules per day, - or 50 to 75 milligrams in concentrated capsules three times per day.

The Herbal Drugstore by Linda B White MD, page 327

Chinese herbal medicine physicians regard the reishi mushroom as an "elixir of immortality." Research confirms that reishi is an effective cardi tonic. In a study of 54 people (average age, 58.6) whose blood pressure was over 140/90 and who were unresponsive to hypertension medication, those taking reishi mushroom extract in tablet form three times a day for four weeks experienced a significant drop in their blood pressure compared to the control group. The blood pressure of all the test subjects fell below 140/90.

Heart Disease by Burton Goldberg, page 205

Today, both shiitake and reishi mushrooms are used to treat a variety of disorders and to promote vitality. They are used to prevent high blood pressure and heart disease, to control and lower cholesterol, to build resistance to disease, and to treat fatigue and viral infections. They are also known to have anti-tumor properties valuable in treating cancer.

Prescription For Nutritional Healing by Phyllis A Balch CNC and James F Balch MD, page 80

Reduces excessive levels of cholesterol in the blood, thus improving circulation.

Miracle Medicine Herbs by Richard M Lucas, page 9

reishi has been shown in several studies to lower cholesterol levels, helping to prevent atherosclerotic changes in the blood vessel walls (reported in Huang, 1999).

The One Earth Herbal Sourcebook by Alan Keith Tillotson, page 191

Today, both shiitake and reishi mushrooms are used to treat a variety of disorders and to promote vitality. They are used to prevent high blood pressure and heart disease, to control and lower cholesterol, to build resistance to disease, and to treat fatigue and viral infections. They are also known to have anti-tumor properties valuable in treating cancer.

The A-to-Z Guide to Supplements by James F Balch MD, page 157

Reishi is a variety of mushroom that also fights infection and has traditionally been used to treat heart disease and lower blood pressure and cholesterol.

Alternative Medicine by Burton Goldberg, page 192

High Blood Pressure hawthorn berries ginkgo leaf, reishi dandelion, echinacea, chamomile, plantain

The Herbs Of Life by Lesley Tierra, page 231

Clinical studies at the Tongji Medical University, Wuhan, China, involving 15 healthy volunteers and 33 patients with atherosclerotic disease suggest that the mushroom may offer help for other diseases as well and the team reported that reishi also inhibited platelet aggregation.

Attaining Medical Self Sufficiency An Informed Citizens Guide by Duncan Long, page 197

Reishi (*Ganoderma lucidum*). Sixteenth-century Ming Dynasty texts say that this marvelous Chinese medicinal mushroom "mends the heart." And my good friend, pharmacognosist (natural product pharmacist) Albert Leung, Ph.D., says in his *Better Health with (Mostly) Chinese Herbs and Food* that reishi has considerable value in preventing and treating arrhythmia.

The Green Pharmacy by James A Duke PhD, page 121

This medicinal mushroom has long been used in China as a general heart tonic, as well as for a host of other conditions. If your arrhythmias are caused by stress, reishi is a good choice to add to your routine because it acts on the many body systems that can be affected by stress. Typical dosage: up to five 420-milligram capsules per day, or up to three 1,000-milligram tablets up to three times per day.

The Herbal Drugstore by Linda B White MD, page 155

Since heart disease is America's most serious health risk, any program designed to maintain and optimize health must start with protecting the cardiovascular system. This means reducing artery-clogging cholesterol, preventing the oxidation of blood fats, and maintaining a strong, steady heart beat. The best-researched herbal remedies for reducing blood fat levels (cholesterol) and for obtaining other cardiovascular benefits include garlic, hawthorn, ginger, horse chestnut, bilberry, reishi mushroom, and the Ayurvedic herb

The Encyclopedia Of Popular Herbs by Robert S McCaleb, page 12

Reishi is a heart tonic, like hawthorn and ginkgo. It improves blood flow to the heart, reduces coronary demand for oxygen and helps ease the chest pain of angina. I make reishi tea using three to six teaspoons of dried herb per cup of boiling water.

The Green Pharmacy by James A Duke PhD, page 121

Reishi is a type of mushroom, contains several constituents that seem to help decrease triglyceride levels based on preliminary reports.

The Natural Pharmacy by Schuyler W Lininger, page 88

Perhaps one of the reasons the Chinese regard mushrooms as spirit medicine is the claim found in the oldest recorded botanical monograph on another powerful Chinese medicinal mushroom, the ling zhi or reishi mushroom (*Ganoderma lucidum*). The Chinese claimed that it made the body lighter, which may

refer to its ability to reduce cholesterol and blood lipid levels. Shiitake mushrooms have immune-potentiating properties similar to those of reishi mushrooms.

The Way Of Chinese Herbs by Michael Tierra LAc OMD, page 431

Reishi as an antihistamine

Japanese researchers have also found that reishi acts as an antihistamine, making it useful for treating allergies. Lanostan, a compound found in reishi, appears to control the release of transmitting chemicals in the body, thereby inhibiting the release of histamine. Since reishi also promotes the adrenal function and immune reaction, it has added effectiveness in controlling the body's reaction to an allergen.

Attaining Medical Self Sufficiency An Informed Citizens Guide by Duncan Long, page 196

Reishi is a true adaptagen, enhancing health and normal functions of the body. For example, while it increases some components of the immune response to cancers, it also inhibits pathological immune functions in autoimmune diseases. It has also been reported to reduce the histamine release associated with allergic reactions, and even to help prevent life threatening ana-phylactic reactions.

Healing Pets With Nature's Miracle Cures By Henry Pasternak DVM CVA, page 112

