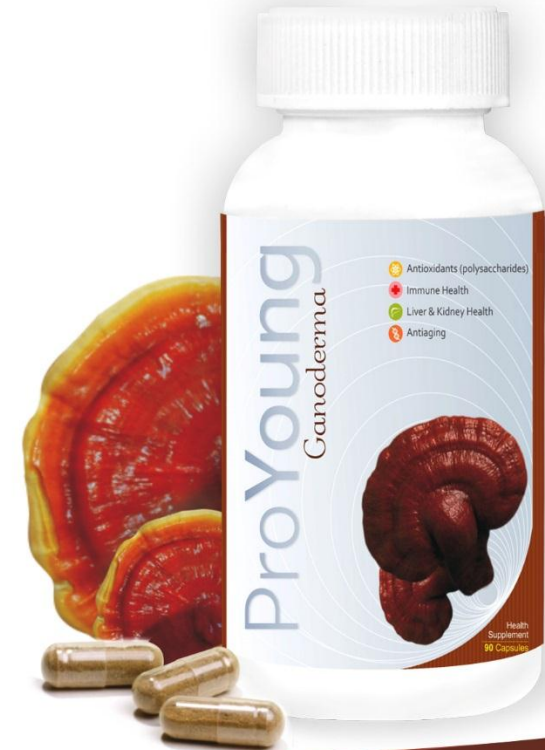




THE HEALTH BENEFITS OF GANODERMA



# Ganoderma (Red Reishi Mushroom)

Ganoderma (Red Reishi Mushroom) Miraculous health enhancing application which have been employed by oriental cultures for centuries, but have only been introduced to the western world in the last 30 years.

A growing number of western medical doctors and researchers are now working to better understand herbal therapies such as red reishi consumption so that they can help you make informed health care decisions.





# Ganoderma (Red Reishi Mushroom)

The effectiveness of a red reishi plant in enhancing one's health depends on:

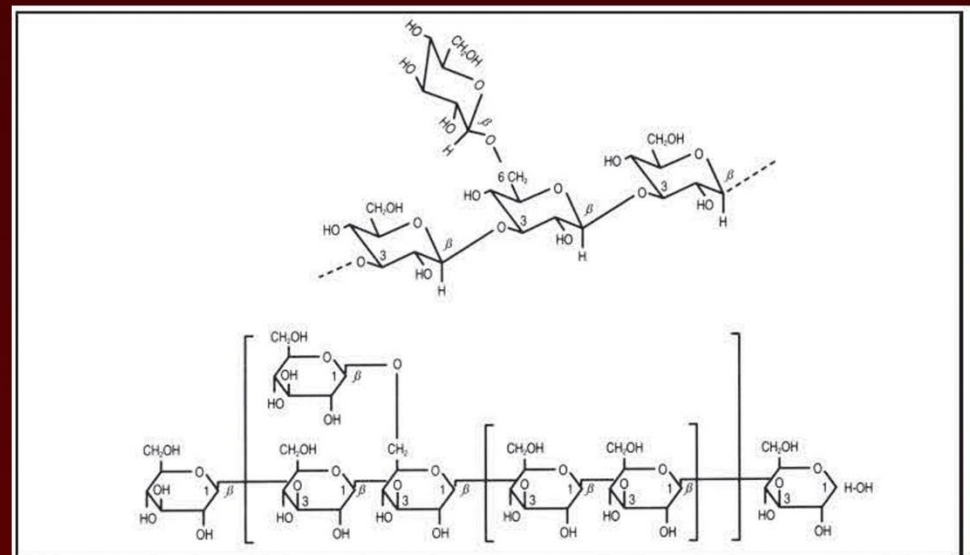
1. The Quality of the plant's mother fungi
2. The method of cultivation
3. The growing Conditions
4. The harvest time



# Pharmacology of Ganoderma

Red Reishi Mushroom are primarily composed of complex carbohydrates called

1. Polysaccharides,
2. Triterpenoids,
3. Proteins, and amino acids.



Structural analysis of anti-tumor polysaccharides  $\beta$ -(1 $\rightarrow$ 6) and  $\beta$ -(1 $\rightarrow$ 3)-D-glucan

# Therapeutic Benefits of Ganoderma

## Immune Function

It is the polysaccharides most active element found in red reishi are responsible for strengthening the body's immune system, by acting as an immune modulator.

The polysaccharides activate macro phases, which are the essential immune cells in the bodies first defense against all microbes

it lowers the viral load and increases the CD4 counts in HIV/AIDS patients due to the presence of anti - HIV substances and protease inhibitors in red reishi mushrooms.



# Therapeutic Benefits of Ganoderma

## Allergies

Alleviate common allergies by inhibiting the chemical mediators of inflammation including histamine

## Cancer

Ganoderma is used as an adjunct to combat the side effects associated with radiation and chemotherapy in cancer patients.

Ganoderma stimulates the production of interferon and interleukins I & II, potent natural anti-cancer substances produced in the body

## Metabolic

Ganoderma helps to regulate blood sugar levels without the side effects of oral hypoglycemic medications





# Therapeutic Benefits of Ganoderma

## Gastro intestinal

Lowers gastric acid secretion

Regulate bowel movements relieving constipation and diarrhea in IBS

Regular consumption of Ganoderma rejuvenate the liver cells, allowing it to perform its vital functions.

Ganoderma aids in the regulatory functions of the kidney

## Prostate

Use of ganoderma significantly reduce PSA Levels

## Respiratory

Ganoderma has an anti – tussive and expectorant properties and enhance the regeneration of tracheal and small airway epithelium particularly important in smokers suffering from chronic bronchitis and COPD



# Therapeutic Benefits of Ganoderma

## Physical Appearance : (Skin)

Red reishi helps body cleans itself of accumulated toxins and excess lipids there by improving the condition of the skin.

Anti-aging properties are related to improved blood flow and increased delivery of nutrients to the skin.

Control acne breakout, enhances skin complexion, minimize, fine lines and lighten age spots

