

Reishi



Reishi

Ganoderma lucidum - one of the most studied

+100 studies on cancer

Stimulates Killer T-cells

One study found reishi helps stimulate these t-cells in people with advanced staged cancers

Polysaccharides in reishi increase macrophages and help inhibit tumour growth

Also stimulate T-cells and B-cells and increases dendritic cells (improves cell-to-cell communication)



There are more than one type of polysaccharides in reishi

Another type supports T-reg cell production which, in turn, regulates inflammation – plays a role in autoimmunity, allergies and asthma

Reishi antioxidants are liver-protective both in healthy subjects and those with liver disease

Studies conducted - human and animal



Heart Health

Antioxidant protection

Compounds in reishi suppress gene expression associated with heart failure

Also lowers the production of cholesterol by inhibiting biosynthesis (modifying compounds into other compounds)

Also protects the brain from oxidative stress



Mental Well Being

Contains compounds similar to anti-depressants (rat study)

A double-blind placebo study (132 subjects) also found reduced fatigue and enhanced a sense of well-being

Modifies cytokines – in particular TNF-alpha

This relates to sleep –

Reishi is helpful in reducing insomnia and improving sleep (animal study)



Study found that reishi lowered PSA (prostate specific antigen) levels in rats with BPH

Reishi may also help with Diabetes

Polysaccharides lower glucose production in the liver, increase insulin production, improve wound healing, help with neuropathy and vision issues in diabetics (animal studies)



Reishi and The Gut

Can decrease dysbiosis and candida albicans

Help maintain a healthy gut lining

Has properties that can help repair ulcers and damaged to the GI tract caused by colitis and Crohn's

Contains a number of prebiotics to feed good bacteria and produce SCFA



Red Reishi vs Black Reishi

Actually 6 different types

Black reishi has been studied for medicinal properties more than red reishi

Currently both are thought to have the highest concentrations in comparison to all reishi

Only some “phytonutrients” have been studied – many more to be studied

Red reishi contain more beta-glucan polysaccharides, ganoderic acid and triperpenoids



Format

Available as:

Dual Extraction

Hot Water Extraction

Dried – but not easily available –
remember to re-hydrate in room
temperature water

May be available fresh somewhere in
the world but not in most places

