

## QUICK REFERENCE SHEET

# REISHI MUSHROOM

*Ganoderma lucidum*



Part Utilized:  
Mushroom

### PROPERTIES:

adaptogenic, antioxidant, antibacterial, antiviral, antifungal, hypotensive, anti-inflammatory, antidiabetic

### SYSTEMS AFFECTED:

Cardiovascular, Pulmonary, Liver, Kidney, Nervous, Immune System, and Endocrine with emphasis on the Pancreas

### POSSIBLE USES:

reduce fatigue, fight depression, nerve pain relief, strengthen the immune system, increase strength and stamina, lower cholesterol, lower blood pressure, reduce inflammation, treat urinary tract symptoms, especially in men, improve sleep patterns, improve memory and cognitive function



### GENERAL INFORMATION:

Reishi mushrooms contain significant amounts of Vitamin D, Vitamin B1 (thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (niacin), Vitamin B6 (pyridoxine), choline, astonishingly high levels of potassium, as well as phosphorus, sulfur and magnesium, and a host of water-soluble proteins.

Adaptogens, such as those contained in Reishi Mushrooms, are herbs that assist us in coping with stress and becoming more resilient when we face the inevitable stresses and trials of life. This mushroom can act as an anti-depressant and help elevate mood when situations and events in life are having a negative impact on mental, emotional, and physical health. In one study women suffering from fibromyalgia reported improved happiness, satisfaction with daily life, and an increased ability to cope with pain.

Reishi is considered to be a significant addition to the list of foods and herbs that boost the immune system. There are multiple studies linking the polysaccharides in Reishi to the regulation of immune function and the promotion of antigen production and cellular immunity to invasion from microbes of many types.

Reishi's effects on the nervous system have been compared to that of the drug, diazepam (Valium) but without, of course, the side effects associated with that medication. The results appear to be connected with a reduction of inflammation in the brain (Central Nervous System) as well as in the nerves of the Peripheral Nervous System. This is really good news, considering the long list of side effects connected to Valium use.

This mushroom has been shown to reduce cholesterol (the bad for you kind—LDL) levels while increasing HDL (the good stuff made naturally by the body). This makes it useful in reducing high blood pressure and protecting the liver from developing Fatty Liver Disease, one of the real nasty diseases. The most exciting study that I found indicated, strongly, that Reishi mushroom consumption drops blood glucose levels significantly.

With potassium, calcium, phosphorus, magnesium, selenium, iron, zinc, and copper accounting for most of the mineral content, mushroom proteins contain all the essential amino acids and are especially rich in lysine.