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MONO-PLANT PRODUCT RANGE

## Reishi Ganoderma

### Box of 100 capsules

The strength of a single herb in its complete form to ensure the best therapeutic effects.

«Food of Life and Longevity» - «Youth Elixir» - «Food of Immortality» - «Plants of the Spirit» to name but a few designations that make you want to know more the REISHI Mushroom.

With over 180 phytonutrients and antioxidants, Ganoderma REISHI acts on several vital body systems. It preserves the health and balance of the body while strengthening its vitality.

Its therapeutic properties are mainly due to its various assets: polysaccharides, beta glucans, cordycepin, germanium, adenosine, ganodermic essence, triterpenoid, protein, fibres, 16 amino acids, vitamins and minerals.

### Immune System

Because of the presence of over a hundred of polysaccharides and triterpenoids Reishi ganoderma is a «immunomodulator» that is to say, it can either strengthen a deficient immune system or temper a too reactive immunity system, which comes useful in case of allergies or autoimmune diseases, for example.

Studies have shown that Reishi extract acts as an antihistamine and has positive effects on asthma and contact dermatitis. In this, it differs from the Cordyceps, which is a potent activator of the immune system but not recommended for people with autoimmune diseases.

### Fatigue - Stress - Insomnia

Reishi ganoderma is especially recommended for people lacking vital energy, due to fatigue or depression:

- Harmonizes the functioning of the nervous system and adrenal glands involved in the management of stress and anxiety. Its nickname «plant of the spirit» comes from its ability to clarify thoughts, to appease mental agitation, to regulate the mood and to soothe the pain.

As such, it is used as a therapeutic aid in detoxification treatment (drugs, alcohol, medication ..)

- Increases the intellectual tone, promotes concentration, memory and mental clarity.
- Improves sleep quality.

### Cancer

It is only recently that Western scholars have understood why Chinese medicine traditionally uses Reishi in the treatment of cancers (liver, pharynx, lung, breast and leukemia). Through clinical trials they have observed the outstanding therapeutic qualities of Reishi, due to some of its well identified components (polysaccharides, beta glucans and triterpenes) it is able to:

- Facilitate the production of immune cells capable of selectively killing cancer cells.
- Strengthening the immune system and inhibit the growth of tumours and their dissemination throughout the body.
- Protect the body against the degeneration of the internal organs by strengthening tissue cells.
- Increase the intake of oxygen in the bloodstream and rid the body of dead cells and water soluble toxins in water.
- Protect the healthy tissues against the toxic effects of chemotherapy. In preventive use, its ability to kill tumour cells is well established.

To understand its mode of action it is important to understand how cancer develops. It takes something like eight years for the cancer cells to grow before being detectable by blood tests. During this time the cells grow at an exponential rate. But in the first years it is easy for the body, if it is helped, to get rid of a few thousand cancer cells. When their number reaches several hundred thousand is a lot more complicated.

Professor Gernez, explains it very well: an army of 1,000 soldiers is easier to destroy than an army of several thousand soldiers!

Reishi can nevertheless improve the quality of life of people suffering from cancer even in advanced stages.

### Respiratory Functions

Reishi improves respiratory functions by increasing the oxygen absorption capacity by the pulmonary alveoli. Which has the effect of improving the resistance to efforts.

It increases the oxygen supply of the cells. Its anti-inflammatory effects benefit to asthmatics and those with chronic pulmonary congestion. It is also used in the treatment of chronic smokers' bronchitis. Clinical studies in China conducted on thousands of chronic bronchitis patients showed improvement of their condition in 60% to 90% of cases.

### **Liver Functions**

Reishi protects the liver and improves its functioning.

- It helps to stabilize the blood sugar and triglyceride levels in the blood.
- It helps the liver to eliminate toxic substances.
- It eliminates intestinal parasites (including candida albicans). We then recommend to include turmeric and garlic into the diet.

### **Cells**

Reishi is a cell protector:

- It protects the cell's DNA against the mutagenic effects of radiations, mainly against damages caused by the most harmful radiations:
  - UV and radioactivity.
- It protects healthy tissues against the toxic effects of chemotherapy.
- It also protects the cells from the harmful effects of toxins through its antioxidant properties that eliminate free radicals.

### **Heart**

Reishi is beneficial to the cardiovascular health:

- Anticoagulant and hypotensive, Reishi improves blood circulation.
- It also reduces bad cholesterol.
- It lowers palpitations and chest pains.

### **Instructions:**

Take one capsule three times per day with a small glass of water, preferably between meals. Do not exceed 5 capsules per day.

### **Composition:**

Ganoderma lucidum – Plant Origin Capsules.

### **Use with caution:**

Not recommended for pregnant or lactating women.