

Ling Zhi mushrooms

Ling Zhi mushrooms have reputation as “King of Chinese Herbs” or “the King of Herbs”. According to a Chinese medical book, Ling Zhi mushrooms are also called “10,000-year mushrooms” and have been used in the Chinese medical formulas for more than 4,000 years. In Ling Zhi mushrooms, an important element is Polysaccharides, Triterpenoids, Sterols, Fat acids and Protein, etc.

In the Chinese pharmaceutical formulas, it reveals that they help maintain the health, relieve fatigue, heal chronic Bronchitis, Heart diseases and bring good sleep. A report from clinical studies shows that Ling Zhi mushrooms can stimulate the immune system in a patient with lung cancers, large intestinal cancers and insurgent cancers. They work against painfulness and work well for patients with Rheumatoid. They are good for patients with certain mental disorders : fatigue, grumpiness, headache, depression, insomnia, lack concentration and happy feelings, which later may appear to have infections, no energy or emotional pressure and Herpes Zoster. In addition, Ling Zhi has a lot of pharmacological effectiveness such as stimulating the Immune system, fighting against tumors, cancers, nerve degeneration, blood sugar levels, blood fat levels, oxidation and inflammations, for example.

For toxicology, Ling Zhi appears to be almost none both chronically and acutely, and safe despite a long term use.

References

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Cordyceps Powder Plus Reishi Extract

TangShao – LinZhi :
the excellent duo mushroom



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Cordyceps Powder Plus Reishi Extract

TangShao – LinZhi : the excellent duo mushroom

Tangshao (Cordyceps) is the so-called “the Viagra from the Himalayas”. It is also called “TanTungShao” or “TanTung-HaeShao”, which can be translated “a worm like in the winter and a look like grass in the summer” or called “the worm grass”. This special herb is consisted of 2 parts : a “worm part”, which is a butterfly worm whose scientific name is *Hepialus armoricanus* Oberthier. On the worm, there is a mushroom whose scientific name is *Cordyceps sinensis* (Berk.) Saec. This worm in the winter will go hibernating under the soil of a snow-covered mountain. When the snow melts, the mushroom spores carried by the wind will land on the ground. After that, the worms will come to eat the spores. In the summer, those spores inside the worm taking minerals and nutrition from it will grow fibers, which will come out from the stomach and the mouth of the worm. The fibers or the young mushrooms requiring the sunrays will rise up to the ground. The worm will eventually die looking like a dry stick. Tangshao (Cordyceps) that is used as a great medicine is actually a dead worm with dry mushroom.

The pharmacological effectiveness on humans in a research

1. A case study on Sexual Performance Stimulation : it shows that from 22 men, who are given Tangshao as a food supplement, are found to have more sperms up 33% in the semen. Besides, it helps rid of the bad sperms down 29%. In another study on 189 people (men and women) who feel their sexual desire very low, it reveals that Tangshao makes the desires go up to 66%. Moreover, there are more studies confirming that taking Tangshao helps prevent and protect the adrenal gland, the hormones from Thymus gland and more healthy sperms up 300% and in women the sexual desire is up 86%.
2. A case study on Stimulation to the immunity of the body : it shows that from 5 men (the average age at 35) with Alveolar inflammation by lipopolysaccharide (LPS), Tangshao helps reduce the inflammation such as interleukin-1beta (IL-1beta), interleukin-6 (IL-6), interleukin-8 (IL-8), interleukin-10 (IL-10) and tumor necrosis factor-alpha (TNF-alpha). Therefore, the immunity is evidently better.
3. A case study on Blood Sugar Reduction : patients with Diabetes when given Tangshao 3 gram/day appears to have their blood sugar controlled 95% whereas those given regular medicine appear to have their blood sugar controlled less 54%.
4. A case study on Kidney Restoration : patients with chronic kidney failures are given 3-5 gram/day of Tangshao. It shows that their kidneys work better. After taking Tangshao for a month, it can heal several complications with the kidney failures such as lower blood pressure, lower protein in the urine, anemia healed and Superoxide Dismutase (SOD) increased (an Anti-oxidant). Another report reveals that patients with their malfunctioning kidneys due to taking Gentamicin, when given 4.5 grams of Tangshao per day for 6 days have their kidneys healthier up 89%.



Tangshao’s effectiveness in fighting against cancers

Tangshao is also highly recommended in patients with cancers or in a cancer therapy process

1. Polysaccharide in Tangshao stimulates the immunity, fights against a start and the growth of tumors.
2. From a research with a test tube, Tangshao can work against the growth of several cancer cells such as Leukemia, Breast cancers, Bladder cancers and Bone cancers.
3. Tangshao can prevent the liver and the kidneys from dangerous chemical therapies.
4. Tangshao helps a Chemical therapy work effectively.
5. Tangshao can stimulate some Apoptosis (several cancer cells atrophy on their own).
6. Tangshao is an excellent Anti-oxidant and helps increase Glutathione and SOD enzyme (an anti-oxidant inside the cells).
7. Tangshao can fight against any inflammations including the substances that cause an inflammation from several cancer cells like COX-2, NFkB and TNFa.
8. Tangshao helps the body produce more “Natural Killer Cells” (NK Cells). NK Cells will kill both cancer cells and viruses inside the body.
9. Tangshao can stop the spread of the cancer cells to the other organs nearby or through the networks of the blood vessels by restricting the blood vessel productions for the cancer cells.
10. When taking Tangshao during the chemical therapy, a patient appears less weak, less painful and has no weight loss during the chemical therapy.
11. Tangshao can fight against several viruses and bacteria, which decreases a chance of have an infection during the chemical therapy or after an operation from stimulating the immunity and fighting against inflammations.
12. Tangshao deters the loss of the bone mass and prevents osteoporosis, which happens to patients with many cancers like breast cancer, prostate cancer (often given medicines to block the hormones)

A research on Tangshao pharmacological effectiveness

From a research with a test tube and experimented animals, it shows that Tangshao can help adjust the balance of the body, stimulate the immune system, fights against the free radicals, cancers and inflammations, reduces the blood sugar level and increases sexual performance etc.