

Five Mushrooms

5 Mushroom Blend combines the traditional medicinal oriental mushrooms; Cordyceps (*Cordyceps sinensis*); Maitake (*Griflora frondosa*); Reishi (*Ganoderma lucidium*); Shiitake (*Lentinus edodes*) and Turkey Tail (*Coriolus versicolor*). These mushrooms display extraordinary bioactivity with supportive and stimulating effects on many organs and body systems. Recent scientific methods have verified many of these traditional applications, particularly their immuno-modulating properties.

***Cordyceps sinensis* (Cordyceps)** is used in traditional Chinese medicine to benefit the workings of the kidney and lung meridians. The strengthening of these meridians is said to strengthen the body, making it resilient against fatigue, night sweats, lower back-pain, decreased libido, impotence, hyperglycemia, severe exhaustion, respiratory disease, cardiovascular disease, kidney disease and even liver diseases.

***Grifola frondosa* (Maitake)** mushrooms are rich in polysaccharides known as beta-glucans. Certain beta-glucans are used to help relieve the negative effects of chemotherapy and stimulate the functions of specialized cells of immunity. Maitake D-fraction, a beta-glucan, has shown to promote the growth of cancer-fighting cells and helps reverse and prevent tumor growth, especially in patients with lung, liver and breast cancers. Maitake mushrooms can also significantly affect insulin release and help balance blood glucose levels.

***Ganoderma lucidum* (Reishi)** acts as an anti-fungal, anti-hypotensive, anti-viral and anti-inflammatory agent. It functions to block the spread of tumor or cancerous cells as part of its anti-tumor properties. Helps treat allergies, arthritis, bronchitis, gastric ulcer, hyperglycemia, hypertension, chronic hepatitis, hepatic disease, insomnia, nephritis, scleroderma, inflammation, cancer, aging, hypertension and heart disease.

***Lentinula edodes* (Shiitake)** has a strong anti-viral effect. It helps fight the development and progression of AIDS and cancer by boosting the immune system. It also helps prevent heart disease by lowering cholesterol levels and treats infections such as hepatitis and influenza. Shiitake contains all eight of the essential amino acids in a better ratio than meat, milk, eggs, or soy beans. It has an excellent combination of vitamins and mineral including A, B, B12, C, and D and produces a fat-absorbing compound for weight loss.

***Coriolus versicolor* (Turkey Tail)** is used to stimulate the immune system. It helps to treat herpes, chronic fatigue syndrome (CFS), hepatitis, pulmonary disorders, reduces phlegm, improves body-building results, increases energy, treats ringworm and a skin condition called impetigo. Assists in the treatment of upper respiratory, urinary and digestive tract infections as well as liver disorders including hepatitis. Also helps reduce the toxic effects and pain of chemotherapy and radiation therapy, increases the effectiveness of chemotherapy, prolongs and improves the quality of life of cancer patients and increases appetite.