

# REISHI

## What is REISHI?

Reishi, Ling zhi, is a classical stemless mushroom that grows laterally from dead trees and stumps. It has a brown cap with distinctive semicircular growth rings. It has been popular for over 2,000 years in the Orient because of its amazing properties. Reishi was rated number one on ancient Chinese lists of superior medicines and touted as a substance that would give eternal youth and longevity. Reishi contain not only active anti-tumor polysaccharides, but also a high content of triterpenes which help increase resistance to stress or “restore harmony” which is the basic definition of an adaptogen; it supports the body’s natural ability to adapt to physical and emotional stress. \*

## What are the benefits?

Reishi is used to treat a variety of disorders and promote vitality; it works as an anti-oxidant against free radicals, protects against the effects of radiation and has anti-inflammatory effects; it is used to prevent high blood pressure and heart disorders, to control and lower triglycerides and high cholesterol, and to build resistance against viruses and disease. It is anti-allergenic and antiviral and is used for hepatitis and heart arrhythmias. It has proven effective in treating cancer and reducing the side effects of chemotherapy. Reishi is an officially listed substance for treating cancer by the Japanese Government. It is historically used to calm the nervous system, relieve anxiety and insomnia. \*

## Supplement Recommendation:

Look for a product that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Helps prevent high blood pressure\***
- **An effective heart protectant\***
- **Helps lower high triglycerides and cholesterol\***
- **Builds resistance against viruses and other infections\***
- **Reduces the side effects of chemotherapy and radiation\***
- **Helps to alleviate allergies and food sensitivity\***
- **Supports the body’s natural ability to adapt to physical and emotional stress\***
- **Calms the nervous system and is helpful for relieving insomnia and anxiety\***
- **Contains Cancer fighting properties\***

### Supporting Research:

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Jenkins T, The Spore with More-The Medicinal Power of Mushrooms; *Delicious Living*; Jul 2001, 40-43

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Rector-Page L. *Healthy Healing – An Alternative Healing Reference*; 1994; pp, 91, 95; Published by Healthy Healing Publications

Willard T, Jones K. *Reishi Mushroom – Herb of Spiritual Potency and Medical Wonder*; 1990; Sylvan Press; Issaquah, WA

Herb for Health staff. Not just pretty fungi; May/June 2001; p 45; *Herbs for Health*

\* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.