



In China, *Reishi* mushrooms have earned the nickname, “*The Mushrooms of Immortality*,” and if their longstanding reputation is any indication, this nickname could be appropriate for a few different reasons. Some archaeological evidence points to *Reishi* mushrooms having been used as far back as 7,000 years ago, and with good reason.

The benefits of these mushrooms aren’t only applicable to diseases and conditions that existed thousands of years ago, but to those that plague mankind today as well.

Reishi mushrooms are known for their red, oblong-shaped caps, tough texture and woody flavor. Unlike other conventional mushrooms, however, they aren’t the tastiest things to put on a salad or in a stir-fry, and instead modern man is most likely to reap their benefits from extracts.

It is these *Reishi* mushroom extracts that have been used in a variety of scientific studies. These studies have linked the mushrooms to reduced blood pressure, weight loss, improved nervous system function, and even the treatment and prevention of cancer and diabetes – two top modern health concerns.

Researchers with Bellarmine University found polysaccharides and saponins in *Reishi* mushrooms that are able to reduce cell proliferation (multiplying) in cancerous lungs. This is because the mushroom compounds trigger apoptosis or cell death, essentially targeting cancerous cells and ensuring their demise.

Another study, from MARA Institute of Technology of Malaysia, found that *Reishi* extract was able to boost the immune system – making it better able to fight cancer. They also found that *Reishi* could assist in reducing the side effects of conventional cancer treatments, like radiation and chemotherapy. Though the researchers admitted the results varied depending on the type of cancer, they recommended taking six 500mg capsules of extract each day to assist in cancer treatment.

In diabetes research, *Reishi* mushrooms have been found to lower blood sugar in lab animals. *Reishi* extract was able to lower blood glucose levels of mice within only a week of treatment. A study from Peking University in Beijing found that *Reishi* mushrooms could protect the kidneys from stress caused by diabetes, potentially even stopping kidney complications.

These mushrooms have survived as a natural medicine for thousands of years, and it is not by pure coincidence. Traditional Chinese Medicine (TCM) is at the foundation of modern natural medicine, and *Reishi* mushrooms have earned their place in both.

The Benefits of this Coffee:

Ganoderma has been used extensively in traditional Chinese medicine (known as Lingzhi or Reishi) for over thousands of years for a wide variety of ailments. Like many such homeopathic cures, western medicine virtually ignored it until the last few decades. But now, the world has taken notice and scores of studies are finding it is useful for treating many chronic problems, with virtually no side effects. Some of the benefits being studied are:

- Prevents tissue degeneration and in turn avoids the occurrence of various diseases.
- Has anti-aging properties and is believed to aid longevity.
- Strengthens the immune system.
- Has been found to be effective in the fighting against various types of cancer.
- Aids the improvement of the blood circulatory imbalance of the body.
- Protects and regulates a number of organs in the body, such as the liver and intestines.
- Good for people suffering from high blood pressure.
- Useful in detoxification of the body and rejuvenation of the cells.
- Has anti-oxidants properties and helps maintain the metabolism of the body
- Has no side effects regardless of the amount and period of usage
- Oxygenates the Body
- Boost stamina
- Packed with over 150 all-natural antioxidants that fight free radicals
- Promotes younger skin (GanoDERMA)
- More Energy
- Promotes deeper, and more enjoyable sleep
- Promotes detoxification, weight loss