

Ganoderma Benefits

1. The Ganoderma Lucidum mushroom (also known as Reishi in Japan and Lingzhi in China) **helps the body adapt to many types of body stresses** such as trauma, sleep deprivation, temperature, exposure to toxins, psychological stress, infection, or radiation. Ganoderma Lucidum helps the organisms in the body return to a normal, balanced state after illness.
2. Ganoderma acts as a regulator that fine-tunes the immune system. Its main purpose is to detect pathogens such as bacteria and other viruses that attack the body.
3. A compromised immune system can develop viruses, parasites, bacteria and fungi that cause disease. Repeated use of common antibiotics, anti-viral agents, and anti-fungal medications can cause microbes to develop a resistance to the medications. Consuming Ganoderma can eliminate these problems. Ganoderma is gaining popularity among many as an adjunct to combating the disagreeable side effects of radiation and chemotherapy associated with cancer treatment.
4. The Ganoderma red mushroom **has exceptional anti-stress qualities** that can help improve memory, reduce tension and sharpen your concentration. It is particularly helpful in the treatment of degenerative diseases, such as Alzheimer's and dementia that affects the elderly. Ganoderma has been around for many centuries. It has been used for over 4000 years in Chinese and Japanese Traditional Medicine.
5. Highly ranked in Oriental traditional medicine for its health benefits and powerful medicinal properties, Ganoderma has been used **as a remedy for many types of chronic diseases**, including hepatopathy, type II diabetes, neurasthenia, hypertension, and cancer.
6. Originally consumed by emperors and royalty as the **"Miracle Herb"**, many westerners have overlooked it until recently. Some of the many health benefits of Ganoderma are its antioxidant effects on the body, the positive effects on circulatory system and respiratory tract. Ganoderma has been shown to lower high blood pressure, balance cholesterol levels and reduce the symptoms of bronchitis, asthma and other lung problems.
7. The Ganoderma red mushroom has more than **200 active elements** known to improve health and is considered a Nutritive Supplement by the FDA and other Food and Drugs Administrations worldwide.

The Ganoderma **powerful antioxidant properties** are also known to provide many other benefits including:

<ul style="list-style-type: none">- Balances blood sugar levels and pancreatic functions- Protects against skin cell degeneration- Improves skin texture- Reduces the appearance of aging- Eliminates toxins from the body- Increases Metabolism- Fights and inhibit Free Radicals- Unclogs arteries and improves Liver function- Improves sexual functions- Reduces fatigue and improves sleep- Improves the digestive system- Relieves sinus congestion & other respiratory problems- Rejuvenates body tissue and cells	<ul style="list-style-type: none">- Balances cholesterol- Provides energy and vigor- Helps with weight loss and management- Reverses the effect of arthritis, Diabetes, and Obesity- Reduces Bronchitis and asthma symptoms- Rejuvenates and oxygenates the body- Strengthens the immune system- Increases brain power and clarity- Lowers high blood pressure- Effectively aids in the healing of skin wounds, scrapes, psoriasis, mouth ulcers, external bleeding, bug bites and stings
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The Benefits of Ganoderma Lucidum (Reishi)

The scientific data accumulated over the past 30 years help explain why Reishi is effective in all parts of our body:

- **Immune System**
 - Cancer: Reishi is an effective anti-tumor medicine
 - Common Cold
 - Influenza
 - Cough
 - Inflammation
 - Rheumatoid Arthritis
 - Allergies
 - Lupus
 - Stomatitis (canker sores)
 - Reishi acts as an antioxidant against free radicals
 - Reishi protects against the effects of radiation
 - Reishi has anti-inflammatory effects
- **Respiratory System**
 - Asthma
 - Chronic Bronchitis
- **Endocrine System**
 - Problems associated with Menopause
 - Irregular menstruation
- **Nervous System**
 - Insomnia
 - Neurasthenia
 - Stress-induced tension
 - Over-sleep
 - Headache
 - Toothache
 - Cataracts
 - Muscular Dystrophy
 - Myasthenia Gravis
- **Circulatory System**
 - Hypertension (High Blood Pressure)
 - Hypotension (Low Blood Pressure)
 - Coronary Heart Disease
 - Arteriosclerosis
 - Arrhythmia
 - Stroke
 - Reduction of Cholesterol (LDL)
 - Anemia
 - Cold Extremities
 - Hemorrhoid
 - Elevation sickness
- **Digestive System**
 - Gastroenteritis
 - Ulcer
 - Hepatitis

- Liver Necrosis
- Ganoderma Lucidum regenerates the liver
- Obesity -- Reishi removes fat in the blood
- Underweight -- Reishi improves appetite
- Diabetes
- Constipation
- Diarrhea
- Gallstones
- **Skin**
 - Aging of the skin
 - Ugly spots on the skin
 - Acne
 - Hair loss
 - Dermatitis
- **Excretory System**
 - Nephritis
- **Reproductive System**
 - Erectile Dysfunction
 - Lack of sexual desire
 - Dysmenorrhea (Menstrual cramps)

The Most Common Uses of Ganoderma Lucidum (Reishi)

Ganoderma Lucidum (Reishi) is commonly used for:

- Longevity and prevention of disease
- Insomnia
- Stress
- Influenza and the common cold
- Asthma
- Allergies
- Cancer
- Hypertension
- Heart Disease
- High Cholesterol (LDL)
- Diabetes
- Headache
- Stomach ache
- Arthritis
- Back pain
- Skin Care
- Hair loss
- Chronic Fatigue Syndrome (CFS)
- Hepatitis

Why Is Ganoderma Lucidum GOOD For Our Health?

Why Is Ganoderma Lucidum GOOD For Our Health? Ganoderma Lucidum (Reishi) is a unique health food. A Red Mushroom with a wide range of medicinal properties which collectively strengthens the immune system and gives the user longevity:

- It has the rare and valuable properties of an Adaptogen, which means that it is non-toxic, non-specific, and has a normalizing effect on the body.
- It is classified as Top of the Superior Quality of all herbs by the pharmacopoeia used by Chinese doctors for thousands of years. Emperors have considered Reishi an herb for the immortals. Its stature is higher than Ginseng.
- It has a long history of safe use (5,000 years). NO toxicity or side-effect has been reported.
- There are 30 years of ample modern scientific evidences in the laboratory and in the clinic for its effectiveness.
- It has extremely wide applications, bringing benefits to the entire body, preventing almost all the common diseases.
- Its potency as a medicine even exceeds many modern drugs. For example, it is more effective than Melatonin and certainly much safer and free from side-effects.
- It is effective even for "terminal" illnesses such as cancer, AIDS, and coronary heart disease.
- It is effective for both PREVENTION and CURE, suitable for daily use as a health supplement.
- It is very easy to gain acceptance by new users because of Reishi's stature, publicity, and complete safety.

Take the time to understand the [Ganoderma Healing Responses](#) that your body will have and how it's key to knowing that your body is being detoxified to a healthier state.

The status of Ganoderma Lucidum in the health food industry is unparalleled. It is the culmination of the knowledge and wisdom of the East and West for over 4,000 years.

Its effectiveness as a health food and as a highly potent medicine have been demonstrated by over **30 years of modern scientific research** in Japan, Taiwan, China, U.S.A., Canada, and Poland.

Backed by 4,000 years of accumulated experience, Reishi can safely claim to be totally free from side-effects. The wide range of health benefits we can receive from Reishi is also unmatched.

As it was so rare, Reishi was available only to emperors in ancient times. The first emperor of China, Shih Huang Ti, sent a fleet with 250 young men and 250 young women to Japan in search of the herb of longevity, which is Reishi.

Ganoderma Lucidum is the King of Adaptogens. It is superior to Ginseng. Adaptogens share three important properties:

- 1. Non-toxic and free from side-effects.**
- 2. Non-specific, acting on the entire body.**
- 3. Normalizes physiological functions.**

Ganoderma Lucidum contains 800 - 2,000 ppm of organic germanium, which is **4-5 times more** than Ginseng. Germanium is a trace element with adaptogenic functions.

Ganoderma Lucidum (Reishi) which is a higher order organism of the world of fungus, belongs to the Polypore group.

"Polypores, commonly known as bracket or shelf fungi, are conspicuous mushrooms that grow off the sides of trees. On a walk through the forest one can commonly see many such bracket mushrooms."

"What is not readily visible to us however is the actual mushroom organism, or mycelium. Just as an apple is the fruit of an apple tree, so too is a mushroom the fruit body of a mycelial "tree". Mycelium

is a network of the threadlike filaments that originates from spores. The mycelium spreads throughout the nutrient base or substrate, amassing nutrients as it grows. As long as environmental conditions are right, the mycelium will continue to grow and propagate until it exhausts the available nutrients."

"As long as nutrients are available, the mycelium can be considered perennial and will live for many years. At least once a year, mushrooms emerge from the mycelial network. As the reproductive organ of the fungus, mushrooms are the means by which spores are created and spread." --- from *Reishi Mushroom: Herb of Spiritual Potency and Medical Wonder*, Terry Willard, Sylvan Press, 1991

Ganoderma has no known herb drug interaction. Ganoderma has been shown to be safe and non-toxic even at very high doses. Many families have been enjoying Ganoderma's wonders for quite some time and have yet to experience any side effects.

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.