

## Empowered Reishi

*The Most Popular Medicinal Mushroom*



If global sales are any measure of a medicinal mushroom's value to our health, and they certainly should not be considered irrelevant when demonstrated over so many years, then reishi mushroom (*Ganoderma lucidum*) is a powerhouse deserving a close look. Its annual sales are estimated to total over 2 billion dollars world-wide. Likely this is due to its wide-ranging applications. There are many conditions that appear, based on research, to improve when *Ganoderma* is consumed regularly.

### Modern View

The sterols in reishi show activity in some studies as hormone precursors. Platelet aggregation is inhibited by the adenosine in reishi, a compound found also in Cordyceps. Other compounds in reishi are shown in research to have a beneficial action on blood sugar regulation.

In recent decades the class of herbs known as adaptogens has garnered great interest, likely due to the significant amount of stress under which many people work and live. Adaptogens as an area of investigation trace back to Dr. Israel Brekhman's original research—in fact it was only due to his investigations that the term “adaptogen” was coined; it is not at all a traditional herbal category, but it has shown its value as a modern addition to herbal medicine. In brief, adaptogens are substances that assist the body in adapting to various stressors, whether they be the stress of long work hours, excess exercise, temperature challenges (e.g., living in a very cold environment), or emotional factors. The triterpenes in *Ganoderma lucidum* are reported to possess such adaptogenic properties. Beyond this adaptogenic property the reishi triterpenes also display anti-hypertensive properties. Hepatic fibrosis is also shown to be inhibited by these triterpenes.

But this is still not the full extent of the areas where reishi shows healing virtue as demonstrated in various studies. It is an important substance for cardiovascular health, is used in Japan in a supportive role with various types of cancer, demonstrates neuro-protective actions, assists healthy sleep, and reduces anxiety. One can readily see that *Ganoderma* is virtually the ideal substance to help people deal with the challenges of the modern age in which almost everyone is overworking, eating less-than-ideal food on the run, sleeping poorly (and not enough), sitting at a desk all day and on a sofa at night watching television, all while being overwhelmed by stress.

### Traditional View

It is only because of its rich, long history of use as a tonic substance in China and Japan that modern science has focused its lens on *Ganoderma*. Tradition pointed the way, and so we need to look at what the ancients thought of this mushroom. Its Chinese name, lingzhi, tells us much about how it was revered. As a term lingzhi first appears in Han Dynasty literature. Wikipedia can be consulted for a fuller discussion of the name ([https://en.wikipedia.org/wiki/Lingzhi\\_mushroom](https://en.wikipedia.org/wiki/Lingzhi_mushroom)), but we can easily settle on a translation of “spirit plant of longevity.” That is saying a lot in traditional literature to ascribe those sorts of properties to *Ganoderma*: a tonic substance with spirit-calming and spirit-strengthening properties that promotes long life. Such designations were not given out lightly in the classical

herbal literature of China. Many ancient artworks depict a wandering sage with reishi in one hand. And a staff in the other.

## Ingredients

Made using the finest quality ingredients available, People's Herbs Empowered Reishi combines a certified organic, US-grown, proprietary blend of red, white, black, and purple reishi mycelium powders with a dual-extracted (water and alcohol), 15:1 reishi fruiting body powdered extract. The result is a highly-concentrated, yet full-spectrum capsule, rich in the full array of compounds which have been prized for their unique medicinal properties for thousands of years. You can use People's Herbs Empowered Reishi with full confidence that the traditionally described virtues will be delivered in our product.

### EMPOWERED REISHI

Each capsule contains:

100 capsules / 500 mg each

Reishi mushroom powdered extract	Ganoderma lucidum fruiting body	15:1 Dual Extracted / 10% polysaccharides	250 mg
Reishi mushroom powder (Certified Organic)	Ganoderma lucidum fruiting body	Blend of red, black, white, and purple > 30 polysaccharides > 15% 1,3-1,6 Beta glucan > 1% Alpha glucan	250 mg

**Other Ingredients:** Vegetarian capsule (Hypromellose, kappa-Carrageenan), silicon dioxide

**Suggested Use:** 1-2 capsules 2 times per day