

MEDICINAL MUSHROOMS-IMMUNE HEALTH AND MORE

by John Seleen, President

In Asia, medicinal mushrooms have played a prominent role in good health for over 2,000 years. The Reishi mushroom was revered as the premiere “wellness” tonic in ancient China, and the extract of the Coriolus mushroom is now the top selling cancer treatment in modern day Japan.

Although people think of mushrooms as immune stimulators, they do far more than just optimize immune health. First a few general rules. Mushroom supplements should always be taken twice a day, morning and evening. Mushroom supplements also need to be taken on an empty stomach. For the purposes of mushroom supplements an empty stomach is considered to be a half hour before meals or two hours after.

Mushroom supplements that list the potency of the primary actives on the label are always preferable to those that do not. These should be listed for consumer benefit. For mushrooms, the words “beta glucan” and “polysaccharide” both refer to the same active compounds. Always look for the beta glucans or polysaccharides to be listed as a percentage (%) in the “Supplement Facts Panel” of the label.

If a supplement label is missing this potency information it creates a problem for therapeutic use, as there is no way to know if that particular supplement is potent enough or if you are following the dosing instructions recommended in the clinical research.

Cordyceps for Asthma and the Lungs. People are just beginning to discover how useful a high quality Cordyceps extract is for people suffering from asthma. Instead of reacting to the symptoms with inhalers, Cordyceps actually reduces the number of incidences where an inhaler is required.

It is important to take 2,000 mg per day of a Cordyceps supplement that lists the potency at

15%-16% polysaccharide/beta glucan on the label. Although it takes 5-6 weeks to feel the effects, most people experience a significant and substantial reduction in the number of times an inhaler is needed. Of course we recommend that you always carry your inhaler just in case, but the results have been truly amazing.

Cordyceps at this dose also increases energy levels, dramatically improves endurance and stamina, and is frequently used by world class athletes for this purpose. Cordyceps increases the numbers of red blood cells and increases blood flow to the heart, making the heart function more efficiently. Cordyceps is safe to take daily on a long term basis, even for years, and needs to be taken daily to maintain the benefit for asthma sufferers.

Reishi for Healthy Cholesterol. We have all heard the news reports on the new cholesterol drugs, but the real news on lower cholesterol is the amazing mushroom called the “Red Reishi”. Reishi has been the premier tonic herb in Chinese medicine for over 2,000 years. Our doctors have found that using just 1,600 mg per day of a guaranteed potency extract can dramatically improve liver health and lower the LDL (bad) cholesterol by 30-40%. It is important to find a Reishi supplement that lists the potency as 10% polysaccharide/beta glucan, along with 4%-6% on the triterpenes, another active compound unique to Reishi. Although it takes 3-4 months for the full effect to be seen in the cholesterol numbers, all of the side effects are good. Less colds, less flues, better circulation and improved liver function are all commonly associated with the daily use of Reishi. Reishi is another supplement that is safe to take every day long term. Also, adding 1 capsule of Cordyceps to the daily morning and evening Reishi protocol has produced even better cholesterol results for some people.

About the author:

John D. Seleen has been growing gourmet and medicinal mushrooms for 25 years and producing and distributing guaranteed-potency water extracts for 10 years. He is the President and founder of JHS Natural Products and MushroomsScience (see ad next page)